

Report

Coach Seminar 2019

13 - 16 June 2019

Copenhagen DEN

Hotel Scandic Sluseholmen Copenhagen

Participants;

12 A&B Development Level NFs:

AUT, BLR, CZE, EST, FIN, GER, KAZ, POL, ROU, SLO, SVK, USA

19 C&D Development Level NFs:

AUS, BEL, BiH, BRA, BUL, CRO, DEN, ESP, GBR, GEO, GRL, HUN, KGZ, LAT, LTU, MDA, MKD, NED, SRB

Lecturer:

Andreas Küttel	How to have a successful Career in sport and life beyond	DEN/SUI
Benjamin Wirthgen	Rifle Care	Anschütz
Dr. Michael Koch	Shooting parameters Training conceptions for the generic Athletic training in Biathlon	IAT
Dr. Jan Wüstenfeld	pre-participation screening	IAT
Dr. Kornelius Kraus	Regeneration in Sports	GER
Matthias Ahrens	Skiing Speed WC vs IBU Cup	CAN
Christophe Vassallo	IBU Rules	IBU TC
Matej Kordez	IBU Rules	IBU TC
Annemarie Haahr Kristensen	Anti-Doping Education	NADA DEN
Dr Laurent Schmitt	Low intensity in endurance training	FRA
Michael Andersen	The coach and other crucial factors that Can create a strong training environment and good results in international elite sport	DEN

Organisation:

Christian Borch	Head of Organisation	NF DEN
Nanna Leegard Kruse	Orga Team	NF DEN
Asger Fischer Molgaard	President NF DEN	NF DEN
Christophe Vassallo	Chairman IBU TC	IBU TC
Matej Kordez	Member IBU TC	IBU TC
Olga Nazarova	Member IBU TC	IBU TC
Arne Eidam	Race Director JC	IBU

Summary,

As the Seminars before, all sessions was translated in the three IBU Languages english, german and russian via simultaneous translation. The split between the development levels A&B and C&D was very workable. Because some of the lecturers was able to held sessions on both groups.

On Saturday morning IBU rules and Anti-Doping was held for the whole Group because this topics affects all coaches regardless of which level.

Together with the NF DEN was a Social Event conducted. With the Bus to The largest power plant in Copehagen where a ski slope is located but an Artificial one. After this the group visited the Tivoli Attraction Park in the City where some drinks and snacks was served.

As usual, the participants received after the seminar an USB stick with all Presentations from the seminar.

The Questionnaire will be separate evaluated from the TC Member Olga Nazarova.

Conclusion

The Way of conduction each second year with all four development level NFs was again very practical and good to organize. Also it save costs for a separate event. Also the social point of view outside the competition period for the coaches to meet each other is good.

To stay in areas with close connections to international airports is better for The conduction of such an event.

At the end I would like to thank all participants and the helping hands for the unobstructed conduction of the Coach Seminar 2019



IBU Coach Seminar 2019 Copenhagen DEN

Date	Time	A&B + C&D	A&B	C&D	Remark
Thursday 13.06.2019	All Day		Arrival A&B		
	19:00		Dinner		
	All Day		Arrival C&D		
Friday 14.06.2019	08:30-10:00		Andreas Kuettel DEN/SUI How to have a successful career in sport and life beyond?		
	10:00-10:15		Coffee Break		
	10:15-12:00		Anschütz Benjamin Wirtghen Rifle Care		
	12:00-13:00		Lunch Break		
	13:00-14:15		IAT Dr. Michael Koch Shooting parameters		
	14:15-15:30		IAT Dr Jan Wüstenfeld pre-participation screening		
	15:30-15:45		Coffee Break		
	15:45-17:15		Dr. Kornelius Kraus GER Regeneration in Sports		
	17:15-18:00		Matthias Ahrens CAN Skiing speed WC vs IBU Cup		
	19:15		Coach Evening		



IBU

INTERNATIONAL BIATHLON UNION

Date	Time	A&B + C&D	A&B	C&D	Remark
Saturday 15.06.2019	08:30-10:00	IBU TC Member IBU Rules			
	10:00-10:20	Coffee Break	Coffee Break	Coffee Break	
	10:20-12:00	NADA DEN Anti Doping			
	12:00-14:00	Lunch Break	Lunch Break	Lunch Break	
	14:00-15:30			Dr. Kornelius Kraus GER Regeneration in Sports	
	15:30-15:50			Coffee Break	
	15:50-17:00			IAT Dr. Michael Koch Training conception for the generic Athletic training in Biathlon	
	17:00-17:45			Matthias Ahrens CAN Skiing speed WC vs IBU Cup	
	19:30			Dinner	
Sunday 16.06.2019	08:30-10:00			Laurent Schmitt FRA Why the high level endurance athletes perform more than 80% of the training at intensity below the first lactate threshold?	
	10:00-10:20			Coffee Break	
	10:20-11:45			Michael Andersen Building a high performance enviroment: The coach and other crucial factors	
	11:45-12:00			IBU / TC Chairman Debriefing / Anticipation	
	12:00			Lunch Departure	

A large group of approximately 50 people, mostly men, are posing for a group photo in front of a modern building with large glass windows. The group is arranged in several rows, with some individuals standing in the back and others sitting or kneeling in the front. They are dressed in casual attire, including t-shirts, polo shirts, and jackets. The building behind them has a sign that reads "SCANDINAVIC SLUSEHOLMEN" in large, white, capital letters. Below this sign, there are several smaller directional signs, including one for "TIVOLI 5 km", "AMAGER STRANDPARK 8 km", and "Bella Center". The ground is paved with light-colored bricks, and there are some green plants in the foreground. The overall atmosphere is professional yet relaxed, suggesting a corporate or organizational event.