

# INVITATION



## IBU

# COACH WEBINAR

## 21-23 SEPTEMBER 2021

|                              |  |
|------------------------------|--|
| <b>TOPIC</b>                 | Female specificity in training and Youth & Junior athlete preparation  |
| <b>TIME</b>                  | 21 September 2:00pm - 4:00pm (CET)<br>22 September 2:00pm - 4:30pm (CET)<br>23 September 2:00pm - 4:45pm (CET)                       |
| <b>PLACE</b>                 | Online via Zoom  |
| <b>REGISTRATION</b>          | Please register here:<br><a href="https://www.surveymonkey.com/r/IBUCoachWebinar2021">www.surveymonkey.com/r/IBUCoachWebinar2021</a> |
| <b>REGISTRATION DEADLINE</b> | <b>17 September 2021</b>   |
| <b>PARTICIPANTS</b>          | Coaches & other interested NF members  |
| <b>LANGUAGE</b>              | English, Russian   |

**CONTACT:** Should you have any questions or concerns, please reach out to [theresa.jost@ibu.at](mailto:theresa.jost@ibu.at)



# COACH WEBINAR 2021

## INTRODUCTION

### **Dear Biathlon friends, Dear Coaches,**

It is our great pleasure to organize another edition of our IBU Coach Webinar and we are welcoming all of you to join three interesting Webinar days focusing on "Female specificity in training and Youth & Junior athlete preparation".

Over the course of the webinar, you will benefit from the expertise of an international team of sports training experts and experienced biathlon coaches who will help you broaden your knowledge about the principles of training with young (female) athletes.

We encourage you to share your ideas, ask questions and learn from other professionals through the webinar session experience.

We are looking forward to see many of you during the Webinar!

**The IBU Development Team**



# COACH WEBINAR 2021

## AGENDA

### TUESDAY, 21<sup>TH</sup> OF SEPTEMBER

|                                 |   |
|---------------------------------|---|
| <b>Session 1</b><br>14:00-14:45 | <b>Lecturer:</b> Dr Johanna Ihalainen<br><b>Topic:</b> Special considerations for female athletes: nutrition, body composition, menstrual cycle and performance   |
| <b>Session 2</b><br>15:00-15:45 | <b>Lecturer:</b> Dr Guro Strøm Solli<br><b>Topic:</b> What can we learn from the most successful Winter Olympian in history?<br>Progression of training towards world-class level, coach-athlete relationship and how she managed to return from underperformance to success. |

### WEDNESDAY, 22<sup>TH</sup> OF SEPTEMBER

|                                 |   |
|---------------------------------|---|
| <b>Session 1</b><br>14:00-14:30 | <b>Lecturer:</b> Ondrej Rybar<br><b>Topic:</b> Coaching of female athletes from a practical side  |
| <b>Session 2</b><br>14:40-15:10 | <b>Lecturer:</b> Sandra Flunger<br><b>Topic:</b> Coaching of female athletes from a practical side  |
| <b>Session 3</b><br>15:20-15:50 | <b>Lecturer:</b> Jonne Kähkönen<br><b>Topic:</b> Coaching of female athletes from a practical side  |
| <b>Session 4</b><br>16:00-16:20 | <b>Moderator:</b> Gerold Sattler<br><b>Participants:</b> Jonne Kähkönen, Sandra Flunger, Ondrej Rybar<br><b>Panel Discussion:</b> Training with female athletes |

### THURSDAY, 23<sup>TH</sup> OF SEPTEMBER

|                                 |  |
|---------------------------------|--|
| <b>Session 1</b><br>14:00-14:45 | <b>Lecturer:</b> Knut Kuvås Brevik<br><b>Topic:</b> Talent Identification and youth training in Norway   |
| <b>Session 2</b><br>15:00-15:45 | <b>Lecturer:</b> Ronny Fudel<br><b>Topic:</b> Talent identification and technique analysis in young biathletes   |
| <b>Session 3</b><br>16:00-16:30 | <b>Lecturer:</b> Prof Dr Cornelia Blank<br><b>Topic:</b> Personality development in professional youth sport - how doping prevention can be part of it |

**Please note:** The agenda can be subject to change, in case of presenters' sickness, unavailability etc.



# COACH WEBINAR 2021

## LECTURER INFORMATION



### DR JOHANNA IHALAINEN

Dr Ihalainen completed her undergraduate degree and PhD [Exercise Physiology] at University of Jyväskylä. Her PhD examined the effects resistance training on inflammation, and since then her work has mainly focused on female physiology and female athletes. She works as a Senior Lecturer (Sport Coaching) at the University of Jyväskylä. In addition to her research on female athletes [the Female Athlete Triad and Relative Energy Deficiency in Sport], her work in recent years has involved studies in the prevention of respiratory illnesses, as well as research questions related to athlete's mental health.



### DR GURO STRØM SOLLI

Employed as an associate professor at Nord University. Previous cross-country skier at the Norwegian national team. She is currently working as a coach, lecturer, and researcher at a specialized education program for biathlon and cross country skiing athletes. She recently submitted her Ph.D. in endurance training, investigating the training characteristics of the most successful winter Olympian in History (Marit Bjørgen).



### ONDREJ RYBAR

Ondrej Rybar is a former biathlete from the Czech Republic. Since 2006 he has held the position as coach of the women's national team and trained, among others, Gabriela Soukalova. At the same time, he worked as a personal coach of Zdeněk Vítek and Jaroslav Soukup. Since 2009 he has been a coach of men's team in the Czech Republic. In 2015, the Union of Professional Coaches of the Czech Olympic Committee awarded him and declared him the best professional coach for 2014, in which the biathlon team under his leadership won, among other successes, five Olympic medals at the Sochi Games. Since 2015 he has been head coach of the Czech Biathlon Team and since 2018 he is also the Sports Director of Czech Biathlon.



# COACH WEBINAR 2021

## LECTURER INFORMATION



### SANDRA FLUNGER

2003-2008 Coach Ski Junior High School Saalfelden  
2004-2007 Study of German and Sports at Pedagogical Academy Salzburg  
2007-2013 Head Coach Biathlon at Ski Gymnasium Saalfelden  
2013-2016 Coach National Team Women Austria  
2016-2018 Coach Private Team "Biathlonschmiede"  
Since 2018: Head Coach National Team Women Switzerland



### JONNE KÄHKÖNEN

- I'm a graduate of University of Jyväskylä, Finland
- MSc, Exercise Physiology

Coaching career

- National Team Development Centre, Thunder Bay, CAN 1999-2002
- Biathlon Finland 2006-2010, Head Coach
- United States Biathlon Association 2010-2018, Head Coach Women
- Biathlon Finland 2018-, Head Coach



### KNUT KUVÅS BREVIK

Knut Kuvås Brevik is working as a teacher and coach at the ski gymnasium in Trondheim, Norway. He has had several roles in the Norwegian Biathlon Association: Coach for the men's IBU-cup team, project leader for the associations long-term athlete development model, and as sport director for Norway's IBU-cup and junior teams. He has also contributed to the making of the coach education in Norway.



# COACH WEBINAR 2021

## LECTURER INFORMATION



### RONNY FUDEL

- 2015-present: Research associate at the Department Junior Elite Sport, Institute of Applied Training Science, Leipzig, Germany
- 2012: Coach Junior Development Squad XC-Skiing, Snow Farm NZ, New Zealand
- 2008-2015: Study Sports Science at Leipzig University/ Norwegian School of Sport Sciences, Oslo / Norwegian University of Science and Technology, Trondheim – Graduation: Master of Science
- 1996-2006: Athlete Cross-Country Skiing



### PROF DR CORNELIA BLANK

Prof Cornelia Blank is Professor and deputy head of the Institute for Sports Medicine, Alpine Medicine and Health Tourism at the University for Health Sciences, Medical Informatics and Technology (UMIT TIROL) in Hall in Tirol, Austria. She is an international published and cited researcher with experiences in several international and doping-related projects. With a background in health sciences and psychology, her research focuses on prevention and health promotion in and by means of sport. Topics include the perception of doping prevention measures from an athletes' and athlete support personnel perspective. She is furthermore interested developing and evaluating current doping prevention strategies integrating the athletes' and ASP perspectives.