



MAGYAR ORSZÁGOS
KORCSOLYÁZÓ SZÖVETSÉG
HUNGARIAN NATIONAL
SKATING FEDERATION

Invitation

to take part in the
**Eastern European and Baltic Regional Training Camp for Junior C, B and A &
Seminar for coaches and athletes**

The Hungarian National Skating Federation supported by the ISU Development is honoured to invite you to take part in the **training camp** that focuses on the **improvement of Eastern European and Baltic Regional coaches and athletes of Junior C-B-A categories.**

Date: February 04-13, 2024 (arrival on February 04 and departure on February 14, 2024)

Venue: Practice Rink – Istvánmezei út 3-5., 1146 Budapest

The immediate goal of our project is to help the skaters and coaches in the region optimize their performance for the third ISU Junior World Cup and the ISU World Junior Championships. As the ratio of medals won in the previous three ISU World Junior Championships is 3:2 in favour of Western Europe, we aim to change that by sharing the knowledge we acquired as we rose to being the leading country of the region. Furthermore, the camp will provide joint training sessions to exchange best practices and facilitate improvement, along with holding seminars on various topics, and strengthening the cooperation of the respective countries. With the help of this development program, we hope to change the ratio and have an equal number of Eastern European and Western European skaters in the top 20. The long-term goal of the project is to have more Eastern European skaters on the podium and to achieve that, we plan to organize two camps per season in the future.

Planned schedule (details might be subject to change based on the participants' requests) includes ice training sessions each day (except for Sunday as rest day), dryland and gym sessions and the seminars. Participants would be divided into two groups to ensure undivided attention and space for improvement.

Planned topics of the seminars include dietetics, performance diagnostics, blades and equipment management etc. For those who will travel to the third ISU Junior World Cup from here, morning ice training is possible on February 14, 2024.

Participation: all participating members are welcome to enter **maximum 10 skaters** each (in case of high number of entries, we might need to limit that). **Participation fee** is **CHF 350.00 / skater** which includes joining the training camp, accommodation for 10 days with full board (breakfast, lunch, dinner). Participation fee per coaches is **CHF 200.00** for 10 days with full board. In case of entering **10 skaters, two (2) coaches**, whereas in case of entering **1-9 skaters, one (1) coach's** participation will be supported by the program at this cost. Further coaches' participation is fully at their own cost based on the effective booking fees.

Invited age groups: Junior C-B-A

Moderators will include staff members of the Hungarian national and junior teams, such as Mr Viktor Knoch, Mr Tamás Lakatos (Junior National Team Coach), Mr Szabolcs Szöllősi (Equipment technician and coach), Mr Bence Bánhidi (Sprint Coach), Ms Bianka Juhász (Functional Coach), and Mr Sándor Puskás (Weight Coach) and more.

Please send us your **entries** at your earliest convenience or until **December 20, 2023** at the latest to viktor.knoch@hunskate.hu whom you may also contact for further information.

Viktor Knoch

Project Manager, Hungarian National Team Coach



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