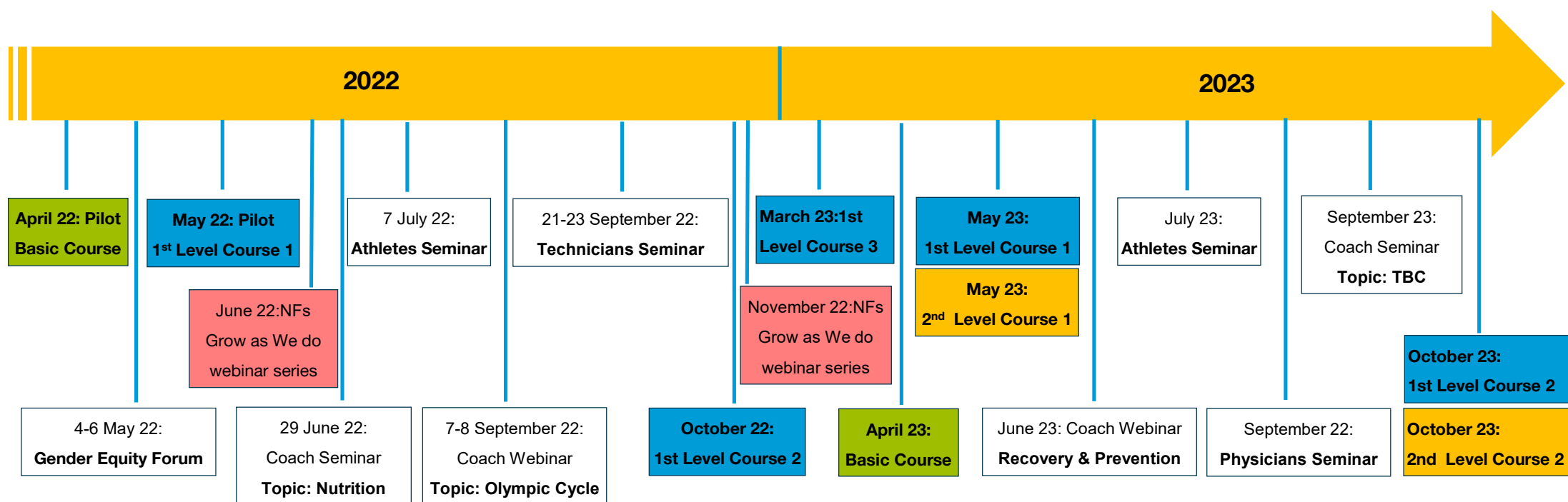




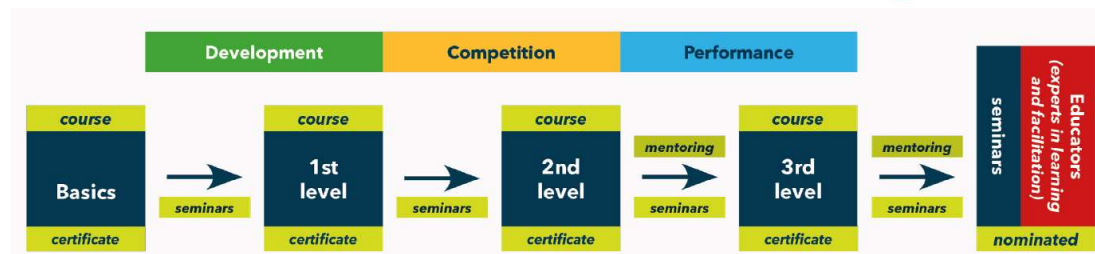
IBU Academy Projects

30 March 2022

IBU Academy 2022 - 2023: Coach Education/Seminars/Webinars



Coach Education: Overview



	Basic Course		1st Level Course		2nd Level Course		3rd Level Course	
Target Group	<ul style="list-style-type: none"> Coaches with basic biathlon knowledge Former Athletes PE Teachers 		<ul style="list-style-type: none"> Athletes (min. 3 years senior level) Coaches (min. 3 years experience) Basic Course Certificate or equivalent 		<ul style="list-style-type: none"> University Education or similar Junior National Coach or higher First Level Course Certificate or equivalent 		<ul style="list-style-type: none"> Head Coaches (international) Sports University or higher Second Level Course Certificate or equivalent 	
Content	Skiing Technique Coaches Skills Training Science Motor Skills	Shooting Physiology Business of Sport Equipment	Skiing Technique Coaches Skills Training Science Motor Skills Biathlon Integrity Recovery/Prevent.	Shooting Physiology Business of Sport Equipment Nutrition Psychology Sustainability	Skiing Technique Coaches Skills Training Science Motor Skills Biathlon Integrity Recovery/Prevent.	Shooting Physiology Business of Sport Equipment Nutrition Psychology	Skiing Technique Coaches Skills Training Science Motor Skills Recovery/Prevent.	Shooting Physiology Equipment Nutrition Psychology
Duration	Total: 90 hours <ul style="list-style-type: none"> Theory: 45 hours Practice: 45 hours 		Total: 200 hours <ul style="list-style-type: none"> Theory: 110 hours Practice: 90 hours 		Total: 180 hours <ul style="list-style-type: none"> Theory: 90 hours Practice: 60 hours Mentorship: 30 hours 		Total: 140 hours <ul style="list-style-type: none"> Theory: 110 hours Mentorship: 30 hours 	
Outcomes	<ul style="list-style-type: none"> Basic biathlon knowledge in theory and practice Conducting of basic biathlon coaching sessions Safe management of kids and youth groups 		<ul style="list-style-type: none"> Planning, delivery, review, and evaluation of training sessions Construction of training plans for different kinds of sessions Safe management of group activities in youth and junior level 		<ul style="list-style-type: none"> Construction and delivery of annual training & competition plans Management of groups up to senior level In-depth knowledge of selected specialist areas 		<ul style="list-style-type: none"> Long term development planning In-depth knowledge of several specialist areas Development of other coaches Broad, current, and integrated knowledge Leadership competence 	
Start of the Pilot Courses	3-8 April 2022 Salzburg		22-27 May 2022 Ruhpolding (1 st Week)		May 2023		2024	
Courses	1 x 6 days (April)		3 x 6 days (May, October, March)		3 x 6 days (May, October, March)		TBD	

Coaches Education: Current Lecturers: Basic and 1st Level

Name	Nationality	Profession	Module
Matthias Ahrens	GER / CAN	Head Coach Alberta Training Center	Practice & Coaches Soft Skills
Knut Kuvas Brevik	NOR	Sports Director Junior & IBU-Cup	Practice
Prof. Dr Marko Laaksonen	FIN / SWE	Mid Sweden University, Sports Scientist	Training Science
Prof. Dr Oyvind Sandbakk	NOR	Norwegian University of Science & Technology	Physiology
Engelbert Sklorz	GER	National Shooting Coach Team Biathlon Germany	Shooting
Prof. Dr Stefan Lindinger	AUT	University of Gothenburg	Skiing Technique
Steffen Hoos	GER	Sports Director Swix & Toko	Equipment – Waxing
Lars Nygard	NOR	Norwegian Royal Gunsmith	Equipment – Rifle
Marcel Puchinger	GER	Marketing Director Nordic Fischer Sports	Equipment – Skiing Material
MMag MSc Judith Haudum	AUT	Sport Scientist and Nutritionist	Nutrition
M.A. Amelie Heinrich	GER	Sports Scientist	Psychology
Prof. Dr Billy Sperlich	GER	Sports Scientist	Motor Skills – Endurance
Prof. Dr Christoph Zinner	GER	Sports Scientist	Motor Skills – Agility
Nicole Rodriguez	USA	Performance Coach	Motor Skills – Strength
Wolfgang Pichler	GER / SWE	Swedish Olympic Committee	Biathlon Performance
Bernd Eisenbichler	GER	Head of Biathlon Team Germany	Biathlon Performance
Lucie Rothauer	AUT	Biathlon Integrity Union (BIU)	Biathlon Integrity
Dr Kornelius Kraus	GER	Sports Scientist	Recovery & Prevention
Daniel Cade	SUI	Sustainability Consultancy and Education	Sustainability
Dr Dagmara Gerasimuk	POL	IBU Development Director, Sports Scientist	Business of Sport
Dr Gerold Sattler	AUT	IBU Education Manager, Sports Scientist	Shooting

Pilot Basic Course in Salzburg: Schedule

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday			
	2022-04-02	2022-04-03	2022-04-04	2022-04-05	2022-04-06	2022-04-07	2022-04-08			
08:00	Arrival Day	B.1: The role of Coach. What makes a good coach?	B.6: Basic skiing technique knowledge	B.7: Basic shooting methodology: Training with young athletes	B.4: Biathlon Equipment: Rifle knowlegde	B.8: Basic skiing technique methodology - Training with beginners and young athletes	B.10: Training Science			
08:30										
09:00										
09:30										
10:00		B.11: Training Planning: Theoretical basics	B.8: Basic skiing technique methodology - Training with beginners and young athletes		Travel to a biathlon venue		B.4: Basic Waxing Knowlegde			
10:30										
11:00										
11:30										
12:00		Lunch	Lunch	Lunch	P.1: Weapon and safety knowlegde	Lunch	Lunch			
12:30										
13:00		B.11: Training Planning	B.8: Basic skiing technique methodology - Training with beginners and young athletes	B.4: Basic Skiing Equipment	Lunch	Travel to a biathlon venue	B.13: The business of sport			
13:30										
14:00		B.5: Basic shooting technique: Positions			B.9: Anatomical structures and physiological functions	P.3: Shooting: Triggering and aiming		P.2: Shooting position: prone	P.5:Skiing techniques	Departure
14:30										
15:00							P.4: Shooting position: standing	P.6: Skiing and Endurance Methods		
15:30										
16:00			P.7: Strength training							
16:30										
17:00										
17:30										
18:00										
18:30										
19:00										

Application Deadline: 31 March 2022!

Pilot First Level Course in Ruhpolding: Schedule Week 1

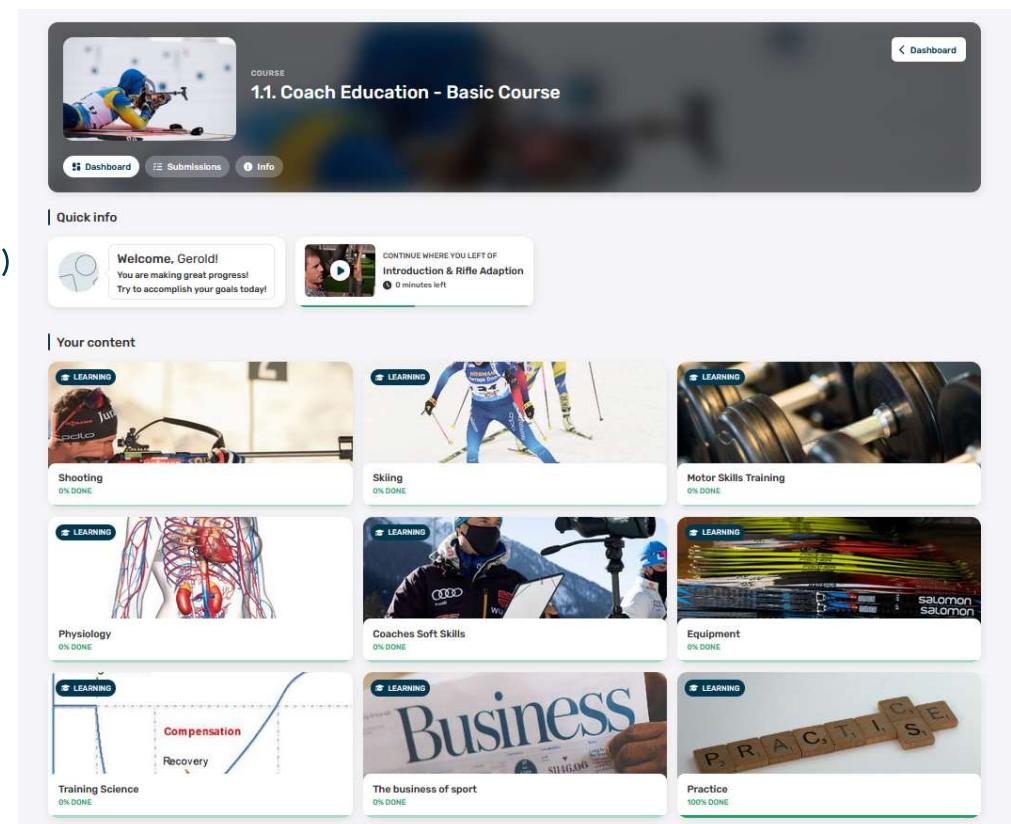
Week 2 (Östersund, October 2022), Week 3 (TBC, End of March 2023)

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Ruhpolding	22.05.2022	23.05.2022	24.05.2022	25.05.2022	26.05.2022	27.05.2022
08:00	Arrival Day	L1.1 Ahrens: Coaching principles	L1.4 and L1.5 Sattlecker: Shooting methodology	L1.4 and L1.5 Sattlecker: Shooting methodology	L1.6 Lindinger: Skiing basics	L1.8 Lindinger: Skiing technique methodology	L1.8 Lindinger: Skiing technique methodology
08:30							
09:00							
09:30							
10:00							
10:30							
11:00		L1.3 Nygard/Brevik: Equipment: Rifle					
11:30							
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30							
13:00		L1.3 Equipment: Rifle	P2 Ahrens/Brevik: Shooting positions	L1.3 Equipment: Coaches	L1.6 Skiing basics	L1.8 Skiing technique methodology	Departure
13:30							
14:00		P1 Ahrens/Brevik: Rifle Equipment		P4: Ahrens/Brevik: Trigger and follow through	P3: Ahrens/Brevik: Breathing and aiming technique	L1.3 Hoos: Equipment: Waxing	
14:30							
15:00							
15:30							
16:00						L1.3 Winterhalder: Equipment: Skis	
16:30							
17:00							
17:30							
18:00							
18:30							
19:00							

IBU E-Learning Platform “Learning Suite” (LS)

- ✓ Main content for Basic and First Level is online
- ✓ Focus on
 - ✓ Fast and easy navigation, clear structure
 - ✓ Biathlon specific content (mix of scientific and practical knowledge)
 - ✓ High quality photos, figures and videos
 - ✓ Additional information (papers, links, etc.)
 - ✓ Knowledge Checks and Assessment
- ✓ Launch of Pilot Basic Course on LS: **21 March 2022**
- ✓ Launch of Pilot First Level Course: **May 2022**
- ✓ Summer/Autumn 2022
 - ✓ Content for 2nd and 3rd Level on LS
 - ✓ Handbook for all Levels

Learning Suite



IBU Dual Career Policy

- ✓ IBU will create a Dual Career Policy until June 2022
- ✓ The main goal is to prepare the athletes for their life after biathlon
- ✓ Former biathlete Anna Kitzbichler: Master Thesis on IBU Dual Career
- ✓ Goals for IBU
 - ✓ Create an overview of options for athletes in different countries (interviews!)
 - ✓ Publish available jobs in the IBU environment
 - ✓ Offer spots for athletes in IBU Education projects (Coach Education, Seminars, etc.)
 - ✓ Offer mentoring programmes
- ✓ Athletes will be included (Ambassador Program)

