



# YOUTH CAMP BIATHLON

OBERHOF / GERMANY 24.10. - 30.10.2022

## HANDBOOK





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## 1. About the camp

In February 2023, after 2004, the Biathlon World Championships will take place in Oberhof for the second time. The final preparations are in full swing to give all participating nations an unforgettable sporting experience. In the course of applying for the World Championships, the idea of organising annual youth camps for biathletes from all over the world was born. Unfortunately, the youth camp could not be held in the last two years due to the corona-related situation. Therefore, we are all happier this year to be able to hold this youth camp in the immediate run-up to the Biathlon World Championships on the completed sports facilities. The registration response was overwhelming, with participants from 21 nations. During the camp week, participants are offered a varied training program led by experienced trainers. There is also the opportunity to observe top athletes directly in the training process. Of course, this also includes looking at the local infrastructure behind the scenes. And there is enough time for the athletes to get to know each other and share experiences. As part of the supporting program, we would also like to present cultural highlights in Thuringia in the vicinity of Oberhof.

## Key Contacts



### **Project Coordinator**

#### **Heiko Krause**

Member of the Presidium  
of the Thuringian Ski Association  
Federal Support Point Manager Oberhof DSV  
Am Grenzdler 7  
98559 Oberhof  
Tel.: +49 (0) 176 5489 6651  
Mail: [heiko.krause@thueringer-skiverband.de](mailto:heiko.krause@thueringer-skiverband.de)



### **Sports Technical Management**

#### **Zibi Szlufcik**

Head Coach Junior Biathlon DSV  
Mail: [pronetzibi@me.com](mailto:pronetzibi@me.com)



## 2. Camp Partners

Oberhofer Sport und Event GmbH (OSE)

Thüringer Skiverband e.V. (TSV)

Zweckverband Thüringer Wintersportzentrum Oberhof (TWZ)

Deutscher Skiverband e.V. (DSV)

International Biathlon Union (IBU)

GFAW – Gesellschaft für Arbeits- und Wirtschafts förderung  
des Freistaats Thüringen mbH



### 3. Meet our Camp Coaches



#### **FLORIAN GRAF**

I was born in the Bavarian Forest, and my local biathlon stadium was the Hohenzollern Ski Stadium on Arber mountain. At the age of 7, I first stood on cross-country skis; at the age of 12 I already had the biathlon rifle. At 15, I left my hometown and moved to Ruhpolding to evolve my skills. I wanted to be able to compete with the best in the world. During the season 2010/11, at 22, I competed in the World Cup for the first time and reached my first top 10 results. Among my greatest successes as an athlete are youth and junior World Championship medals, European champion medals, participation in the World Championships in Ruhpolding, Nove Mesto and podium finishes in the World Cup.

I ended my sporting career at the age of 29. However, it was immediately clear to me that I wanted to keep in touch with the sport of biathlon, and I immediately started coaching at the youth level. I have been responsible for the youth athletes in Ruhpolding for 4 years.



#### **DENNY ANDRITZKE**

During my school days in Crawinkel near the Rennsteig, I came into contact with winter sports early on, and at the age of 14, I was appointed to the talent centre in Frankenhain. I then continued my training in Oberhof and, at the same time, completed my vocational training as a mechatronics technician and later as an industrial clerk. I ended my competitive sports career in 2010. After that, I was on tour for the DSV as a ski technician for a few years before I moved to Oberhof in 2013 as a junior biathlon coach. In the meantime, I have completed the coaching diploma in Cologne and have been doing my BA degree. Not always easy but feasible, combining professional training with the simultaneous performance of competitive sports was incredibly creative in my later coaching career.



### **SVEN FISCHER**

Due to the long years of training and competing, I consider Oberhof my 2nd living place. A personal highlight was, of course, the Biathlon World Championships in front of my home crowd.

Of course, I am already very excited about the Biathlon World Championships next year.

After retiring from competitive sports, I started working as a biathlon expert for television, and since then, I've been regularly on site for ZDF's live broadcasts. In addition to my work as a TV expert, I am currently studying to become a professional coach and would like to pass on my experience here in the future. In the past, I have already taken part in several biathlon camps and look forward to the numerous international participants.



### **FRANZISKA WERL**

I grew up in Wernigerode in the Harz mountains. Like some others, I started my sporting career as a cross-country skier and switched to biathlon at 14. I did biathlon at the Clausthal-Zellerfeld base for several years. When I got my high school diploma, I decided to quit competitive sports and do a BA in sports science at the University of Jena. The idea of going into the coaching business was not even in the foreground. However, among other things, the visit and support at the Biathlon World Cups and other sporting highlights in Oberhof aroused my interest, and the chosen field of study gave me the opportunity in 2020 to work first in the service of the German Ski Association and now at the Thuringian Ski Association as a base trainer in Oberhof in biathlon. Working with the older coaching team colleagues is exciting and helpful.



### **TIM MEYER**

I was an active biathlete from 2003 until 2014. I am keen on cycling and running during my free time. In 2017 I started studying sports science and reached my bachelor's degree in April 2021.

The top topics of my studies were competitive sports, training science and sports medicine, focusing on skiing (biathlon) and martial arts.

I am currently doing my master's degree at the University of Leipzig, focusing on performance diagnostics and sports medicine. Since May 2021, I've been a biathlon coach on the federal base in Oberhof.



### **NORBERT BAIER**

I started my coaching career in 1977 when I worked as a shooting coach for DSV A-Team. Since that time, I have obtained several coaching diplomas and certificates. And I graduated as a Diploma Coach in Biathlon in 1987 in Colon. The same year I was elected to IBU Technical Committee, where I served until 2010 and as its chairman from 2001 to 2010.

My athlete's first most significant success was the bronze medal in a relay during WCHs in 1978. Then, from the 1980 Olympic Games in Lake Placid until the 1998 Olympic Games in Nagano, his athletes won 10 medals, including 3 times Olympic gold in the relay. From 1998 to 2010, I worked as a DSV Sport Director. In addition, I was twice IBU TD for OWGs Torino 2006 and Vancouver 2010. Since 2020 I have been responsible for German Cup DSV Youth – Juniors. I support IBU during its IBU-IOC Camps.



## 4. Programme Includes

- 6- night accommodation at Apart-Hotel Oberhof in 2-3 bedrooms with full board
- varied training sessions
  - on roller skis courses
  - on shooting range
  - indoor cross country skiing facility
  - gym
  - athletics stadium
- guidance through professional coaches DSV / TSV
- seminars
- internship for top athletes
- welcome kit for each athlete and coach
- supporting programme
- and International Youth Camp competition on Sunday!

\*All transport services are the responsibility of the participating nations. Most of the sports facilities are within walking distance.



## 5. Accommodation

The Apart Hotel in Oberhof is a popular hotel for accommodating athletes. Among other things, the entire entourage for the Ski Jumping World Cup in Oberhof in March 2022 was well accommodated there. The requirements for accommodation suitable for athletes are known, and individual catering requests (vegetarian or similar) can also be implemented without any problems.

Accommodation is usually in 2-bed rooms, sometimes 3-bed rooms are also possible. Within the camp period and the national contingent, the organiser will cover the costs for accommodation and full board (1 non-alcoholic drink with meals included). Check-in is scheduled on Monday by 1:00 p.m. at the latest, and departure on Sunday.

Different dates of arrival and departure must be agreed upon with the OC on time, and additional costs in the event of exceeding the planned time of the camp must be covered by the states (80 € per person per day).

Aparthotel Oberhof GmbH

Eckardtskopf 1 u. 3

D-98559 Oberhof

Telefon: +49 (0) 3 68 42 / 28 50

Telefax: +49 (0) 3 68 42 / 285855

<https://www.aparthotel-oberhof.de>

## 6. Schedule

| Date  | Time          | Activity                           |
|---|---------------|------------------------------------|
| <b>Monday<br/>24 October</b>  | By 13:00 CET  | Arrivals                           |
|   | 12:30-13:30   | Lunchtime                          |
|   | 14:30-17:00   | Get together                       |
|   | 18:30         | Dinner                             |
| <b>From<br/>Tuesday<br/>25 October<br/>To<br/>Saturday<br/>29 October</b> | 07:00 – 08:00 | Morning Warm-up Session            |
|   | 08:00 – 09:00 | Breakfast                          |
|   | 9:30 – 12:30  | Morning Session                    |
|   | 12:30-13:30   | Lunch                              |
|   | 13:30-17:00   | Afternoon Session                  |
|   | 18:30         | Dinner                             |
|   | 19:00 – 21:00 | Evening Activities/<br>Social Time |
| <b>Sunday<br/>30 October</b>  |               | competition<br>and departure       |



## 7. Necessary Equipment

The following equipment is required for the varied training sessions:

- roll ski equipment (helmets are required)
- cross country ski equipment
- biathlon rifles and ammunition app. 500 per person
- equipment gym
- swimwear

## 8. VISA information

The current visa regulations for entry into Germany apply (<https://www.auswaer-tiges-amt.de/de/service/visa-und-aufenthalt/visa/207794>). Participating nations requiring an invitation will receive one from the OC/IBU.

## 9. Information about additional activities

During the camp period, various leisure activities are planned or individually possible. A short-term adjustment is possible due to the weather. Currently planned:

- climbing park Oberhof <https://golfkletterpark.de/>
- wellness and adventure pool H2O Oberhof <https://h2oberhof.de/>
- cinema Suhl <https://www.cineplex.de/suhl/>
- historical site UNESCO World Heritage Wartburg in Eisenach  
<https://www.wartburg.de/de/>
- shooting center Suhl <https://sszsuhl.de/>
- old town erfurt <https://www.erfurt.de>

## 10. Other information

- Weather

It can already be wintery at the end of October in Oberhof, but there have also been unusually warm autumn days in recent years. So it's best to use weather apps to find the current weather forecast.

The indoor ski facility's weather can be predicted reliably, with a constant temperature of -4°C. Heated changing rooms and sanitary facilities are located directly at the entrance to the indoor ski facility.

- Insurance

The organiser will provide the foreign participants combined insurance (liability insurance / health insurance / accident insurance). The organiser bears the costs. The prerequisite is the timely registration of the personal data of the participants.

- COVID-19 regulations

Currently, there are no relevant restrictions. Only in some areas, the wearing of a mask is required. However, a tightening in autumn is not excluded. Information will be provided in due time.

- Language

The camp will be in English, and we hope for linguistic support from the present coaches. If necessary, we will involve student assistants from Thuringian language schools to provide support.

- Biathlon rifle and ammunition

Pre-registration is mandatory! The application form will be provided