

INVITATION



IBU

COACH WEBINAR

29 JUNE 2022

TOPIC	Nutritional aspects for training and competitions in biathlon.
TIME	29 June 2022 from 2.00 - 6.00pm (CET)
PLACE	Online via Zoom
REGISTRATION	Please register here: CLICK and open
REGISTRATION DEADLINE	25 June 2022
PARTICIPANTS	Coaches, Sport Directors, Nutritionists, Athletes
LANGUAGE	English, Russian
CONTACT:	Should you have any questions or concerns, please reach out to gerold.sattlecker@ibu.at



COACH WEBINAR 2022

INTRODUCTION

Dear Biathlon friends, Dear Coaches,

It is our great pleasure to organize another edition of our IBU Coach Webinars. We welcome all of you to join an interesting webinar afternoon focusing on Nutrition!

Over the course, you will benefit from an international team of nutrition experts and experienced scientists who will help you broaden your knowledge about nutrition aspects regarding training periodization, body composition, major-event nutrition, and eating disorders.

We encourage you to share your ideas, ask questions and learn from other professionals through the webinar session experience.

We are looking forward to seeing many of you during the webinar!

The IBU Development Team



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AGENDA

WEDNESDAY, 29 TH OF JUNE			
Estimated Time	Min	Topic	Presented / Facilitated by:
13:55-13:57	2	Information about Agenda and Schedule	PPT slide
13:57-14:00	3	Welcome	Niklas Carlsson
14:00-14:05	5	Short Introduction to the Seminar	Judith Haudum
14:05-14:35	30	Nutrition for Training and Competition	Judith Haudum
14:35-14:45	10	Question & Answer (Q&A) and Intro-duction of the next Topic	Dr Gerold Sattlecker
14:45-15:15	30	Nutrition Periodization in Biathlon	Claudia Osterkamp
15:15-15:25	10	Q&A and Introduction of the next Topic	Judith Haudum
15:25-15:55	30	Sustainable & Hands-on Nutrition in Biathlon and Nutrition at Major Events	Nanna Meyer
15:55-16:05	10	Q&A and Introduction of the next Topic	Dr Gerold Sattlecker
16:05-16:15	10	Coffee Break	
16:15-16:45	30	Metabolic Types and Optimizing Body Composition in Biathlon	Ina Garthe
16:45-16:55	10	Q&A and Introduction of the next Topic	Judith Haudum
16:55-17:25	30	Eating Disorders and Energy Deficiency in Nordic Sports	Therese Fostervold Mathisen
17:25-17:35	10	Q&A and Introduction of the Panel Discussion	Dr Gerold Sattlecker
17:35-18:05	30	Panel Discussion: Claudia Osterkamp, Nanna Meyer, Ina Garthe, Therese Fostervold Mathisen	Moderator: Judith Haudum
18:05-18:10	5	Wrap up and Goodbye	Dr Gerold Sattlecker



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LECTURER INFORMATION



DR THERESE FOSTERVOLD MATHISEN

Therese Fostervold Mathisen is an associate professor at Østfold University College in Norway, and the leader of two interest organizations (The Norwegian Society for Eating Disorders, and The Norwegian Association of Exercise Physiologists). She is a dietitian and an exercise physiologist by professions, with expertise in sport nutrition and in treatment of eating disorders (EDs). Research projects that she is involved in, evaluates associations and effects on physical and mental health from nutrition, diet, and physical activity, and involves both cross-sectional- and longitudinal designs, with the latter being either preventive or treating in nature. She has a personal sports career in volleyball and powerlifting.



JUDITH HAUDUM

Judith Haudum is a sport dietitian and sport scientist. Judith is the head of nutrition at the Olympic centre in Salzburg, Austria, and a lecturer at the Universities Salzburg (Austria) and Bern (Switzerland). Her main focus is on endurance sports and RED-S, through her own company she has been working with elite endurance athletes (esp. road cyclists) for more than 10 years. More than 4 years ago, Judith started to support The Cyclists' Alliance (TCA), helping female cyclists with nutrition services and inputs. Through the TCA, she's currently leading a project which focusses on female health.



DR CLAUDIA OSTERKAMP-BAERENS

Claudia is nutritionist, graduated from the Technical University Munich. With nearly 30 years as nutritional adviser for athletes, who are or want to become Olympic champions, on behalf of different Olympic Training Centers in Germany, Claudia is both, an expert in sports nutrition and an experienced nutritional consultant. Since 2004 she works with national teams of varying disciplines of the German Ski Association. In the moment she takes care for the junior national team of the Nordic combined, is a member of the health support expert panel for the sport climbing team of the German Alpine Club and works with athletes at the shooting sport training center in Munich. When she was in her teens, Claudia was a member of the national swimming team. She is married and a mother of three. More information: <https://claudia-osterkamp.de>



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LECTURER INFORMATION



PROF. NANNA MEYER

Nanna is Associate Professor in Human Physiology and Nutrition at the University of Colorado (UCCS). Nanna founded the UCCS Sport Nutrition Graduate Program and developed the trademarked Athlete's Plate®. She has worked in Olympic sport nutrition for 20 years, supporting US athletes at 5 Olympic games, while helping to found professional sport nutrition organizations nationally and internationally. As the world's urgency to address climate change and health is rising, Nanna's time is now focused on sustainable food systems in the Rocky Mountain region. With a team of graduate students, Nanna links farmers to engaged eaters, using local food and farm literacy concepts of UCCS's Sustainability, Wellness and Learning (SWELL) initiative through various programs and projects that focus on food systems renewal through solutions that not only benefit people but also the planet.



DR INA GARTHE

Ina is Head of Sports Nutrition at the Norwegian Olympic Sports Centre, Norway. She works with Olympic-level athletes and is responsible for pre-Olympics, camps and research related to exercise physiology and Sports Nutrition. She teaches Sports Nutrition at the Norwegian School of Sports Sciences, The University of Oslo and is a lecturer on the IOC Diploma programs in Sports Nutrition and Sports Physical Therapies. She is a member of PINES and of the IOC expert group (supplements). Research interests include weight loss, body composition, metabolism, exercise, physiology, recovery, adaptation, strength, hypertrophy and power, supplements, RED-S and performance cultures. Ina is a former kickboxer.