



**IBU WORLD
CHAMPIONSHIPS
BIATHLON**

lenzerheide2025.ch

IBU LENZI YOUTH CAMP BIATHLON

LENZERHEIDE / SWITZERLAND

23.-28. OCTOBER 2023

VEREIN IBU BIATHLON-WM 2025

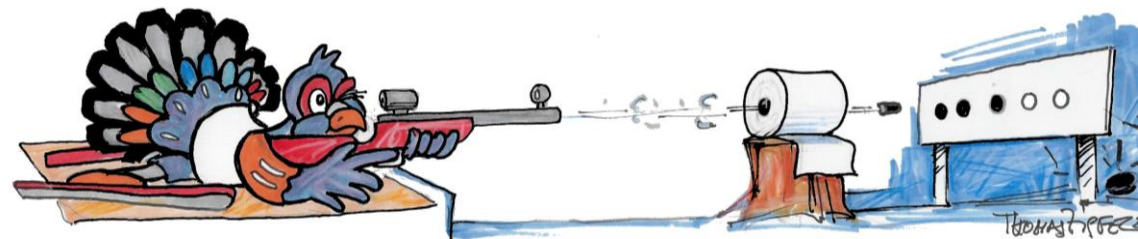


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ABOUT THE CAMP

The IBU LENZI Youth Camp in Lenzerheide is an adventurous training camp, combining training, education and multicultural exchange, for biathlon talents from all over the world. .

Lenzerheide is hosting the IBU World Championships in 2025 and the youth camp is an important event in their preparation . Creating good Championships for the elite athletes is important but even more crucial is inspiring the next generation of biathletes.

Lenzi welcomes athletes between the ages 16 and 18 to the camp. During the week the participants are offered a varied training program led by experienced coaches. The Swiss elite athletes will be training in the same venue and it will be possible to have a chat with them and pick up some new ideas.

Beside the training, there is an education program focusing on communication and the use of social media. And of course there will be plenty of time for the young athletes to get to know each other, build new friendships and share experiences.

ABOUT THE CAMP

- Young biathlon athletes from IBU nations all over the world
- Age: IBU Youth category, 16-18 years old (born 2006 and 2007)
- 20 nations invited, two female and two male athletes + one coach per nation
- Maximum four athletes and one coach pro nation
- Maximum total number of participants: 100 (80 athletes, 20 coaches)

CONTACT

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PROGRAM (TBC)

	MON	TUE	WED	THU	FRI	SAT
07:00-08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:30-11:30		Training (roller ski / shooting range / gym / running)	Training (roller ski / shooting range / gym / running)	Long hike in the mountains (incl. Lunch break) Afternoon program	Lenzi Relay (Biathlon relay with mixed teams)	Training (roller ski / shooting range / gym / running)
12:00-13:00		Lunch	Lunch		Lunch	Lunch
14:00-17:00	Arrival Check-in	Training (roller ski / shooting range / gym / running)	Training (roller ski / shooting range / gym / running)		Training (roller ski / shooting range / gym / running)	Departure
18:00-22:00	Dinner Welcome program	Dinner Social Media Communication	Dinner – get to know the Swiss Cheese Culture	Dinner Social Media Communication	Dinner Social Media Contest	

SPORT PROGRAM

- Guided training sessions through professional coaches.
- The participants will be divided into training groups to make sure that everyone gets support and advice adjusted to their performance level.
- We will make a rotation so that every training group has an introduction to the different training methods.



- A long hike in the Swiss mountains and a competition is also included in the week plan

EDUCATIONAL PROGRAM

The Positive and Favourable Effects of Social Media / Promote the unknown sports

The rise of social media has brought up advantages and disadvantages. One advantage, particularly for young athletes, is the new marketing opportunities offered through social media platforms. Athletes can promote themselves and their sport on their own channels and potentially become influential figures. However, it is crucial for athletes to be aware of the risks associated with social media.

With this in mind, we are offering to advise participants in utilizing social media channels effectively for promotion and communication. We are planning to incorporate a dedicated social media training session led by professionals. As part of this program, we will also organize a social media contest during the camp to provide hands-on experience and evaluate participants' progress. Additionally, we will offer optional individual coaching sessions to help athletes enhance their profiles. This initiative is intended

COACHES / STUDENTS SOCIAL MEDIA

Cooperation with



Project leader



Wissenschaftliche Projektmitarbeiterin

Jasmin Schnider

[further contact information](#)

COACHES

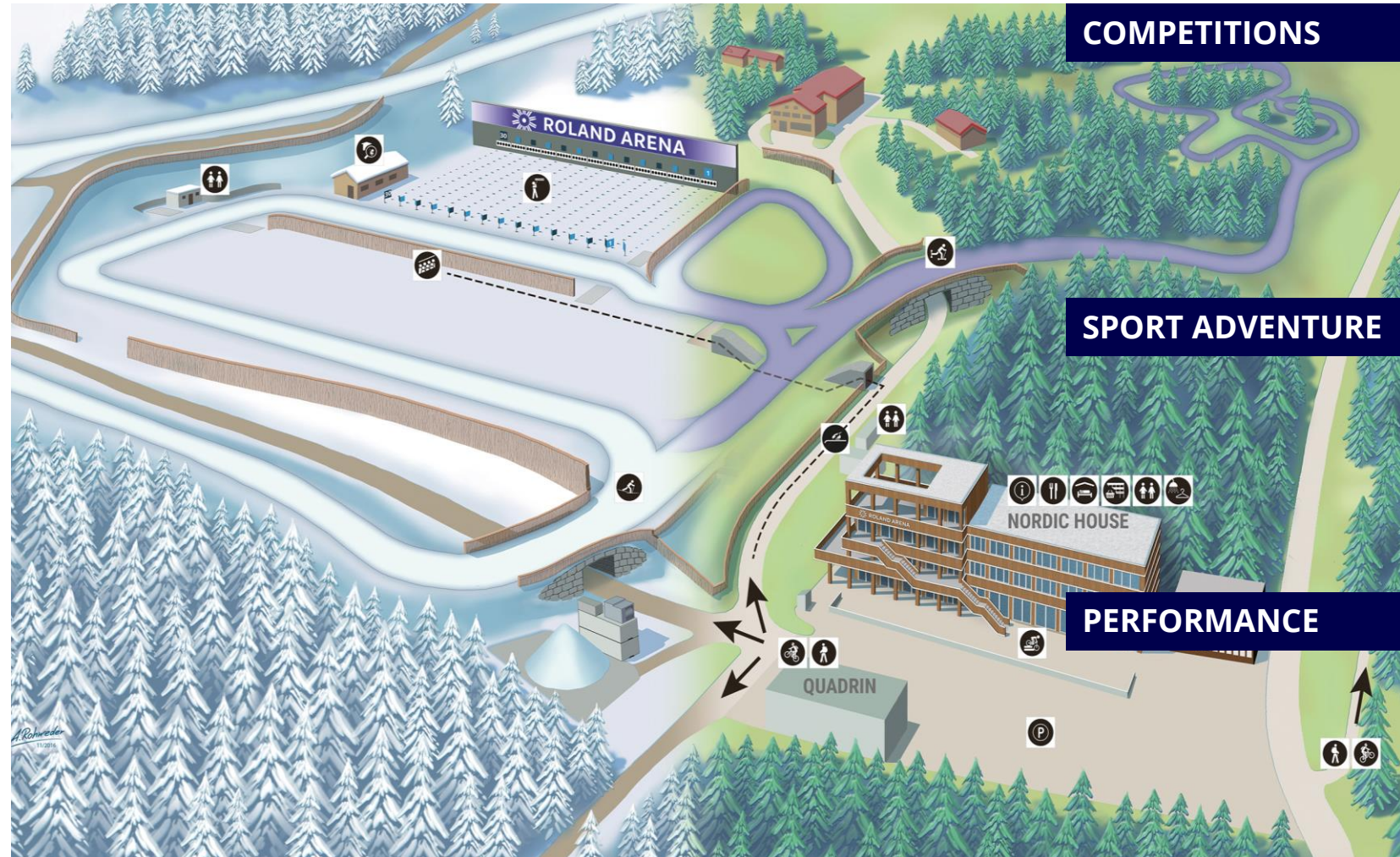
The camp will be led by experienced Swiss-Ski biathlon coaches:
Selina Gasparin, Benjamin Weger, Ilmar Heinicke, Sergey Semenov, Harry Egger, Christian Stebler



ABOUT LENZERHEIDE

- A holiday region in the heart of Graubünden, Switzerland
- Host of the IBU World Championships in February 2025, the IBU World Cup in December 2023 and the IBU European Championships in January 2023
- The region is a paradise for outdoor activities, summer and winter, with a large variety of paths for trail running and hiking, world class cross country courses, alpine slopes for all levels and also a great number of mountain bike trails.
- Roland Arena offers a first class sport infrastructure with a rollerski course, shooting range and a well equipped athletic room.

BIATHLON ARENA LENZERHEIDE



COMPETITIONS



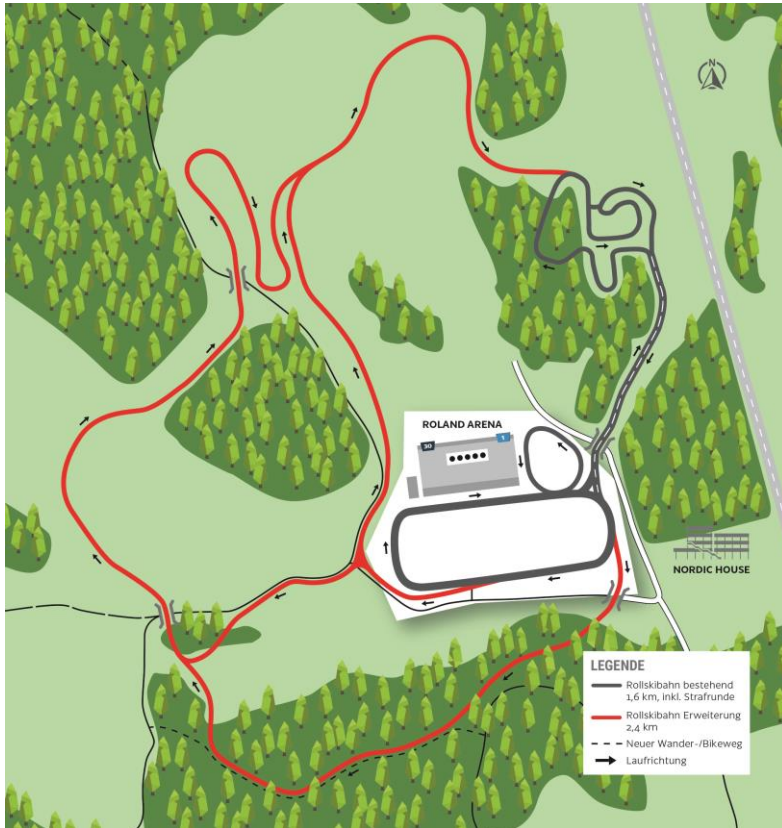
SPORT ADVENTURE



PERFORMANCE



ROLLERSKI TRACK AND NORDIC HOUSE



TRAVEL

Arrival to Lenzerheide by train:

- From Geneva and Basel to Zürich
- From Zürich and St. Gallen via Sargans to Chur and via Chur-South to Lenzerheide
- From Lugano via Thusis to Tiefencastel and Lenzerheide

www.sbb.ch

Travel comfortably and climate-friendly by public transport to the Lenzerheide. Public transport offers various packages and savings options for transport and travel.

All transport services are the responsibility of the participating nations. All sports facilities used for the camp are within walking distance.

IBU supports NFs with travel contributions of 350 EUR per participating athlete if travelling by car and 500 EUR per participating athlete if flying.

ACCOMMODATION

The Roland Arena is located in Lantsch/Lenz, about five kilometres from the village centre of Lenzerheide. Thanks to the multifunctional building architecture, the arena has developed into a well-known sports hotspot and is a meeting place for elite and junior athletes, leisure athletes, clubs and sports associations.

Anyone who feels like it can experience the sport of biathlon for themselves in a taster course, compete against each other in the family hit and fortify themselves with delicacies in the Bistro Bualino

The Roland Arena and the Lenzerheide holiday region offer athletes and coaches the best possible conditions for training camps at 1,400 metres above sea level. The heart of the arena is the Nordic House. The impressive wooden building was opened in December 2016 and has since welcomed thousands of leisure and competitive athletes to the Lenzerheide holiday region every year.

The infrastructure includes Don Bosco (walking distance from the Arena) with 15 multi-bed rooms, 55 beds and the Nordic Hostel with 13 multi-bed rooms, 57 beds and shared bathrooms/showers, a bistro, an athletics room exclusively for athletes, public changing rooms, showers and toilets, as well as a rifle room, waxing room and boot dryer in the basement.

ACCOMMODATION

- Accommodation will be in multi-bed rooms (2-6 persons)
- Within the camp period and the national contingent, the organiser will cover the costs for accommodation and full board
- Check-in is scheduled on October 23rd by 5:00 p.m. at the latest, and the departure on October 28th after lunch.
- 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 participants/ the participating nations (EUR 55.- per night including breakfast).

NECESSARY EQUIPMENT

The following equipment is required for each participant the camp:

- Rollerski equipment for skating (helmets and eyewear are mandatory)
- Biathlon rifles and ammunition app. 500 per person
- Running shoes, indoor shoes and hiking shoes (or a second pair of running shoes)
- Clothing for outdoor and indoor training

VISA REGULATIONS

People entering Switzerland must be in possession of a valid passport. Please check the visa regulations when travelling to Switzerland within your country.

Participating nations requiring an invitation will receive one from the OC/IBU.

IMPORTANT INFORMATION

- **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 data of the participants.

- **Language**

The camp will be in English but we have coaches mastering a wide range of languages.

- **Biathlon rifle and ammunition**

If requested (Pre-registration is mandatory. The application form will be provided).

- **Weather and clothing**

In October we can have all kinds of weather in Lenzerheide. The participants should bring clothing for both cold temperatures and rain. The Nordic House has facilities for drying clothes and shoes.



SEE YOU IN LENZERHEIDE!





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SWISSSKI

graubünden

Lenzerheide