



IBU-IOC **SUMMER CAMP 2023**

02-11 JUNE 2023 | **RUHPOLDING GER**

IBU-IOC **SUMMER CAMP 2023**

02-11 JUNE 2023 | **RUHPOLDING** GER



TABLE OF CONTENT

ABOUT THE CAMP	3
IBU CONTACTS	3
IBU HEAD COACHES AND ATHLETE ROLE MODEL	4
EXPERTS	5
ACCOMMODATION	6
PROGRAMME	6
SCHEDULE	7
OTHER INFORMATION	8

IBU-IOC SUMMER CAMP 2023

02-11 JUNE 2023 | **RUHPOLDING** GER



ABOUT THE CAMP

For many years, the IBU is organizing the so-called „IBU-IOC Camps“ - supported by the Olympic Solidarity funds- to support developing nations and promote biathlon in these countries. During the camp, participants will gain practical and theoretical knowledge about sport and biathlon theory and practical training letting Athletes and Coaches improve their skills and competence for future participation in international level competitions.

The IBU-IOC Summer Camp 2023 will be organized in Ruhpolding, Germany from 02-11 June 2023, led by IBU Head Coaches Matthias Ahrens and Martina Seidl. Invited National Federations can bring 2 athletes (1 female and 1 male) and 1 coach to the camp.

We highly recommend to send young coaches under 35 years if possible or coaches who participate in the IBU Coach Education (Basic or First Level Course) so they can accomplish their requested practical hours at the Camp. Kindly note that the participating athletes should be within 15-23 years of age.

IBU CONTACTS

PROJECT COORDINATOR

Theresa Jost

IBU Development Manager

theresa.jost@ibu.at

Tel.: +43 664 19 22 647

IBU HEAD COACHES



MATTHIAS AHRENS

Matthias Ahrens is an accomplished coach and educator with over 25 years of experience in the biathlon and nordic skiing world. He is a key educator at the IBU Academy for coaching courses and the IBU/IOC Camps. He also serves as an IBU mentor in the IBU Mentorship Program. Since 2019, Matthias has been the Head Coach at the National Development Training Centre in Canmore, where he inspired and trained the next generation of biathlon athletes. Previously, he spent 14 years as National Team and Head Coach for Biathlon Canada, coaching athletes at every level of development, from club to national to Olympic athletes. Matthias has coached at the last three Olympic Winter Games (2010, 2014, and 2018) and is a certified NCCP level 5 Biathlon Coach in Canada, a state-examined Nordic Ski Instructor in Germany, and an internationally certified Mountain Guide (IFMGA).



MARTINA SEIDL

Martina Seidl (formerly Zellner) is a former Biathlete who represented Germany in various international competitions. She had a successful career with several podium finishes in various competitions. After retiring from the sport, Martina became a coach and started working with young athletes in the German Ski Association (DSV). She is known for her dedication and passion towards the sport, which has helped her in shaping some of the best athletes in the German Biathlon team.

ATHLETE ROLE MODEL



JULIAN EBERHARD

Julian Eberhard is a former Biathlete who represented Austria in various international competitions. He is known for his exceptional skiing skills and accurate shooting, which helped him in achieving several podium finishes in his career. Julian retired from the sport in 2021 and has since then been involved in various activities to promote the sport. He is a role model for young athletes and continues to inspire many with his dedication and passion towards the sport.

IBU-IOC SUMMER CAMP 2023

02-11 JUNE 2023 | RUHPOLDING GER

EXPERTS



JUDITH HAUDUM

Judith is the the lead nutrition expert of Ski Austria (Austrian Skiing Federation) and the head of nutrition at the Olympic centre in Salzburg, Austria, as well as 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.



WALTER HÖRL

Walter Hörl is a Biathlon Coach from Austria. He has been a part of the Austrian Biathlon Federation since the 1990s, working with various teams and athletes over the years. Walter is known for his vast knowledge of the sport and his ability to develop innovative training programs that help athletes to reach their full potential. He has worked with several successful athletes, including Dominik Landertinger, Simon Eder, and Lisa Theresa Hauser, among others. Walter is highly respected in the Biathlon community and is regarded as one of the best coaches in the sport.



TOBIAS REITER

Tobias Reiter is a Biathlon Coach at DSV (German Ski Association). He has been a part of the German Biathlon team for over a decade and has helped in the development of several successful athletes. Tobias has a vast knowledge of the sport and is known for his innovative coaching techniques, which have helped in improving the performance of many athletes. He is a great motivator and has a strong understanding of the physical and psychological aspects of the sport.



THOMAS WÜNN

Thomas Wünn is a gunsmith at Fortner, a company that produces high-quality rifles for the shooting sports. He has a vast knowledge of firearms and is an expert in rifle assembly, maintenance, and repair. Thomas has been working with Fortner for over a decade and has developed a reputation for his attention to detail and craftsmanship. He is highly respected in the shooting community and has contributed significantly to the success of many athletes.

IBU-IOC
SUMMER CAMP 2023
02-11 JUNE 2023 | **RUHPOLDING GER**

ACCOMMODATION

Labenbachhof

Froschsee 7
83324 Ruhpolding / Germany
Tel.: +49 8663 1667

<https://labenbachhof.de>



Accommodation is planned in 2-bed rooms for coaches and 4-bed rooms for athletes. Within the camp period, the IBU will cover costs for accommodation and full board. Check-in is scheduled on Friday, 02 June by 5pm CET at the latest, departure is on Sunday, 11 June after breakfast.

Different dates of arrival and departure must be agreed upon with IBU and additional costs in the case of exceeding the planned camp period must be covered by the federations.

PROGRAMME

- **9-nights accommodation at Labenbachhof in 2-bed / 4-bed rooms with full board**
- **Varied training sessions including**
 - Roller skiing
 - Shooting
 - Strength training
 - Running
 - Mountain hiking
- **Camp lead by experienced IBU Head Coaches**
- **Welcome gifts for Coaches and athletes**
- **Seminars**
- **Fun activity**
- **Social evening**

IBU-IOC
SUMMER CAMP 2023
02-11 JUNE 2023 | **RUHPOLDING GER**

SCHEDULE

FRIDAY, 02 JUNE 2023	
Latest by 17:00	Arrival
18:00 - 18:30	Coach Meeting
18:30 - 19:30	Dinner & Camp opening
19:30 - 21:00	Get to know each other
SATURDAY, 03 JUNE 2023 UNTIL SATURDAY, 10 JUNE 2023	
07:00 - 08:00	Breakfast
08:30 - 11:00	Morning session
12:00 - 13:00	Lunch
14:30 - 17:00	Afternoon session
17:30 - 18:15	Coach Meeting
18:30 - 19:30	Dinner
20:00 - 21:00	Evening activities / Social time
SUNDAY, 11 JUNE 2023	
08:00 - 09:00	Breakfast
Whole day	Departure

OTHER INFORMATION

EQUIPMENT

The following equipment is required for the varied training sessions:

- **Roller skis skating**
- **Skating boots**
- **Helmets**
- **Poles** (1x pair for Roller skiing and 1x pair for Mountain hiking)
- **Running shoes**
- **Biathlon rifle** (small-bore)
- **Equipment gym**
- **Swimmwear**
- **Appropriate clothing for training**
- **Bad weather clothing** (rain jackets etc.)
- **Scope with tripod** (coaches)
- **Clipboard for shooting** (coaches)

VISA

The current [VISA regulations](#) for entry into Germany apply. Participating nations requiring an invitation must contact IBU.

INSURANCE

It is mandatory to possess both sufficient liability and accident insurance for covering accident, recovery and transport costs, including for Camp-related risks to an adequate extent when participating in any camps, competitions or activities sanctioned or authorized by the IBU.