

Report on the use of Project

20-23 (Part 2)

**Further improvement of skaters' trough cooperation
and
develop and further education of coaches**

Spišská Nova Ves / Slovakia

March 20-29, 2021



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1. Project Title

Further improvement of skaters' trough cooperation and develop and further education of coaches

2. Results

The main goal of this camp was to learn and improve techniques and tactics on the ice. Given the current issues with COVID-19, carrying out this camp was especially important for skaters and coaches from the psychological side.

The intensity of trainings on the ice was low. The skaters focused mainly on the right position while skating. Intensive training sessions were held, in general, off-ice (cycling, in the gym and in the field).

We had good feedback from coaches and skaters during the last camp. Many of them learn new methods, new exercises and new ways how to teach they skaters specific short track technique in details and continue back home in better direction.

During our last camp we watched again openness and willingness from the participating coaches to discuss training questions with our moderator's.

The feedback received from participating coaches and skaters were very positive.

At the end of the camp, as planned, we organized a competition

**STEZ Cup 2021 in Short Track Speed Skating
Spišská Nova Ves / Slovakia
March 27-28, 2021**

<https://erkatiming.webnode.sk/short-track/>

The most important achievements of our project are:

- progress in the improvement of skating techniques (Video analyses)
- higher sport and technical level of the training (mixed trainings groups)
- closer cooperation between countries (planning and organization of common on- and of ice camps in the period between ISU camps.
- closer cooperation between the coaches in this region
- further development of coaching knowledge
- making friendship and cooperation between the skaters and coaches in this region

We are convinced that by further continuation of our project we can expect additional:

- progress in the number of registered skaters in junior and senior categories
- progress in the number of participating skaters and trainers in the project
- progress in the number of skaters competing in the National Championships in junior and senior categories

- progress in the number of skaters qualified for the Junior World Cup
- progress in the number of skaters taking part in the Junior World Cup
- progress in the number of skaters qualified for the World Junior Championships
- progress in the number of skaters taking part in the World Junior Championships
- progress in National records in all age categories
- individual progress of skaters (personal best)

Theoretical classes as part of Coaches Meetings were held immediately after training sessions or in the evenings. Particularly noteworthy is their great interest and active participation.

Together with Moderator and Coaches, we checked the technical condition of the skates, especially the radius, which had to be improved for many skaters.

During our coaches' meetings, all coaches confirmed their interest to continue the project and further this cooperation next year.

1. **Short reports and feedback of participating Teams:**

➤ **Belarus**

From March 20 to March 29, the strongest Belarusian athletes participated in the ISU program under my leadership.

During this time, athletes gained knowledge of modern technology for passing circles. This made it possible to improve the temporary results of passing the circle of athletes. During the training camp, new knowledge of theoretical and methodological knowledge of short track speed skating was obtained under the guidance of Myklukha Alexander.

New knowledge was gained on the maintenance of sports equipment (micrometer, arch, radius), gained new knowledge of general physical training from coach Peter Jelen

At the training camp, agreements were concluded between the Belarusian, Ukrainian and Slovak Federations on joint preparation for the selection for the Olympic Games 2022 and the international ISU competitions.

At the next meeting, I would like to receive more information about the maintenance of the blades (radii, micrometers, bending). Learn more about the latest trends in lap technique. As well as professional development of Belarusian coaches and judges (to hold a judges' seminar).

This program will allow Belarusian athletes to improve their results in the international arena, which will lead to the popularization of short track speed skating in the Republic of Belarus.

The experience gained is very important for the Belarusian short track speed skating, so we want to continue to participate in this program.

Best regards,

BSC Short Track Coordinator
Arthur Solienko

➤ **Slovakia**

On March 22-29, 2021, we participated in the ISU Camp in Spišská Nová Ves, with the participation of competitors from Belarus and Ukraine. Many thanks to the organizers for organizing this camp in this very challenging pandemic time. As our competitors have not been on the ice since January 2021, we accepted an invitation to this camp with open arms and we were glad to be able to roll on the ice again.

It was a very good idea to do COVID-19 PCR tests before the camp, which revealed positive participants, and only healthy athletes and coaches took part in the camp.

During the camp, ice trainings were provided twice a day, which allowed the trainers to make a perfect training plan. On the ice, the competitors were divided into performance groups, while the coaches could focus on each competitor in person. The training process on ice was focused on the skating technique, which is necessary for all ages. Heart rate was also monitored during training with the help of sports testers.

Other trainings took place on dry land, where ropes were used for technology and also a frequency ladder.

After training, the competitors also had games (football), during which they relaxed and had fun.

Further workouts took place in the gym, which focused on strength and compensation.

Accommodation was at a good level in the hotel in the rooms of 2 to 3 competitors. Disinfection was provided upon entering the hotel.

Catering was provided to hotels in restaurants, where each participant received hygienically packaged food.

The food was tasty and in sufficient quantities. Fruit and sweet treats were also served for breakfast, lunch and dinner.

Pandemic measures were observed, body temperature was measured every day at the entrance to the winter stadium, and disinfection was provided at the entrance to the stadium. All participants wore a respirator in all areas except ice.

After the camp, all competitors and coaches had to be tested again and only then go home.

The competitors were very satisfied with this camp and once again we would like to thank the organizers for a well-managed organization and for the opportunity to participate in this camp.

Blanka Hympanova
Coach, Team Slovakia



3. Course Outline

As agreed with the ISU Development Commission, due to the current COVID-19 situation, we have divided this 20-23 project into two parts, maintaining the overall budget previously approved by the ISU:

1. Projekt 20-23 (Part 1)

- Place: Spišská Nova Ves / Slovakia
- Date: August 20-30, 2020
- Participants: CZE and SVK
- Moderators: Head Moderator and Project Manager/Moderator

2. Projekt 20-23 (Part 2)

- Place: Spišská Nova Ves / Slovakia
- Date: March 20-29, 2021
- Participants: BLR, UKR and SVK
- Moderator: Head Moderator and Project Manager/Co-Moderator

Due to the current situation related to COVID-19 and new restrictions related to it, the Teams from Romania and Estonia could not participate in the ISU Development Project 20-23 in Spišská Nova Ves / Slovakia.

Today we can say that the organization of this project was immensely complicated, even so the camp was especially important and the right thing to do.

We hereby inform you that like the first part of the project, in general everything went according to plan.

The particularly good infrastructural conditions in Spišská Nova Ves allowed us for the full implementation of the previously planned program.

Due to the COVID-19 regulations, accommodation was arranged at the Sport hotel directly by the ice rink. The hotel was a closed “Buble”.

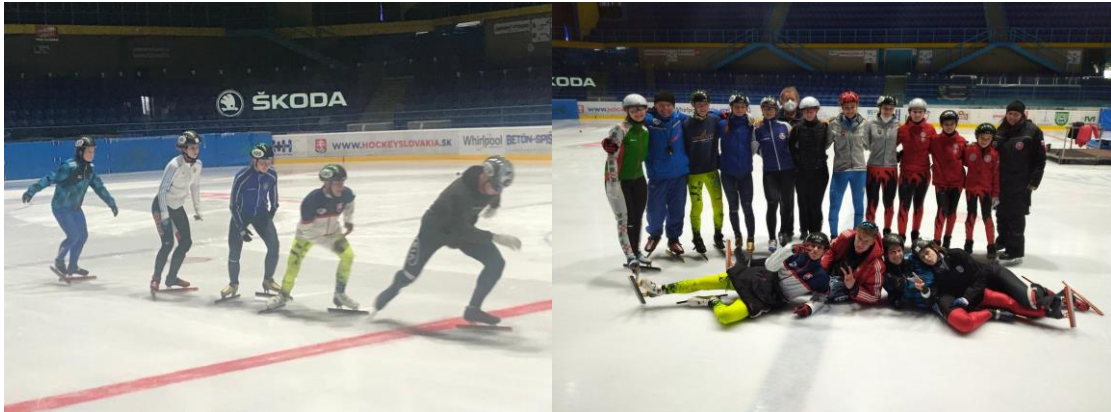
During our stay, both the skaters and coaches were healthy and did not report any health problems later.

In general, we can say that all project participants complied with the COVID-19 regulations currently in force in Slovakia and in ice rink.

According to the current regulations, it was not necessary to wear masks during the trainings or competition itself.

1. After arrival and before the departure of the teams, COVID-19 antigen tests were done.
2. Generally it was responsibility of every Team to provide medical and accident insurance for their participants.
3. Generally it was responsibility of every Team to provide the organization, supervision and abiding by all the regulations related to COVID-19 binding in Slovakia, Ice Arena Spišská Nova Ves and during trainings by all their skaters and coaches participating in the project.
4. The management Team:
 - checked the body temperature after the participants had arrived at the hotel,
 - provided all participants (through National Coordinators) with basic protection measures, such as: facemasks, hand sanitizers, protective gloves,
 - equipped the hotel, restaurant and ice rink, in many places, with disinfectants,

- urged hand washing especially at the entrance / exit of the hotel, restaurant or ice rink,
- organized trainings for skaters, coaches regarding applicable safety regulations,
- collected and analyzed current regulations related to COVID-19,
- looked for sports facilities and lecture halls to implement the project in accordance with current regulations,
- checked the body temperature during the camp,
- checked the social distancing rules.



4. Detailed timetable for executed Project activities

PROGRAM

Saturday 20.03.2021	10:15 - 13:00 - 16:00 - 17:30 18:00 - 20:00 - 21:00	COVID-19 Test (SVK, UKR, Moderators) Lunch Dry land training Dinner Coaches Meeting	Hospital, SNV Hotel Sport Stadion Hotel Sport Hotel Sport
Sunday 21.03.2021	07:00 10:00 10:00 13:00 - 15.30 - 17.30 18.00 - 19.30	Breakfast Dry land training COVID-19 PCR Test (BLR) Lunch Ice training/Dry land training Dinner Coaches Meeting	Hotel Sport in the field Hospital, Poprad Hotel Sport Ice Rink Hotel Sport Hotel Sport
Monday 22.03.2021	07.00 07.30 - 09:30 13.15 - 15.00 - 17.00 18.00 - 19.30	Breakfast Ice training-Technik /Dry land training Lunch Ice training/Dry land training Dinner Coaches Meeting	Hotel Sport Ice Rink / Gym Hotel Sport Ice Rink / Gym Hotel Sport Hotel Sport
Tuesday 23.03.2021	07.00 07.40 - 10:00 13.15 - 15.00 - 17.00 18.00 - 19.30	Breakfast Ice training/Dry land training, Fitness Lunch Ice training/Dry land training Dinner Coaches Meeting	Hotel Sport Ice Rink / Gym Hotel Sport Ice Rink / Gym Hotel Sport Hotel Sport
Wednesday 24.03.2021	07.00 07.40 - 10:00 12.00 - 16:00 16.00 - 17:00 18.00 - 19.30	Breakfast Ice training/Dry land training, Fitness Social Event, Tatra Mountains Regeneration - Sauna & massage Dinner Coaches Meeting - healthy diet for athletes	Hotel Sport Ice Rink / Gym Štrbské Pleso Hotel Sport Hotel Sport Hotel Sport
Thursday 25.03.2021	07.00 07.40 - 10:00 13.15 - 15.00 - 17.00 18.00 - 19.30	Breakfast Ice training/Dry land training, Fitness Lunch Ice training/Dry land training Dinner Technical Equipment seminar (blades, sharpening, radius)	Hotel Sport Ice Rink / Gym Hotel Sport Ice Rink / Gym Hotel Sport Hotel Sport
Friday 26.03.2021	07.00 07.40 - 10:00 13.15 - 15.00 - 17.00 18.00 - 19.30	Breakfast Ice training/Dry land training, Fitness Lunch Ice training/Dry land training Dinner Coaches Meeting - competition preparation	Hotel Sport Ice Rink / Gym Hotel Sport Ice Rink / Gym Hotel Sport Hotel Sport
Saturday 27.03.2021	08.00 10.00 - 11:00 12.30 - 14.30 - 17.30 18.00 - 19.30	Breakfast Dry land training Lunch International STEZ CUP competition Dinner Coaches Meeting	Hotel Sport in the field Hotel Sport Ice Rink Hotel Sport Hotel Sport
Sunday 28.03.2021	07.00 07.30 - 11:00 13.15 - 14.30 - 16.30 17.00 18.00 -	Breakfast International STEZ CUP competition Victory ceremony Lunch Dry land training Coaches Meeting, certificate Closing Dinner & social event with skaters & coaches	Hotel Sport Ice Rink Ice Rink Hotel Sport Ice Rink / Gym Hotel Sport Hotel Sport
29.03.2021 Monday	08.00	Breakfast End of the Camp/Seminar	Hotel Sport

5. List of key persons involved

Participating ISU Members:

1. Skating Union of Belarus
2. Ukrainian Speed Skating Federation
3. Slovak Speed Skating Union

National Project Coordinators:

- | | | |
|--------|---------------|--|
| 1. BLR | Julia Komleva | belskate2004@yahoo.com |
| 2. SVK | Jan Magdosko | president@speedskating.sk |
| 3. UKR | Elena Myagkih | ukrem78@ukr.net |

PARTICIPANTS – SKATERS

No.	Nation	Name	M/F	Date of birth	Personal best		
					500m	1000m	1500m
1.	BLR	Mihdaliou Mikita	M	09.01.2004	42.3	1.29.0	2.18.9
2.	BLR	Chystava Katsiaryna	F	20.04.2001	45.94	1.35.5	2.30.43
3.	BLR	Izafatava Hanna	F	25.08.1999	44.56	1.33.0	2.27.3
4.	BLR	Izafatava Maryia	F	13.04.1998	44.32	1.32.7	2.25.7
5.	UKR	Mykhalchuk Diana	F	05.07.1993	46.6	1.35	2.27.4
6.	SVK	Lucia Filipova	F	27.09.2002	44,8	1,34,7	2,35
7.	SVK	Marian Buksar	M	16.05.2003	45,1	1,35	2,30,3
8.	SVK	Adam Gubac	M	30.03.2010			
9.	SVK	Emma Hympanova	F	08.12.2003	46,7	1,34,9	2,35
10.	SVK	Jakub Karabin	M	19.10.2004	46,5	1,37,3	2,28,6
11.	SVK	Sergej Vastusko	M	19.05.2006			
12.	SVK	Ema Baricova	F	02.10.2006	48,8	1,43,2	
13.	SVK	Michaela Izarova	F	03.07.2006	48,4	1,38,6	
14.	SVK	Lea Popovicova	F	23.12.2007	49,3	1,42,8	
15.	SVK	Alica Porubska	F	26.07.1997	44,4	1,31,8	2,26

PARTICIPANTS – Coaches, supervisors, moderators

No.	Nation	Name	M/F	Position
1.	BLR	Artur Solienko	M	Coach
2.	SVK	Blanka Hympanova	F	Coach

3.	UKR	Vodzianitski Kanstantsin	M	Coach Ass.
4.	SVK	Jan Magdosko	M	SSSU President
5.	SVK	Peter Jelen	M	Fitness Coach
6.	SVK	Juraj Kukura	M	Medical
7.	SVK	Renata Karabova	F	Coach
8.	SVK	Alica Porubská	F	Coach
9.	UKR	Oleksandr Myklukha	M	Head Moderator
10.	AUT	Marek Stanuch	M	Project Manager/Co-Moderator

6. Quantitative proof

1. Achieved results during “STEZ Cup 2021” competition - March 27 - 28, 2021:

<https://erkatiming.webnode.sk/short-track/>

Test - Time Ranking Spišská Nova Ves / Slovakia 27.03. - 28.03.2021

Name	Country	300 m	500 m	777 m
Lucia Filipová	SVK	31,17	46,82	1:25,56
Emma Hympanová	SVK	31,76	47,72	1:26,62
Hanna Izafatava	BLR	31,98	46,63	1:26,09
Marián Bukšar	SVK	31,31	46,49	1:22,26
Jakub Karabín	SVK	32,06	47,18	1:22,31
Katsiaryna Chystaya	BLR	32,52	47,61	1:25,13
Diana Mykhalchuk	UKR	32,34	48,08	1:26,59
Nikita Mygdalev	BLR	32,47	43,67	1:21,75
Mariya Izafatava	BLR	31,63	46,93	1:22,64
Alica Porubská	SVK	31,69	47,84	1:26,38
Michaela Ižarová	SVK	34,64	50,62	1:26,69
Lea Popovičová	SVK	37,54	54,29	
Katarína Ondrejčáková	SVK	38,33	55,42	
Adam Gubač	SVK	38,77	55,42	

Report on the ISU Short Track training camp
Place Spišská Nova Ves
20-29.03.2021
Head Moderator

According to the previously planned program, from March 20 to March 29, an international short track training camp was held in the city of Spišská Nova Ves.

The event was attended by athletes from different countries, such as Slovakia, Ukraine, Belarus.

The athletes were provided with very good conditions for learning to improve.

Together with Marek Stanuch, we have prepared and successfully implemented a training plan, taking into account the season, the level of the athletes, as well as the conditions for training and outdoor activities.

The main focus of our training was aimed at improving technical and tactical skills, since the competitive period has already ended.

Thanks to the Slovak Speed Skating Union and President Mr Jan Magdosko, we have been provided with everything we need, from two-time workouts on ice to fitness halls, saunas and so on.

We were provided with an excellent hotel and good food three times a day, in addition to this, the athletes were provided with fruits, water and everything they needed every day.

I would like to positively note the holding of seminars on proper nutrition in sports, drinking regimen, technique and methods of training in short track speed skating.

Everyone really liked the training on how to sharpen skates correctly, as well as their regular control in the future.

We have successfully organized and conducted control competitions.

We can be happy that the event passed without injuries and illnesses, which we were very happy about.

All the participants were very pleased and dream of meeting again.

Thanks to the gathering, we became one big and happy family.

I would like to convey a special thanks to the main “sponsor” of this wonderful gathering ISU.

Oleksandr Myklukha
Head Moderator

7. Final Expenditures for the project

Financial Report attached (Excel Template).

ISU Contribution:

ISU Project 20-23	ISU Contribution amount	<u>CHF 50.000,00,-</u>
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Costs:

➤ 1st Part	20.08. - 30.08.2020	Spišská Nova Ves	CHF 19.336,38,-
➤ 2nd Part	20.03. - 29.03.2021	Spišská Nova Ves	<u>CHF 24.779,09,-</u>
		Total:	<u>CHF 44.115,47,-</u>

Report on the use of Project 20-41

**Speed Skating Development
Training and Competition Project
for Juniors Skaters C and D and seminar their Coaches**

Part 1

**Collalbo / Italy
January 16-24, 2021**

and

Part 2

**Zakopane / Poland
February 18-23, 2021**



ISU DEVELOPMENT PROGRAM – DEVELOPMENT PROJECTS

<p>ISU MEMBERS REPORT ON THE USE OF PROJECT BASED DEVELOPMENT SUPPORT</p>
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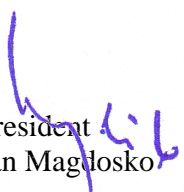
ISU Member: Slovak Speed Skating Union
Responsible Person Name: Jan Magdosko
Address: T. Vansovej 2171/1
05201 Spišská Nova Ves / Slovakia
Phone: +421 903 601 379
E-mail: info@speedskating.sk

A. The ISU grant for the Project **(CHF) 26.000,-**

B. Please use the following template to fill in your **Report Form**:

Place: Spišská Nova Ves

Date: 13.03.2021


President
Jan Magdosko


Secretary
Renata Karabova

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1. Project Title

Speed Skating Development Training and Competition Project for Juniors Skaters C and D and seminar their Coaches

2. Results

1. Results achieved during “39th International Junior Meeting” competition
Collalbo, January 23-24, 2021

<https://speedskatingresults.com/index.php?p=2&e=23614>

2. Results achieved during “Zakopane Speed Skating Championships 2021” competition
Zakopane, February 22-23, 2021

<https://speedskatingresults.com/index.php?p=2&e=23802>

3. Based on our experience from last year and the experience gained during our last seminars’ in Collalbo and Zakopane, we can again say that:
 - Currently in many cases the support of these groups from the side of the national associations is almost poor. The organization of that project was a great distinction for that young age category, a chance to see Speed Skating sport at a higher level and an award for practicing this sport despite the lack of artificial skating rinks at home.
 - Currently it is difficult to find a high-quality training team for a young talented competitor of that age level, under 15 (Juniors C and D).
 - Currently the possibility to compete is limited mostly to domestic races of a poor competitive level. During that camp skaters had the opportunity to compete with the best skaters from other countries.
 - the project was for those young adepts of Speed Skating sport a great motivation to train at home, to compete and train once a year with skaters from other countries in Collabo and Zakopane
 - the project was the route how to improve performance of the first stage competitors
 - realization of the project enabled to exchange experience and improve preparation of young talented people

As we already said, based on earlier assumptions, confirmed during this project in Collalbo and Zakopane, we are convinced of the great importance of implementing such projects as this one in the future. If we want countries, especially those without infrastructure, skating tradition and poor financial situation, to achieve results at the high level, we must help and ensure that their skaters and coaches have professional contact with speed skating sport in the Junior C-D age category at the latest.

4. **Short reports and feedback of participating Teams:**

➤ **Estonia**

1. The camp was well organized, the skaters enjoyed it with really good ice and weather. Of course, we got a lot of wise words from Emese, who helped our team orally and also by her deeds. Unfortunately, it was not possible to mix the teams and do the warm-up all together due to COVID-19, but we all understand the seriousness of this virus.
2. Our team's next aim is to prepare our skaters for the next season and support them all the way to their journey to the Junior World Cups with the help of these ISU Development camps.
3. A huge thank you to ISU and Marek, who supported us financially and also managed to organize this camp in the middle of the global pandemic. We thought that the idea of every skater having its own bag to put its clothes in before going to the start line, was well thought out, because it was important for the whole team to keep the skaters healthy. In the future we expect to attend ISU Development Projects again and we hope there is a lot to come.

*Regards,
Tuuli Vaher*

➤ **Romania**

First of all, we want to thank you for inviting us to participate at this ISU Project! The ISU project for juniors C and D, held in Collalbo, Italy, were very well organized by Mr Marek. He followed the whole steps, departure from Romania- arrived to Collalbo and all the way back to Romania. All the skaters felt that were treated as a professional team, starting from the accommodation to the off-ice trainings, ice trainings, weight- room trainings and in the end, competition! Unfortunately, because of the pandemic period we could not train all the nations together as one team... but we trained at the same time on ice and we had the opportunity to share experience with the coaches from the other nations.

For the whole Romanian Team (from the coach until the youngest skater), this ISU Project was a first international experience, and we can say that we are very happy because we had the opportunity to participate in a project as this one.

The skaters had the honor to be trained by one of the best athletes, Ms. Emese Hunyady, she showed us new good skating drills, corrected us when we made mistakes and she shared a part of her skating experience!

To be honest when we arrived at Romania and started the trainings at "home", I really changed my training approach. Why am I saying this? Because before Collalbo my approach was a little bit communist. I learned from the Spain Team how important is to play.

At the end of almost each day, we (coaches') together with Ms. Emese and Mr. Marek had meetings and talked about trainings, speed skating technique and shared the experience from our "home".

At the end of this project, we had the opportunity to participate in a contest, and we saw the level where we are now.

In my opinion, this ISU development program is a good thing for countries without speed skating infrastructure and why not for young-coach and skaters.

In the end, once again THANK YOU so much and we are looking forward to participating to the next ISU PROJECT.

Thank you, ISU, thank you Marek, thank you Emese!

*Marius Paraschivoiu
Coach, Romanian Team*

➤ **Spain**

1. a short description / feedback of the last ISU project, held in Collalbo, 16.01. - 24.01.2021

We are especially happy with the celebration of this Stage in these difficult moments and with so many restrictions. A pleasure to be able to share with the rest of the countries the development of this project and a perfect end of the season for our skaters.

Very grateful for all the effort made in organizing this event.

2. A SHORT DESCRIPTION OF YOURS NEXT AIMS

Hopefully the pandemic passes soon and we can interact again with the rest of the skaters from other countries, we consider it a very useful exercise.

3. YOUR OPINION ABOUT THE POSSIBLE CONTINUATION AND FUTURE OF THIS PROJECT

We are delighted with the realization of this project and we want to continue being part of it. The results achieved support the need to carry out this development program.

We hope to see you next July to start the new season.

Thank you very much. Kind regards,

Sandra Gomez

Spain National Coach, Speed Skating

➤ **Hungary**

At first, I would like to thank You the invitation to the ISU Camp Collalbo. We do not have an ice training possibility in Hungary due the COVID-pandemic, so we are happy to have an opportunity to take apart on this ISU program, it was very important for our young Hungarian skaters and for coaches also.

1.

We took apart with 15 skaters of 5 age categories from 4 different Hungarian skating clubs. The organization of the whole program was great: in the hotel were the owner kind and flexible, the meal was also perfect. Emese Hunyady has contributed a lot to the success of the camp with her personality, racing experience and technical assistance. It was very useful to change experiences with other coaches in connection with the inline and speedskating competition season. Training times were flexible both on the ice and training field, the coaches were able to adapt their own ideas, which was also very good.

2.

The coaches of the Hungarian team developed very well so we would like to continue this trend in Hungary as well. We consider it very important that the competitors take apart in as many ISU camps as possible. Our goals are to reach the Junior World cups level with many skaters of possible and increase the number of junior speedskaters in Hungary. One of the most important things in Hungary is to make speedskating attractive for inline skaters.

3.

We all hope that this ISU project will continue in the future and next time maybe we could have a possibility to make more interaction with other teams - without COVID.

Thank You very much, best regards from Hungary,

MORAVCSIK-FECSKÉS Orsolya

Hungaria Team Coach

➤ **Slovakia**

1. a short description / feedback and results of the last ISU project, held in Zakopane, 19.02. - 23.02.2021

In the beginning, I would like to thank you Marek for managing the ISU Project during this difficult period. I am glad that we have the opportunity at this difficult period to be a part of ISU Projects.

Zakopane is a great place for training camp. Accommodation and food were perfect. Ice was prepared very well for every training and the weather conditions were great.

Improvement of the technical skills and self-confidence of the skaters was at the end of the project obvious. Marek also prepared 1 race for us. They did personal records, so they are happy to train and it motivates them for further training and development. I can say that the ISU Project in Zakopane was a great end of the season.

2. a short description of yours next aims

The main goal is to meet the limits for Junior World Cup and World Championship. To attend all ISU development Project in the future, so all our athletes could have a chance for further development and improving their Personal bests. Skaters are happy to have the opportunity to train with other competitors and it motivates them in the next job.

3. your opinion about the possible continuation and future of this project

The idea of connecting skaters and trainers in various countries is very meaningful. We believe that the ISU project will take place the next time and Covid situation will be stable for next season. We also believe that we will get an opportunity to be part.

*Ivana Kmecova
Slovakia*

➤ **Czech Republic**

1. a short description / feedback and results of the last ISU project, held in Zakopane, 18.02. - 23.02.2021

ISU Development Project gave us a chance to practice on ice and get the first measured race results for successful in-line skaters who were interested in the long-track skating. We met coaches from several countries and ideas how to better prepare young speed skaters in the Czech Republic. Our young athletes saw that they can achieve comparable results with more experienced speed skaters and when continuing the long track specific training, they can achieve particularly good results. The Zakopane project was well organized, we got enough time for practicing on ice, support from local coaches and knowledge for the future.

2. a short description of yours next aims

We are very much interested in focusing on long track speedskating for our young athletes participating in the ISU Development Project in Zakopane as well as for those who were inspired by our pilot participation in the project. We started planning the long track specific summer training and start on-ice practicing when season begins in August.

3. your opinion about the possible continuation and future of this project

We would like to participate in the future development projects with our young speed skaters. We will also look for other opportunities to practice on ice as we do not have long track venue in the Czech Republic. We are grateful for ISU support of our young speed skaters.

*Jan Stodola
Coach, Czech Team*

3. Course Outline

Due to the problems related to COVID-19, the project was divided into two parts:

20-41 Part 1 – Collalbo, January 16-24, 2021

The Teams were located in a hotel “Sonnenresidence” and Hotel Post, directly in Collalbo, within a walking distance from the ice rink. The board was partly held together and partly the teams received financial support for their catering, for up to 4 skaters and 1 coach per participating team.

All teams participated in our project with additional skaters, at their own expense.

Together with Emese, we checked the technical condition of the skates, especially the radius, which had to be improved for many skaters.

On January 23-24, 2021, all participants of the project took part in the Speed Skating Competition "39th International Junior Meeting – Finstral Trophy 2021".

After a very intensive week, both, skaters', and coaches left Collalbo satisfied and highly motivated for further, even more professional work. Many skaters have obtained their personal bests and we have recorded several Junior National Records.

The coaches-national junior project managers also had the opportunity to discuss future of the project
The Teams participating in the project have achieved their goals.

20-41 Part 2 – Zakopane, February 18-23, 2021

The Teams were located in a hotel “Start”, directly in Zakopane. The board was held in the hotel “Start”. Together with Head Moderator-Marek Pandyra, we checked and corrected if necessary, the technical condition of the skates, especially the radius.

During trainings and competitions, we recorded our skaters and then with coaches we analyzed their technique.

During this project, we used the gym of the sports school in Zakopane

On February 22-23, 2021, all participants of the project took part in the Speed Skating Competition "Zakopane Speed Skating Championships 2021".

After a very intensive week, both, skaters' and coaches left Zakopane satisfied and highly motivated for further, even more professional work. Many skaters have obtained their personal bests and we have recorded several Junior National Records.

The coaches-national junior project managers also had the opportunity to discuss future of the project
The Teams participating in the project have achieved their goals.

This project was designated to the young, talented skaters and their coaches from individual Teams of the Juniors C and D category.

Coaches & Skaters Seminars:

- every day, working coaches' seminars
- individually coaches' & Skaters' meetings (Video - technic analyses)

Besides each coaches' meeting we conducted individual meetings with the coaches where subjects such as material knowledge, training planning and ISU rules and so on were discussed.

During our coaches' meetings, all coaches confirmed their interest to continue the project and further this cooperation next year.

Bearing in mind that these countries do not have artificial ice rinks, as well as their determination and commitment it should be noted that it is especially important and necessary.



Head Moderator's report: Emese Hunyady:

The second part of our development project was held in Collalbo 16. -24. January 2021. We had again successful week with wonderful weather and ice conditions. There were relative strictly Covid-19 rules, but all the teams have done excellent work to keep all team members healthy. We could keep our development project camp exactly so how it was planned.

We were training daily two times on the ice. Every trainings session I was working with different team. In the end of our camp, we could take part at the legendary Finstral Trophy Junior Meeting. In that race many of our young skaters did their personal best times, reached podium place and junior national records and limits for junior world cup.

Our coach meetings in the evenings were constructive and creative. We were discussing following themes:

- speed skating technique
- coaching young skaters
- positive feedback
- race preparation
- Covid 19 season 2020 – 2021

In this difficult situation worldwide, we organized perfect development project week for all coaches and athletes. That was sure very important thing for all of them. And it gave them chance to keep young skaters in our sport and gave them lots of motivation to go forward. And also, I wish that ISU Development Commission see this big value of our project for these “small” speed skating countries.

Emese Hunyady
Head moderator

4. Detailed timetable for executed Project activities

Project 20-41, Part 1

Collalbo
January 16-24, 2021

PROGRAM

Saturday 16.01.2021	16.00 - 17.30	Ice training	Ice Rink
	17.30 - 19:30	Dinner	Hotel
	20.00 -	Coaches Meeting	Hotel Sonnenresidence
Sunday 17.01.2021	07.30	Breakfast	Hotel
	10.00	Ice training/Dry land training	Ice Rink / Gym
	11.30	Coaches Meeting	Ice Rink
	13.00 - 15.00	Lunch	Hotel
	15.30 - 17.30	Ice training/Dry land training	Ice Rink
	17.30 - 19.30	Dinner	Hotel
Monday 18.01.2021	19.30	Coaches Meeting	Hotel Post
	07.30	Breakfast	Hotel
	10.00 - 12:30	Ice training/Dry land training	Ice Rink / Gym
	13.00 - 15.00	Lunch	Hotel
	15.30 - 17.30	Ice training/Dry land training	Ice Rink / Gym
Tuesday 19.01.2021	17.30 - 19.30	Dinner	Hotel
	07.30	Breakfast	Hotel
	10.00	Ice training/Dry land training	Ice Rink / Gym
	13.00 - 15.00	Lunch	Hotel
	16.30 - 18.30	Ice training/Dry land training	Hotel / Gym
Wednesday 20.01.2021	19.00	Dinner	Hotel
	07.30	Breakfast	Hotel
	10.00	Ice training/Dry land training	Ice Rink / Gym
	11:30 - 12:30	Dry land training	Gym Hotel
	13.00 - 15.00	Lunch	Hotel
	15.30 - 17.30	Ice training/Dry land training	Ice Rink / Gym
	17.30 - 19.30	Dinner	Hotel
Thursday 21.01.2021	19.30	Coaches & Skaters Meeting - Video	Hotel Post
	07.30	Breakfast	Hotel
	10.00	Ice training/Dry land training	Ice Rink / Gym
	13.00 - 15.00	Lunch	Hotel
	15.30 - 17.30	Ice training/Dry land training	Ice Rink / Gym
Friday 22.01.2021	17.30 - 19.30	Dinner	Hotel
	07.30	Breakfast	Hotel
	10.00 - 14.00	Ice training/Dry land training	Ice Rink
	13.00 - 15:00	Lunch	Hotel
	16.00 - 17.30	Ice training/Dry land training	Ice Rink / Gym
	17.30 - 19.30	Dinner	Hotel
	18.00	Drawing	Ice Rink
Saturday 23.01.2021	19.30	Coaches Meeting	Hotel Sonnenresidence
	07.30	Breakfast	Hotel
	10.00 - 16.00	39 th Junior Meeting competition	Ice Rink
	13.00 - 15:00	Lunch	Hotel
	17.30 - 19.30	Dinner	Hotel
Sunday 24.01.2021	19.30	Coaches Meeting	Hotel
	07.30	Breakfast	Hotel
	09.00	39 th Junior Meeting competition	Ice Rink
	12.00 - 15.00	Lunch	Hotel

Project 20-41, Part 2

**Zakopane
February 18-23, 2021**

PROGRAM

Thursday 18.02.2021	16.00 - 17.30 18.30 - 20.00 -	Ice training Dinner Coaches Meeting	Ice Rink Hotel Hotel "Start"
Friday 19.02.2021	07.30 09.30 11.30 12.30 - 15.30 - 17.30 19.00 - 19.30	Breakfast Ice training/Dry land training Coaches Meeting Lunch Ice training/Dry land training Dinner Coaches Meeting	Hotel Ice Rink / Gym Ice Rink Hotel Ice Rink Hotel Hotel
Saturday 20.02.2021	07.30 09.30 - 11:30 12.30 - 15.30 - 17.30 19.00 - 19.30	Breakfast Ice training/Dry land training Lunch Ice training/Dry land training Dinner Coaches Meeting	Hotel Ice Rink / Gym Hotel Ice Rink / Gym Hotel Hotel
Sunday 21.02.2021	07.30 09.30 - 11.30 11.30 12.30 - 15.30 - 17.30 19.00	Breakfast Ice training/Dry land training Coaches Meeting Lunch Ice training/Dry land training Dinner	Hotel Ice Rink / Gym Ice Rink Hotel Hotel / Gym Hotel
Monday 22.02.2021	07.30 09.30 13.00 - 15.00 15.30 - 17.30 17.30 - 19.30 19.30	Breakfast Ice training/Dry land training Lunch Ice training/Dry land training Dinner Coaches & Skaters Meeting - Video	Hotel Ice Rink / Gym Hotel Ice Rink / Gym Hotel Hotel
Tuesday 23.01.2021	07.00 09.00 - 14.00 14.00 - 15:00 17.30 - 19.30 19.30	Breakfast Zakopane Championships 2021 competition Lunch Dinner Coaches Meeting	Hotel Ice Rink Hotel Hotel Hotel
Wednesday 24.01.2021	07.00 09.00 - 13.30 14.00 -	Breakfast Zakopane Championships 2021 competition Lunch	Hotel Ice Rink Hotel

5. List of key persons involved

Participating ISU Members:

1. Estonian Skating Union – in Collalbo
2. Federación Española de Deportes de Hielo – in Collalbo
3. Hungarian National Skating Federation – in Collalbo
4. Romanian Skating Federation – in Collalbo
5. Slovak Speed Skating Union – in Zakopane
6. Czech Speed Skating Federation – in Zakopane

National Coordinators:

1. EST	Jana Kuura	info@uisuliit.ee
2. ESP	Laia Papell	patinaje@feldhielo.com
3. CZE	Jindrich Parik	info@speedskating.cz
4. HUN	Bertalan Blasko	bertalan.blasko@huns skate.hu
5. ROU	Gheorghe Parv	gparv17@yahoo.com
6. SVK	Renata Karabova	rkabova@gmail.com

Management Team:

1. Mrs Emese Hunyady / AUT as the head Moderator of the project (1st Part of the Project in Collalbo)
 - Former skater, National Team Austria
 - Olympic, World and European Champion
 - Bachelor's degree, University Budapest
2. Mr Marek Stanuch / AUT as the project coordinator (logistic, training logistic, coaching,)
 - Master's Degree in Sports & Pedagogy
 - Speed Skating Coach Diploma – University of Physical Education
 - Manager/Project Coordinator of many different ISU Development Project's
3. Mr Marek Pandya / POL, Co-moderator, local logistic and training (2nd Part of the Project in Zakopane)
 - Master's Degree in Sports & Pedagogy
 - Speed Skating Coach Diploma – University of Physical Education
 - National Junior Coach Assistant, Team Poland
 - Coordinator and head coach - Sport school Zakopane



Collalbo / Italia
January 16-24, 2021

PARTICIPANTS - SKATERS

No.	Nation	Name	M/F	Date of birth	Personal best			
					500m	1000m	1500m	3000m
1.	ESP	SHEILA GOMEZ	F	27.08.2003	48"51	1'35	2'39	
2.	ESP	LUISA MARIA GONZALEZ	F	08.07.2003	41"04	1'26	2'17	
3.	ESP	ALBA ANTOLIN	F	14.03.2005	47"87	1'38	2'31	
4.	ESP	MIREIA TELLEZ	F	30.08.2007	53"70	1'53		
5.	ESP	ONA RODRIGUEZ	F	13.12.2007	47"03	1'41		
6.	ESP	JULIA ESPIN	F	23.01.2006	44"16	1'30	2'27	
7.	ESP	HANNAH LLOP	F	18.11.2004	46"01	1'37	2'35	
8.	ESP	MONICA SEOANE	F	06.02.2007	49"08	1'41		
9.	ESP	VALENTINA MENDOZA	F	27.08.2003	46"22	1'31	2'22	
10.	ESP	PAULA ESPIN	F	15.05.2009	57"29			
11.	ESP	TERESA MORENO	F	07.02.2000	42"42	1'25	2'15	4'54
12.	ESP	AINOA CARREÑO	F	14.08.2001	41"16	1'22	2'10	4'54
13.	ESP	SARA CABRERA	F	19.01.2001	40"68	1'22	2'10	4'43
14.	ESP	MANUEL TAIBO	M	04.05.2004	40"97	1'20	2'03	4'23
15.	ESP	IKER RUIZ	M	08.12.2007	52"79	1'46		
16.	ESP	ALEXANDER REZZONICO	M	28.06.2004	39"88	1'19	2'10	
17.	ESP	MANEL ROBLA	M	07.01.2004	42"03	1'23	2'10	
18.	ESP	IVAN ROLDAN	M	20.07.2004	NT	NT		
19.	ESP	MARCOS VICOS	M	27.07.2000	41"62	1'20		
20.	ESP	PAU CHORRO	M	11.07.2003	NT	NT	NT	
21.	ESP	STEPHANE BARBERÀ	M	31.05.2000	38"88	1'18	2'04	4'31
22.	ESP	SERGI ALVAREZ	M	12.12.2007	51"21	1'45		
23.	HUN	VANCSÓ Rebeka	F	29.01.2007	44,21	1.30,56	2.33,91	6.17,26
24.	HUN	PALAKOVICS Fanni	F	07.06.2007	48,14	1.38,99		
25.	HUN	ZOLVÁN Barbara	F	10.03.2006	49,84	1.42,03	2.36,98	
26.	HUN	VÉGH Bőborka	F	27.11.2006	51,01	1.46,97	2.47,57	
27.	HUN	LUKÁCS Soma	M	11.02.2006	43,36	1.29,62	2.34,83	5.13,97
28.	HUN	SIPOS János	M	11.11.2005	45,99	1.38,01		
29.	HUN	SZÉLINGER Benjámín	M	31.05.2006	47,56	1.41,51	2.38,09	5.33,05
30.	HUN	SÁNDOR Lilla	F	07.07.2007	48,66	1.40,95	2.35,73	
31.	HUN	TALABÉR Hanna	F	11.01.2003.	45,82	1.31,52	2.21,97	5.19,1
32.	HUN	MERCS Abigél	F	09.05.2003	44,75	1.26,84	2.15,1	5.25,5
33.	HUN	VÁRLAKI Luca	F	06.12.2003	49,24	1.40,01	2.48,19	6.18,92
34.	HUN	BOKSAY Botond	M	16.06.2003	42,85	1.26,73	2.19,38	4.28,28
35.	HUN	BÖDEI Bálint	M	08.07.2003	41,33	1.21,29	2.05,38	5.00,84
36.	HUN	TÚRI Anna	F	09.03.2001	44,47	1.26,9	2.15,59	4.55,78
37.	HUN	KOVÁCS Hanna	F	20.05.2005	50,03	1.46,69	2.34,54	
38.	EST	Sten Talumaa	M	12.02.2008	58		3:27	

39.	EST	Lisandra Tarmet	F	20.03.2009	53	1.52		
40.	EST	Victoria Pagar	F	02.01.2009	47	1.42		
41.	EST	Saskia Kütt	F	01.04.2008	1.16			
42.	ROU	IONESCU IULIA	F	29.08.2007	48.68	1.39.75	-	-
43.	ROU	SZASZ DIANA	F	28.02.2008	49.50	1.45.00	-	-
44.	ROU	GROZA ZORA	F	09.02.2009	48.95	-	-	-
45.	ROU	DEBU TUDOR	M	17.12.2007	49.65	1.46.49	-	-
46.	ROU	MILITARU RAZWAN	M	21.08.2001	38,3	1:16,7		

**Zakopane / Poland
February 18-23, 2021**

PARTICIPANTS - SKATERS

No.	Nation	Name	M/F	Date of birth	Personal best			
					500m	1000m	1500m	3000m
1.	CZE	Balak Denis	M	29.8.2010	55,68	1:58,62		
2.	CZE	Duroňová Anna	F	5.11.2009	59,88	2.05,08	3:08,36	
3.	CZE	Stodolová Johana	F	17.3.2005	-	-	-	
4.	CZE	Kainová Kateřina	F	14.4.2003	-	-	-	
5.	SVK	Paroulek Samuel	M	15.8.2009	57,31			
6.	SVK	Paroulek Patrik	M	24.8.2006	55,74			
7.	SVK	Kmecova Jela	F	7.2.2009	1.04.52			
8.	SVK	Kmecova Zoja	F	6.9.2010	1.12,46			

**Collalbo / Italia
January 16-24, 2021**

PARTICIPANTS - Coaches, supervisors, moderators

No.	Nation	Name	M/F	Position
1.	ESP	ANTONIO ESPIN	M	Coach
2.	ESP	FERNANDO ALVAREZ	M	Coach Assistant
3.	ESP	XAVI RODRIGUEZ	M	Coach Assistant
4.	ESP	ROGER VALLVERDU	M	Coach
5.	HUN	MORAVCSIK-FECSKÉS Orsolya	F	Coach
6.	HUN	VARJASI Mihály	M	Coach
7.	EST	Toomas Talumaa	M	Coach Assistant
8.	EST	Kuido Koppel	M	Coach
9.	EST	Tuuli Vaher	F	Coach

10.	ROU	PARASCHIVOIU MARIUS	M	Coach
11.	AUT	Emese Hunyady	F	Head Moderator
12.	AUT	Marek Stanuch	M	Project Manager/Moderator

**Zakopane / Poland
February 18-23, 2021**

PARTICIPANTS - Coaches, supervisors, moderators

No.	Nation	Name	M/F	Position
1.	CZE	Jan Stodola	M	Coach
2.	SVK	Ivana Kmecova	F	Coach
3.	POL	Marek Pandyra	M	Head Moderator
4.	AUT	Marek Stanuch	M	Project Manager/Moderator

6. Quantitative proof

5. Results achieved during “39th International Junior Meeting” competition
Collalbo, January 23-24, 2021

<https://speedskatingresults.com/index.php?p=2&e=23614>

6. Results achieved during “Zakopane Speed Skating Championships 2021” competition
Zakopane, February 22-23, 2021

<https://speedskatingresults.com/index.php?p=2&e=23802>

7. Today we can say that mainly due to COVID-19 it was a particularly important psychological element for all Teams, motivating them to further, even more professional training.
8. Individual progress of skaters (personal best):
The vast majority of all the young skaters obtained their personal best results at almost all distances.
9. Improving of skating techniques and tactics (video analyses)
The participants were recorded during training sessions, especially during ice training and competition. After the training sessions or during coaches’ meetings, we analysed the footage with focus on technique of individual skaters. The overall impression was that despite the short time of the camp, progress regarding technique on & off ice (in imitation exercises) was achieved.
10. Coaches
Improvement in methodical and technical knowledge
There were daily methodical sessions with coaches, where we discussed about the evolution of athletes, especially in the technique.
11. Improvement in cooperation & exchange experiences between the participating countries

7. Final Expenditures for the project

Financial Report attached (Excel Template).

Total Costs:

➤ 1st Part - Collalbo / ITA	16.01. - 24.01.2021	CHF	18.630,85,-
➤ 2nd Part - Zakopane / POL	18.02. - 23.02.2021	<u>CHF</u>	<u>7.343,95,-</u>
	<u>Total</u>	<u>CHF</u>	<u>25.974,80,-</u>

Report on the use of Project

21-09 (2)

**Qualification for the
2021 European Youth Olympic Festival
and finally winning a medal at the
2023 European Youth Olympic Festival**

**Spišská Nova Ves / Slovakia
05.02. - 14.02.2022**



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1. Project Title

**Qualification for the
2021 European Youth Olympic Festival
and finally winning a medal at the
2023 European Youth Olympic Festival**

2. Results

1. The greatest success of this project was, that our skater from Slovakia - Tamara Tokarova, won 3rd place and a bronze medal during,

**15th European Youth Olympic Festival
Vuokatti / Finland
March 20-25, 2022**

<http://www.shorttracklive.info/index.php?comp=702&m=0&saizon=16>

other EYOF participants from the part 1 & 2 project: Matej Popl (CZE), Jakub Karabin (SVK), Barbora Gakova (CZE) Gabija Astrauskaite (LTU), Kotryna Sokolovskyte (LTU), Janis Maris Sternmanis (LAT), Yaroslav Morozov (UKR), Kseniva Adamenko (UKR), Yelyzaveta Sydorko (UKR)

2. During the camp, as planned, we organized a competition

**ISU Development-International STEZ Cup
in Short Track Speed Skating
Spišská Nova Ves / Slovakia
February 12-13, 2022**

<http://www.shorttracklive.info/index.php?comp=688&m=0&saizon=16>

The main goal of our camps and cooperation is the optimal preparation of skaters participating in the project for EYOF 2021 and 2023 so that they obtain

1. Qualifying and participating in 2021 EYOF of all National Teams from our project
2. Winning medal (s) in 2023 European Youth Olympic Festival (Friuli-Venezia / Italy)

The main goal of this project was to prepare skaters for EYOF in March 2022.

Given the current issues with COVID-19, carrying out this camp was especially important for skaters and coaches from the psychological side.

We had good feedback from coaches and skaters during the last camp. Many of them learn new methods, new exercises, and new ways how to teach they skaters specific short track technique in details and continue back home in better direction.

The feedback received from participating coaches and skaters were very positive.

During our coaches' meetings, all coaches confirmed their interest to continue the project and further this cooperation next year.

The most important achievements of our project are:

- progress in the improvement of skating techniques (Video analyses)
- higher sport and technical level of the training (mixed trainings groups)
- closer cooperation between countries (planning and organization of common on- and of ice camps in the period between ISU camps.
- closer cooperation between the coaches in this region
- further development of coaching knowledge
- making friendship and cooperation between the skaters and coaches in this region



Short report and feedback of Head Moderator, Mr. Oleksandr Myklukha

In the period from 05 to 14 February, an international Short Track camp was held in Spišská Nova Ves (Slovakia).

6 countries met on the ice arena: Lithuania, Latvia, Ukraine, Belarus, Czech Republic, Slovakia.

The total number of participants is 41 athletes and 9 coaches.

The test (2 laps) gave us the basis for the formation of two groups of athletes, taking into account the individual skill of skaters. In the future, this contributed to better training on the ice.

Each group participated in two on-ice training sessions daily.

In the morning we paid more attention to the technical and tactical elements in short track (balance, coordination, sense of the skate, reaction to stressful situations, philosophy to overtake the opponent, start technique, perfection of complex special exercises in short track).

We also often used video analysis in training to correct technical and tactical exercises.

Evening training on the ice we dedicated to improving the physical qualities of skaters, such as: development of strength qualities - exercises on the belt, anaerobic (capacity and power) aerobic (capacity and power) development of speed qualities (capacity and power).

The training plan for the two groups was drawn up taking into account the age and individual characteristics of the athletes.

The volume and intensity of training in the older and more trained group was planned more in contrast to the second, less trained group.

I would like to note and thank the organizers for the good quality of the ice, which contributed to better training as well as to work at higher speeds.

The strength training hall was at our disposal every day.

At the end of the training camp, we organized two-day competitions in age categories for women and juniors. I want to note the high level and quality of these competitions!

In total, each of the two groups had 11 ice training sessions (from 1 to 2 hours each) plus 2 days of competition.

At the end of the report, I want to express my gratitude to the organizers as well as to all the coaches with whom I had the honor to spend these 10 days together.

Oleksandr Myklukha
Head Moderator

Short reports and feedback of participating Teams:

➤ **UKRAINE**

We have been participating in such projects for several years and I can say with confidence that this was one of the best projects in which we had to participate.

Living conditions near the ice rink, good food right in the hotel, (only project participants lived in the hotel). Spacious locker rooms, gym. We were given the opportunity to train twice a day on the ice. I would especially like to note the excellent quality of the ice and the cordial attitude of the attendants.

Excellent coaching staff, complete mutual understanding between us.

The training process is professionally planned and organized.

The composition of the training groups was thought out and consulted.

We talked a lot and discussed topics of interest to us. (Methodology, practice, innovations, technical changes in inventory, discussion of the competition rules).

At the end of the camp, we participated in a two-day competition. I was pleasantly surprised by the organization and professionalism of refereeing and skating rink workers.

We are glad that we can be a part of the big ISU - EYOF Short Track Speed Skating Development Project 2021-2022

On behalf of the Ukrainian athletes, I want to express my gratitude for the opportunity given to us, and we also hope to actively participate in such events in the future.

Our team continues to prepare for important competitions both in Ukraine and internationally.

In Ukraine, we are waiting for the Championship for men and women, junior championship.

Abroad, in March, this is participation in the Junior World Championship and also at the EYOF.

On behalf of the Ukrainian athletes, I want to express my gratitude for the opportunity given to us, and we also hope to actively participate in such events in the future.

We are sure that training together with other countries will help us become stronger and compete for medals at the international level.

Vasyl Pilnyk
UKR Coach

➤ **LITHUANIA**

1. short description / feedback of the last ISU Project, held in Spišská Nova Ves / Slovakia, February 5-14, 2022

International training camp - is very important for skaters' mentality and for preparation to competitions. This season for our team is very difficult because our last 2 seasons were empty of competitions of Covid-19.

We are very happy that we had possibility to participate in training camp with the professional coaches, high quality of training facilities in friendly short track family. I am thankful to Mr. Marek Stanuch of kind help with extra new country in this ISU development program, to Mr. Oleksandr for excellent trainings together!!!

2. a short description of yours next aims

Our next aims - to find more possibilities for developing young skaters; to more promote short track in Lithuania; to find more possibilities for international communications/events in Lithuania etc.

3. your opinion about the possible continuation and future of this project

We hope that this our first step in ISU Development program will be continued in the future. Juniors are very important, and we need to develop them. We hope that projects like this will be supported and developed in future.

Virginija V. Oguleviciene
National Coach

➤ **BELARUS**

1). The ISU Development Program, which took place in Spisska Nova Ves from 05.02 to 02.14.2022, is a wonderful project in which some Belarusian athletes took part for the second time, some for the first time. The athletes who took part in the project worked in one team for the sake of their results in the future. The program allows to establish relationships both for the coaching staff and for athletes.

2). Belarusian juniors and young men are preparing for the main competitions Junior Championship and EYOF.

3). It is obvious that the continuation of this development program is necessary for the development of the short track in the countries participating in these projects.

We are looking forward to the start of new camps!!!

Thanks Marek!!! As always, everything is just great!!!

С уважением,
Сергей Жигалко

➤ **LATVIA**

1. Thank you for your support and cooperation. The training camp was held at the high level, with an excellent program for the preparation of highly qualified athletes, good accommodation and tasty meals for us, athletes, and coaches. The cooperation between coaches was very productive and useful.

2. My further aims to cooperate with you and ISU association together, will join meetings, share experience, and will make future development in short track. I am going to prepare teams to the high level with perfect results.

3. The further cooperation u surely must be constantly, very productive projects for both athletes and coaches. It is necessary to try to hold often training camps and spend more days at the training camps.

Artom Skudiakov
Latvian Coach

➤ **CZECH REPUBLIC**

1. Organizing an ISU camp in Spišská Nová Ves is always a good idea. Also, the excellent arrangement of this camp is also a matter of course.

Very good accommodation, very good training conditions, a lot of hours on the ice, very good cooperation with the staff of ice stadium.

- The optimal number of skaters in the group was very good for individual working.
2. Some camp participants will be nominated for EYOF. The training was arranged to this, we could control their sports performance. Our goals have been met.
 3. Thanks to the coordinator Mr. Marek Stanuch and head coach Mr. Oleksandr Myklukha. We are interested to attend similar camps in the future, it is possible to organize camps in another member country, if there will be just as good conditions.

*With best regards,
Jindrich Parik*

➤ **SLOVAKIA**

1. All camp was very good. We had training two times on ice per one day was very good. Accommodation and food were also very good.
2. My next goal is preparing skaters for EYOF 2022
3. It will be very good if next part on this project (camp) will be in next year

*Blanca Hympanova
Coach*

3. Course Outline

As you know, Estonia withdrew its participation in Short Track Projects. In their place, with the consent of the ISU Development Commission, a Team from Lithuania participated in the project.

Our camp was also attended by additional skaters from different countries. The participation of these additional skaters raised the sports level of our camp. As agreed, ISU covered the costs only for up to 4 skaters and 1 coach of ISU Members participating in the project.

To facilitate the entry of Teams to Slovakia due to COVID-19, the Slovak Speed Skating Union organized a special permit for participants from the Slovak Ministry of Sport.

We hereby inform you that, in general everything went according to plan.

The particularly good infrastructural conditions in Spišská Nova Ves allowed us, for the full implementation of the previously planned program.

Accommodation was arranged at the "Sport Hotel" directly by the ice rink and at the hotel Preveza, 10 minutes' walk to the ice rink.

Theoretical classes as part of Coaches Meetings were held immediately after training sessions or in the evenings. Particularly noteworthy is their great interest and active participation.

Together with Moderator and Coaches, we checked the technical condition of the skates, especially the radius, which had to be improved for many skaters.

As a social event, especially for skaters, a grill evening was organized.

During the camp, as planned, we organized a competition

**ISU Development-International STEZ Cup
in Short Track Speed Skating
Spišská Nova Ves / Slovakia
February 12-13, 2022**

Results:

<http://www.shorttracklive.info/index.php?comp=688&m=0&saison=16>

During our stay, both the skaters and coaches were healthy and did not report any health problems later. In general, we can say that all project participants complied with the COVID-19 regulations currently in force in Slovakia and in ice rink.

According to the current regulations, it was not necessary to wear masks during the trainings or competition itself.

1. Generally it was responsibility of every Team to provide medical and accident insurance for their participants.
2. Generally it was responsibility of every Team to provide the organization, supervision and abiding by all the regulations related to COVID-19 binding in Slovakia, Ice Arena Spišská Nova Ves and during trainings by all their skaters and coaches participating in the project.



4. Detailed timetable for executed Project activities

TIME TABLE

ISU Short Track Development Project 21-09 (2) Spišská Nova Ves February 5-14, 2022				
DAY / GROUP	A		B	
	Morning	Afternoon	Morning	Afternoon
Saturday 05.02.2022	Arrival of the teams	WU - 16:45, Ice rink ICE - 17:30 - 18:25	Arrival of the teams	WU - 17:50, Ice rink ICE - 18:35 - 19:30
Sunday 06.02.	DRYLAND	WU - 15:50, Ice rink ICE - 16:35 - 18:00	DRYLAND	WU - 14:15, Ice rink ICE - 15:00 - 16:25

Monday 07.02.	WU - 07:45, Ice rink ICE - 08:30 - 09:45	WU - 19:00, Ice rink ICE - 19:45 - 20:45	WU - 10:45, Ice rink ICE - 11:30 - 12:30	WU - 20:15, Ice rink ICE - 21:00 - 22:00
Tuesday 08.02.	WU - 10:45, Ice rink ICE - 11:30 - 12:30	WU - 18:50, Ice rink ICE - 19:35 - 20:30	WU - 07:45, Ice rink ICE - 08:30 - 09:45	WU - 17:45, Ice rink ICE - 18:30 - 19:25
Wednesday 09.02.	WU - 07:45, Ice rink ICE - 08:30 - 09:45	WU - 18:00, Ice rink ICE - 18:45 - 21:15	WU - 10:45, Ice rink ICE - 11:30 - 12:30	WU - 18:00, Ice rink ICE - 18:45 - 21:15
Thursday 10.02.	WU - 10:45, Ice rink ICE - 11:30 - 12:30	Dryland - 16:00-17:30 Grill Evening	WU - 07:45, Ice rink ICE - 08:30 - 09:45	Dryland - 16:00-17:30 Grill Evening
Friday 11.02.	WU - 07:45, Ice rink ICE - 08:30 - 09:45	WU - 16:15, Ice rink ICE - 17:00 - 17:55	WU - 10:45, Ice rink ICE - 11:30 - 12:30	WU - 17:20, Ice rink ICE - 18:05 - 19:00
Saturday 12.02.	ISU Development International STEZ Cup 2022			
Sunday 13.02.	ISU Development International STEZ Cup 2022			
Monday 14.02.	WU - 07:45, Ice rink ICE - 08:30 - 09:45	Departure	WU - 10:45, Ice rink ICE - 11:30 - 12:30	Departure

5. List of key persons involved

Participating ISU Members:

1. Skating Union of Belarus
2. Czech Speed Skating Federation
3. Ukrainian Speed Skating Federation
4. Slovak Speed Skating Union
5. Latvian Skating Association
6. Lithuanian Speed Skating Association (new participant)

National Project Coordinators:

- | | | |
|--------|---------------------------|--|
| 1. BLR | Artur Solienko | info@skating.by |
| 2. CZE | Jindrich Parik | info@speedskating.cz |
| 3. SVK | Jan Magdosko | president@speedskating.sk |
| 4. UKR | Viktor Kharlamov | ussf@ussf.org.ua |
| 5. LAT | Evita Krievane | evitakrievane@hotmail.com |
| 6. LTU | Virginija V. Oguleviciene | virgavo@gmail.com |

PARTICIPANTS – SKATERS

No.	Nation	Name	M/F	Date of birth	Personal best		
					500m	1000m	1500m
1.	UKR	Khokhelko Tymofii	M	13.04.2005	45.5	1:38.0	2:31.0
2.	UKR	Kucheruk Anna	F	07.08.2005	50.3	1:42.0	2:41.7
3.	UKR	Shapran Oleksandra	F	15.04.2005	48.9	1:41.2	2:40.1
4.	UKR	Khochyn Hlib	M	15.06.2006	49.2	1:40.6	2:35.6
5.	UKR	Sporysh Maksym	M	25.11.2007	52.0	1:42.1	2:39.7
6.	UKR	Mykhalchuk Diana	F	05.07.1993	46.6	1:36.0	2:27.5
7.	UKR	Khochyna Sofiia	F	31.07.2001	47.1	1:40.0	2:38.0
8.	LAT	Laura Jankovska	F	11.11.2005	49.083	1:40.989	2:43.431
9.	LAT	Maksims Soleiceuks	M	26.10.2007	45.170	1:37.385	2:28.246
10.	LAT	Karlis Pastors	M	26.20.2004	46.211	1:34.133	2:25.633
11.	LAT	Ance Grosberga	F	14.12.2005	49.852	1:42.996	2:44.234
12.	BLR	Amelin Matvei	M	31.08.2004	44.59	1:30.812	2:25.239
13.	BLR	Kislitsin Ivan	M	03.03.2006	44.28	1:31.230	2:21.569
14.	BLR	Auchinnikava Katsiarina	F	04.01.2006	48.700	1:39.920	2:35.240
15.	BLR	Sobaleu Artsem	M	11.12.2005	44.59	1:36.5	2:34.19
16.	BLR	Hubich Yuliya	F	27.12.2004	48.757	1:42.5	2:41.3
17.	BLR	Stsiapanava Darya	F	26.12.2007	50.01	1:50.5	2:50.2
18.	CZE	Popl Matěj	M	03.04.2006	45,87	1:37,42	2:28,84
19.	CZE	Poplova Michaela	F	03.04.2006	48,33	1:39,43	2:32,59
20.	CZE	Bílková Karolina	F	19.12.2004	49,99	1:44,05	2:42,77
21.	CZE	Strnadová Klára	F	26.06.2005	50,06	1:44,32	2:42,37
22.	CZE	Gáková Barbora	F	28.06.2006	49,59	1:41,26	2:34,57
23.	CZE	Kudláčková Kristýna	F	06.05.2005	50,16	1:43,99	2:41,70
24.	CZE	Manychová Carine	F	01.10.2004	50,26	1:45,12	2:50,18
25.	LTU	Kotryna SOKOLOVSKYTE	F	2006.04.06	48.198	1:39.688	2:38.320
26.	LTU	Gabija ASTRAUSKAITE	F	2006.06.19	48.768	1:41.838	2:38.450
27.	LTU	Indre MILAKNYTE	F	2005.09.26	50.602	1:47.574	2:45.009
28.	LTU	Valentina LEVICKYTE	F	2007.07.23	49.041	1:42.729	2:50.833

29.	LTU	Danielius CECH	M	2004.02.26	45.575	1:33.152	2:27.434
30.	LTU	Ernestas CECH	M	2007.05.29	47.459	1:39.183	2:45.393
31.	LTU	Adomas OGULEVICIUS	M	2008.12.27	49.558	1:44.033	2:46.757
32.	SVK	Matus Duriska	M	19.12.2007	47.448	1:42.338	
33.	SVK	Marek Harkabus	M	29.07.2008	50.165	1:46.622	
34.	SVK	Michaela Izarova	F	04.07.2006	48.300	1:38.578	
35.	SVK	Jakub Karabin	M	19.10.2004	46.567	1:37.325	
36.	SVK	Damian Marcin	M	18.02.2007	50.378	1:51.648	
37.	SVK	Lea Popovicova	F	23.12.2007	47.833	1:41.793	
38.	SVK	Aneta Tokarova	F	31.08.2007	51.166	1:51.289	
39.	SVK	Tamara Tokarova	F	26.06.2006	46.953	1:36.774	
40.	SVK	Vastusko Sergej	M	19.05.2006	48.398	1:47.359	
41.	SVK	Vastusko Aleksej	M	05.09.2007	53.612	1:54.495	

PARTICIPANTS – Coaches, supervisors, moderators

No.	Nation	Name	M/F	Position
1.	CZE	Pařík Jindřich	M	Coach
2.	UKR	Svyerchkova Nataliya	F	Coach
3.	UKR	Pilnyk Vasyl	M	Coach
4.	LAT	Endijs Vīgants	M	Coach
5.	LTU	Virginija V.Oguleviciene	F	Coach
6.	BLR	Zhyhalka Siarhei	M	Coach
7.	BLR	Vodzianitski Kanstantsin	M	Coach
8.	SVK	Blanka Hympanová	F	Coach
9.	SVK	Peter Jelen	M	Coach
10.	SVK	Karabova Renata	F	Coach / General Secretary
11.	SVK	Magdosko Jan	M	President of SSSU
12.	SVK	Ladislav Vastuško	M	SSU TC SHT
13.	UKR	Myklukha Oleksandr	F	Coach / Moderator
14.	AUT	Stanuch Marek	M	Project Manager/Moderator

6. Quantitative proof

1. Achieved results during

ISU Development International STEZ Cup 2022

Short Track Speed Skating
Spišská Nova Ves / Slovakia
February 12-13, 2022

<http://www.shorttracklive.info/index.php?comp=688&m=0&saison=16>

2. Achieved results during Ice test on February 9, 2022

Ice Test - 222 m (flying start)

No.	Name	Nation	1. Race	Time	2. Race	Time
1.	Kucheruk Anna	UKR	10,72 + 10,79	21,51	10,91 + 11,01	21,91
2.	Sporysh Maksym	UKR	10,92 + 11,19	22,11	11,03 + 11,28	22,31
3.	Bílková Karolína	CZE	10,46 + 10,76	21,22	10,52 + 10,83	21,35
4.	Manychová Carine	CZE	11,34 + 11,07	22,41	11,56 + 11,08	22,64
5.	Indre MILAKNYTE	LTU	11,23 + 11,35	22,58	11,04 + 11,47	22,51
6.	Valentina LEVICKYTE	LTU	10,58 + 10,83	21,40	10,62 + 10,62	21,24
7.	Adomas OGULEVICIUS	LTU	10,19 + 10,35	20,54	10,22 + 10,17	20,39
8.	Marek Harkabus	SVK	10,54 + 10,52	21,06	10,49 + 10,37	20,86
9.	Ondrejčaková Katerina	SVK	11,32 + 11,38	22,70	11,45 + 11,66	23,11
10.	Vastusko Sergej	SVK	10,50 + 10,86	21,36	10,24 + 10,62	20,86
11.	Vastusko Aleksej	SVK	11,11 + 11,15	22,26	11,63 + 11,19	22,82
12.	Karabin Jakub	SVK	10,11 + 10,00	20,11	9,88 + 9,90	19,78
13.	Kotryna SOKOLOVSKYTE	LTU	10,04 + 10,07	20,11	10,24 + 10,33	20,57
14.	Gabija ASTRAUSKAITE	LTU	10,04 + 10,06	20,10	10,32 + 10,36	20,68
15.	Ernestas CECH	LTU	9,72 + 9,93	19,65	9,76 + 10,03	19,79
16.	Michaela Izarova	SVK	10,01 + 10,03	20,04	10,06 + 10,08	20,14
17.	Lea Popovicova	SVK	10,02 + 10,37	20,39	10,32 + 10,45	20,77
18.	Khochyn Hlib	UKR	9,82 + 9,98	19,80	10,08 + 10,19	20,27
19.	Poplova Michaela	CZE	10,18 + 10,38	20,56	10,36 + 10,63	20,99
20.	Gáková Barbora	CZE	10,14 + 10,35	20,49	10,54 + 10,63	20,99
21.	Strnadová Klára	CZE	10,70 + 10,96	21,66	10,90 + 11,03	21,93
22.	Stsiapanava Darya	BLR	9,87 + 10,14	20,01	10,21 + 10,38	20,59
23.	Laura Jankovska	LAT	10,30 + 10,19	20,49	10,19 + 10,17	20,36
24.	Ance Grosberga	LAT	10,53 + 10,42	20,95	10,51 + 10,47	20,98

25.	Pilnyk Vasyl	UKR	9,17 + 9,21	18,38	9,11 + 9,29	18,40
26.	Lucia Filipova	SVK	9,72 + 9,79	19,51	9,84 + 9,90	19,74
27.	Khokhelko Tymofii	UKR	9,25 + 9,32	18,57	9,36 + 9,35	18,71
28.	Shapran Oleksandra	UKR	10,08 + 10,38	20,46	10,19 + 10,35	20,54
29.	Mykhalchuk Diana	UKR	9,74 + 9,76	19,50	9,84 + 10,07	19,91
30.	Khochyna Sofiia	UKR	9,75 + 9,90	19,65	9,77 + 9,90	19,67
31.	Amelin Matvei	BLR	9,11 + 9,22	18,33	9,20 + 9,58	18,78
32.	Kislitsin Ivan	BLR	8,92 + 9,12	18,04	9,19 + 9,28	18,47
33.	Auchinnikava Katsiarina	BLR	9,80 + 9,87	19,67	10,01 + 10,06	20,07
34.	Sobaleu Artsem	BLR	9,50 + 9,52	19,02	9,36 + 9,43	18,79
35.	Popl Matěj	CZE	9,30 + 9,42	18,72	9,56 + 9,88	19,44
36.	Maksims Soleiceuks	LAT	9,61 + 9,51	19,12	9,65 + 9,57	19,22
37.	Tamara Tokarova	SVK	9,56 + 9,82	19,38	9,89 + 9,86	19,75

7. Final Expenditures for the project

Financial Report attached (Excel Template).

ISU Contribution, Project 21-09 (Part 1 & 2):

CHF 60.000,00,-

- Part 1 CHF 32.177,67,-
- Part 2 CHF 27.822,33,-
- **Total:** **CHF 60.000,00,-**

Report on the use of Project

21-16

**Increasing the performance results to an international sport level
by a professional regional collaboration**

Spišská Nova Ves / Slovakia

July 14-23, 2021



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2. Results	2
3. Course Outline	3
4. Detailed timetable for executed Project activities	6
5. List of key persons involved	7
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7. Final Expenditures for the project	9

1. Project Title

Increasing the performance results to an international sport level by a professional regional collaboration

2. Results

The main goal of this camp was to learn and improve techniques and tactics on the ice. The intensity of trainings on the ice was low. The skaters focused mainly on the right position while skating. Intensive training sessions were held in general, off-ice (cycling, in the gym and in the field).

Given the current issues with COVID-19, carrying out this camp was especially important for skaters and coaches from the psychological side.

We had good feedback from coaches and skaters during the last camp. Many of them learn new methods, new exercises, and new ways how to teach they skaters specific short track technique in details and continue back home in better direction.

During our last camp we watched again openness and willingness from the participating coaches to discuss training questions with our moderator's.

The feedback received from participating coaches and skaters were very positive.

At the end of the camp, as planned, we organized a competition

**Olympic Hopes 2021 in Short Track Speed Skating
Spišská Nova Ves / Slovakia
July 22, 2021**

<https://my.raceresult.com/174508/results>

The most important achievements of our project are:

- progress in the improvement of skating techniques (Video analyses)
- higher sport and technical level of the training (mixed trainings groups)
- closer cooperation between countries (planning and organization of common on- and of ice camps in the period between ISU camps.
- closer cooperation between the coaches in this region
- further development of coaching knowledge
- making friendship and cooperation between the skaters and coaches in this region

We are convinced that by further continuation of our project we can expect additional:

- progress in the number of registered skaters in junior and senior categories
- progress in the number of participating skaters and trainers in the project
- progress in the number of skaters competing in the National Championships in junior and senior

categories

- progress in the number of skaters qualified for the Junior World Cup
- progress in the number of skaters taking part in the Junior World Cup
- progress in the number of skaters qualified for the World Junior Championships
- progress in the number of skaters taking part in the World Junior Championships
- progress in National records in all age categories
- individual progress of skaters (personal best)

Theoretical classes as part of Coaches Meetings were held immediately after training sessions or in the evenings. Particularly noteworthy is their great interest and active participation.

Together with Moderator and Coaches, we checked the technical condition of the skates, especially the radius, which had to be improved for many skaters.

During our coaches' meetings, all coaches confirmed their interest to continue the project and further this cooperation next year.



3. Course Outline

Unfortunately, due to the current situation related to COVID-19 and new restrictions related to it, the Teams from Romania, Latvia and Belarus could not participate on the original date in the current ISU Development Project in Spišská Nova Ves / Slovakia.

In line with our suggestion from July 20, 2021, we organized an additional camp in Spišská Nova Ves for the Latvian Team from August 24. until September 2, 2021. As you know, another project - the ISU Development Project 21-09 took place at the same time in Spišská Nova Ves. It was the optimal solution, from the logistics and training side (same place, same moderator) to combine both projects. The organization and participation of the Latvia Team in the camp was in line with the previously approved budget for Project 21-16, at no additional cost to the ISU. All additional costs were covered by Latvia Federation and the Slovak Speed Skating Association.

Our camp was also attended by additional skaters from different countries. The participation of these additional skaters raised the sports level of our camp. As agreed, ISU covered the costs only for up to 5 skaters and 1 coach of ISU Members participating in the project.

To facilitate the entry of Teams to Slovakia due to COVID-19, the Slovak Speed Skating Union organized a special permit for participants from the Slovak Ministry of Sport.

As part of our regional cooperation, the Ukrainian Team came to train with the Slovak Team to Spišská Nova Ves for 6 weeks. The Czech Team will also join them later again.

We hereby inform you that, in general everything went according to plan.

The particularly good infrastructural conditions in Spišská Nova Ves allowed us, like previous years for the full implementation of the previously planned program.

Accommodation was arranged at the "Sport Hotel" directly by the ice rink and at the hotel Preveza, 10 minutes' walk to the ice rink.

Project participants could also use a nearby swimming pool.

Theoretical classes as part of Coaches Meetings were held immediately after training sessions or in the evenings. Particularly noteworthy is their great interest and active participation.

As a social event, especially for skaters, a grill evening was organized twice.

At the end of the camp, as planned, we organized a competition

**Olympic Hopes 2021 in Short Track Speed Skating
Spišská Nova Ves / Slovakia
July 22, 2021**

Results: <https://my.raceresult.com/174508/results>

During our stay, both the skaters and coaches were healthy and did not report any health problems later. In general, we can say that all project participants complied with the COVID-19 regulations currently in force in Slovakia and in ice rink.

According to the current regulations, it was not necessary to wear masks during the trainings or competition itself.

1. Generally it was responsibility of every Team to provide medical and accident insurance for their participants.
2. Generally it was responsibility of every Team to provide the organization, supervision and abiding by

all the regulations related to COVID-19 binding in Slovakia, Ice Arena Spišská Nova Ves and during trainings by all their skaters and coaches participating in the project.

3. The management Team:

- checked the body temperature after the participants had arrived at the hotel,
- provided all participants (through National Coordinators) with basic protection measures, such as: facemasks, hand sanitizers, protective gloves,
- equipped the hotel, restaurant and ice rink, in many places, with disinfectants,
- urged hand washing especially at the entrance / exit of the hotel, restaurant or ice rink,
- organized trainings for skaters, coaches regarding applicable safety regulations,
- collected and analyzed current regulations related to COVID-19,
- looked for sports facilities and lecture halls to implement the project in accordance with current regulations,
- checked the body temperature during the camp,
- checked the social distancing rules.

Today we can say that the organization of this project was immensely complicated, even so the camp was especially important and the right thing to do.



4. Detailed timetable for executed Project activities

TIME TABLE

	ISU SHORT TRACK SPEED SKATING DEVELOPMENT PROJECT			
	Spišská Nová Ves / Slovakia			
	14.07. - 23.07.2021			
DAY / GROUP	A		B	
	Morning	Afternoon	Morning	Afternoon
Wednesday 14.07.	Arrival of the Teams	ICE 18:00 - 20:00	Arrival of the Teams	ICE 18:00 - 20:00
Thursday 15.07.	WU - 08:15, Ice rink ICE - 09:00 - 09:45	WU - 15:00, Ice rink ICE - 15:45 - 17:00	WU - 09:15, Ice rink ICE - 10:00 - 11:00	WU - 16:30, Ice rink ICE - 17:15 - 18:15
Friday 16.07.	WU - 09:15, Ice rink ICE - 10:00 - 11:00	WU - 16:30, Ice rink ICE - 17:15 - 18:15	WU - 08:00, Ice rink ICE - 08:45 - 09:45	WU - 15:00, Ice rink ICE - 15:45 - 17:00
Saturday 17.07.	WU - 08:00, Ice rink ICE - 08:45 - 09:45	WU - 15:00, Ice rink ICE - 15:45 - 17:00	WU - 09:15, Ice rink ICE - 10:00 - 11:00	WU - 16:30, Ice rink ICE - 17:15 - 18:15
Sunday 18.07.	WU - 09:15, Ice rink ICE - 10:00 - 11:00	WU - 15:45, Ice rink ICE - 16:30 - 17:30	WU - 08:00, Ice rink ICE - 08:45 - 09:45	WU - 14:15, Ice rink ICE - 15:00 - 16:15
Monday 19.07.	WU - 07:30, Ice rink ICE - 08:15 - 09:45	Dryland 18:00 Grill Evelin	WU - 09:15, Ice rink ICE - 10:00 - 11:00	Dryland 18:00 Grill evening
Tuesday 20.07.	WU - 09:00, Ice rink ICE - 09:45 - 11:00	WU - 16:30, Ice rink ICE - 17:15 - 18:00	WU - 07:45, Ice rink ICE - 08:30 - 09:30	WU - 15:30, Ice rink ICE - 16:15 - 17:00
Wednesday 21.07.	WU - 07:45, Ice rink ICE - 08:30 - 09:45	WU - 15:30, Ice rink ICE - 16:15 - 17:00	WU - 09:15, Ice rink ICE - 10:00 - 11:00	WU - 16:30, Ice rink ICE - 17:15 - 18:00
Thursday 22.07.	COMPETITION STEZ CUP - OLYMPIC HOPES 2021		COMPETITION STEZ CUP - OLYMPIC HOPES 2021	
Friday 23.07.	WU - 09:30, Ice rink ICE - 10:15 - 11:35		WU - 08:15, Ice rink ICE - 09:00 - 10:00	

5. List of key persons involved

Participating ISU Members:

1. Czech Speed Skating Federation
2. Ukrainian Speed Skating Federation
3. Slovak Speed Skating Union
4. Latvian Skating Association

National Project Coordinators:

- | | | |
|--------|------------------|--|
| 1. CZE | Jindrich Parik | info@speedskating.cz |
| 2. SVK | Jan Magdosko | president@speedskating.sk |
| 3. UKR | Viktor Kharlamov | ussf@ussf.org.ua |
| 4. LAT | Evita Krievane | evitakrievane@hotmail.com |

PARTICIPANTS – SKATERS

No.	Nation	Name	M/F	Date of birth	Personal best		
					500m	1000m	1500m
1.	CZE	Bílková Karolina	F	19.12.2004	49,99	1:44,05	2:42,77
2.	CZE	Kudláčková Kristýna	F	06.05.2005	51,24	1:43,99	2:41,73
3.	CZE	Strnadová Klára	F	26.06.2005	50,26	1:44,32	2:42,74
4.	CZE	Poplová Michaela	F	03.04.2006	47,33	1:39,43	2:32,59
5.	CZE	Gáková Barbora	F	28.06.2006	49,59	1:41,26	2:34,57
6.	CZE	Manychová Carien	F	01.10.2004	50,60	1:46,10	2:55,437
7.	CZE	Popl Matěj	M	03.04.2006	45,87	1:37,42	2:28,84
8.	CZE	Šulc Samuel	M	27.10.2008	53,925		
9.	CZE	Blahová Eva	F	03.06.2008	53,733	1:52,130	
10.	CZE	Papoušková Marta	F	17.10.2009	55,155		
11.	CZE	Kotrchová Monika	F	19.07.2008	55,173	1:56,251	
12.	UKR	Handei Oleh	M	05.03.1999	41.1	1.26.0	2.15.0
13.	UKR	Pilnyk Vasyl	M	21.03.1998	44.4	1.33.4	2.27.2
14.	UKR	Iofin Denys	M	06.10.2000	44.7	1.32.3	2.23.2
15.	UKR	Khokhelko Tymofii	M	13.04.2005	45.5	1.38.0	2.31.0
16.	UKR	Morozov Yaroslav	M	21.07.2004	45.59	1.36.48	2.37.1
17.	UKR	Sydorko Yelyzaveta	F	10.08.2004	46.2	1.38.4	2.36.6
18.	UKR	Adamenko Kseniia	F	04.10.2004	46.3	1.39.0	2.42.0
19.	UKR	Shapran Oleksandra	F	15.04.2005	48.9	1.41.2	2.40.1
20.	UKR	Mykhalchuk Diana	F	05.07.1993	46.6	1.36.0	2.27.5

21.	UKR	Khochyna Sofiia	F	31.07.2001	47.1	1.40.0	2.38.0
22.	SVK	Petra Rusnáková	F	04.01.2002	44.041	1:29.394	2:22.739
23.	SVK	Lucia Filipová	F	27.09.2002	44.942	1:34.262	2:26.366
24.	SVK	Marián Bukšár	M	16.05.2003	46.056	1:34.657	2:30.354
25.	SVK	Jakub Karabín	M	19.10.2004	46.512	1:37.325	2:28.620
26.	SVK	Ema Baricová	F	02.10.2006	48.874	1:43.527	---
27.	SVK	Michaela Ižárová	F	03.07.2006	48.415	1:38.615	---
28.	SVK	Emma Hympanová	F	08.12.2003	46.705	1:34.961	2:37.987
29.	SVK	Tamara Tokárová	F	28.06.2006	48.133	1:39.695	2:32.654
30.	SVK	Lea Popovicova	F	23.12.2007	49,3	1,42,8	
31.	SVK	Sergej Vastusko	M	19.05.2006			
32.	LAT	Gleb Skudiyakov	M	29.12.2003	0.44,5	1.32,0	2.25,0
33.	LAT	Linards Reinis Laizans	M	21.12.2006	0.46,73	1.37.88	
34.	LAT	Alisters Gasparovics	M	06.08.2008	0.53,08		

PARTICIPANTS – Coaches, supervisors, moderators

No.	Nation	Name	M/F	Position
1.	CZE	Svítil Zbyněk	M	Coach
2.	CZE	Pařík Jindřich	M	Coach
3.	UKR	Svyerchkova Nataliya	F	Coach
4.	UKR	Us Yuliia	F	Coach
5.	UKR	Kharlamov Viktor	M	Coach
6.	UKR	Myklukha Oleksiy	M	Official
7.	LAT	Endijs Vīgants	M	Coach
8.	SVK	Peter Jeleň	M	Coach
9.	SVK	Blanca Hempelova	F	Coach
10.	SVK	Renata Karabova	F	Coach/Secretary
11.	SVK	Ladislav Vastuško	M	Official
12.	SVK	Jozef Hruby	M	Ice rink Manager
13.	SVK	Jan Magdosko	M	President of SSSU
14.	UKR	Oleksandr Myklukha	M	Head Moderator
15.	AUT	Marek Stanuch	M	Project Manager/Co-Moderator

6. Quantitative proof

1. Achieved results during Olympic Hopes 2021 competition - July 22, 2021:

At the end of the camp, as planned, we organized a competition

**Olympic Hopes 2021 in Short Track Speed Skating
Spišská Nova Ves / Slovakia
July 22, 2021**

Results: <https://my.raceresult.com/174508/results>

Below we present the results of the survey conducted after the project's completion among the participating skaters and coaches.

Attached you will find the results of the survey of all skaters and coaches.

7. Final Expenditures for the project

Financial Report attached (Excel Template).

ISU Contribution:

ISU Contribution amount

CHF 45.000,00,-

ISU Short Track Development Project 21-16



Spišská Nova Ves / Slovakia
July 14-23, 2021

Athletes survey

Summary

1. **Nationality**
Czech 5, Ukraine 5, Slovakia 5, Latvia 3
2. **First name, Last name**
3. **Date of birth**
4. **How many years have you been practicing short track speed skating?**
(4 - 14 years)
5. **Achievements: competitions, personal best at 500 m**
41-50 sec.
6. **What is your main goal for the 2021-2022 season and in the coming years?**
Qualification for high-class international competition, Olympic Games, Challenge Trophy, EYOF, Danubia Finale, improving personal records and skating technic
7. **How do you rate your physical condition on a scale of 1 to 10**
7,4
8. **What was your main goal at the ISU training camp in Spišská Nova Ves, July 14-23, 2021?**
Improving in technique and speed, skate on good ice, to improving physical condition
9. **Travel to camp and return home: what kind of transport did you use, how long and how comfortable was your trip, did you feel tired, if so for how long?**
6 skaters were tired, 6 skaters middle tired, 6 skaters were ok
10. **Rate your hotel room on a scale of 1 to 10**
8,72
11. **Rate your food on a scale of 1 to 10**
8,85
12. **Rate the quality of the ice on a scale of 1 to 10**
9,02
13. **Rate the rest of the local sports infrastructure (fitness clubs, swimming pools, stadiums, saunas ...)**
on a scale of 1 to 10
9,36
14. **Was the level of the other skaters too good, ideal, or poor for you?**
Poor - 0, good - 3, ideal - 11
15. **How would you rate the work of the coaching team on a scale of 1 to 10?**
9,87

16. Did you learn anything new about a technique, tactics, nutrition and sports equipment (radius and bend the blades)?

YES - 17, NO -1

17. What do you think can be improved next time?

nothing, everything is good, participation skater from more countries, bigger portion of food

18. Do you understand what you lack to improve your athletic qualities?

Yes -14, more training, technic

19. Did you make any new friends at the ISU camp?

YES -16, NO -2

20. Which Team do you dream of training with, what countries are they from?

NED, HUN, SVK, KOR, POL, KZK, BLR, CAN, FRA

21. How often do you need / would you like to participate in such ISU training camps?

2 or 3 times in season, and often

22. Where would you like to go for the ISU camp?

SVK, HUN, NED, BRL, ITA, POL, FRA

ISU Short Track Development Project 21-16



Spišská Nova Ves / Slovakia
July 14-23, 2021

Coaches' survey

Summary

1. **Nationality**
CZE, SVK, UKR, LAT
1. **First Name, last Name**
2. **Date of birth**
1950, 1958, 1963, 1971, 1972, 1974, 1996
3. **Education**
5 - High, 2 - Special Coaches' Education
4. **How many years have you been practicing Short Track Speed Skating as a skater?**
0, 0, 0, 0, 10, 11, 13
5. **How many years of experience have you as a Short Track Speed Skating coach?**
27, 27, 26, 22, 20, 11, 3
6. **Your achievements as a skater**
2 place - World Cup (1996) 1000 m
7. **Your achievements as a coach**
OWG-6 place, ECh-1,2, WJCh -2, EYOF- 1, 2 place, WC, ECh-3 relay
8. **What is your main goal for the 2021-2022 season and in the coming years?**
Quality for the OWG 2022, Challenge Trophy, EYOF, European Cup final
9. **What was your main goal at the ISU training camp in Spišská Nova Ves, July 14-23, 2021?**
Improving the technical and physical qualities of athletes. Cooperation on the ice. Improving myself and others
10. **Was it difficult for you to organize the participation of your skaters in the ISU Camp?**
No, but it's very difficult to convince the parents of these kids to spend more time training.
To get money, because parents need to pay and it is not cheap.
11. **How would you rate the physical condition of your skaters before ISU camp, on a scale of 1 to 10**
6,7
12. **How would you rate the physical condition of your skaters after ISU camp, on a scale of 1 to 10**
8,3
13. **Travel to camp and return home: what kind of transport did you use, how long and how comfortable was your trip, did you feel tired, if so for how long?**
CZE - no tired (6 hours), UKR - was tired (24 hours) airplane +bus, LAT-I was tired only on travel day
14. **Rate your hotel room on a scale of 1 to 10**
9,2

15. **Rate your food on a scale of 1 to 10**
9,2
16. **Rate the quality of the ice on a scale of 1 to 10**
9,4
17. **Rate the rest of the local sports infrastructure (fitness clubs, swimming pools, stadiums, saunas ...) on a scale of 1 to 10**
9,4
18. **Was the level of skaters too good, ideal, or poor for you?**
good / ideal
19. **Were you introduced to the detailed tasks and goals for ISU camp?**
Yes
20. **How professionally was the entire plan for Camp (on a scale of 1 to 10) drawn up, and was it coordinated with you?**
9
21. **How would you rate the work of the entire coaching team on a scale of 1 to 10?**
10
22. **Did you learn anything new about a technique, tactics, methodology, nutrition ...? and also sports equipment (radius and bend the blades)?**
5 - Yes, 2 - No.
23. **Are you satisfied with ISU camp, what would you like to improve in the future?**
5 - Yes, 2 - (using more video recording, you have to do 2 lap tests at the start of the camp (like we did) then you can make groups, each group needs a high-level coach from the top country
24. **How often do you need to participate in such ISU training camps?**
1 to 3

DIPLOMA

International STEZ CUP 2021 Short Track Speed Skating



Name: _____

Category: _____

Distance: _____

Place: _____

Jan Magdosko
President of Slovak Speed Skating Union

Spišská Nová Ves

Marek Stanuch
Competition Director

Report on the use of Project 21-22

**Establish, re-establish and win new Speed Skating Nations and Skaters
through help with organizing
Nationals Championships for countries without Speed Skating rinks**



**Inzell / Germany
December 11-19, 2021**

**Tomaszów Mazowiecki / Poland
December 11-19, 2021**

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1. Project Title

**Establish, re-establish and win new Speed Skating Nations and Skaters
through help with organizing
Nationals Championships for countries without Speed Skating rinks**



2. Results

1. **ISU Development and National Championships Competition 2021:**

On 18-19 December 2021 we organized International ISU Development Competition and National Championships in Speed Skating with the cooperation of the Local Inzell DEC Club, Local Speed Skating Association in Tomaszow Mazowiecki and of the Ice Rinks management as well. During the competition many skaters achieved personal best times and some of them also qualification times for the Junior World Cup.

1. The results achieved during Frillensee Cup and National Championships
Inzell / Germany
December 18, 2021:

<https://www.dec-inzell.de/veranstaltung/fc4/>

2. The results achieved during “ISU Development Cam Race” and National Championships
Inzell / Germany
December 19, 2021:

<https://speedskatingresults.com/index.php?p=2&e=24585>

3. The results achieved during “Open International ISU Development Competition” and National Championships
Tomaszów Mazowiecki / Poland
December 18-19, 2021:

<https://speedskatingresults.com/index.php?p=2&e=24571>

➤ During training and each competition is conducted video recording.

2. **With this Project we managed to:**

1. maintaining motivation to continue training despite the difficult situation related to COVID-19
2. conduct own National Championships in countries that do not have artificial ice speed skating rinks
3. based on international co-operation to improve preparation of young talented people and start their performance growth
4. individual progress of skaters (personal best)

5. improvement of skating techniques and tactics (Video analyses)
6. improvement of coaches' knowledge
7. closer co-operation between countries (organization of common on- and of ice camps in the period between ISU Camps)
8. closer cooperation of coaches in this region
9. collaboration with experienced coaches and training with good skaters

3. Short reports and feedback of participating Teams:

➤ Spain

1. short description / feedback of the last ISU project, held in Inzell / Germany, 11.12. - 19.12.2021:

First of all, we want to thank ISU and the project staff for carrying it out on pandemic time that still makes it very difficult for all of us.

We are very happy with the results obtained by our skaters. We continue to believe that collaboration between countries is beneficial for the proper development of skaters.

2. a short description of yours next aims:

We find this project to be an ideal place to start our future great talents. We look forward to continuing to do so and increasing the number of skaters with times for the World Cup and World Cup.

3. your opinion about the possible continuation and future of this project:

We would like to continue participating in this project in the coming years. We are very happy with the organization for their great collaboration and very grateful for the help they give us both on and off the track.

Roger Vallverdu
Coach

➤ Romania

On the ISU project between 11-19.12.2021, in the small town of Inzell in Germany and with financial support by the ISU, organized by Mr. Marek Stanuch, the Romanian team had the opportunity to prepare on one of the fastest ice rinks in Europe for the Final of the Junior World Cup and the World Junior Championship to be held in January 2022 in Innsbruck Austria.

During this period, we had the opportunity to train with Emese Hunyady, a skater with great experience in international speed skating and who taught us from her experience how to reach the highest levels of this sport. We trained both on ice and on the ground with the other countries that have benefited from this ISU-funded program and where we have had the opportunity to help each other with training methods and new ideas about speed skating for countries that do not have a 400m ice rink.

At the end of this Development Program, the Romanian skater team participated in a verification competition on the Max Aicher Arena ice rink in Inzell on 18-19.12.2021 where we managed to achieve exceptional results after all the good experiences accumulated during this time.

The National Junior Team of Romania after this week is going to have a little break for the Christmas holiday, a few days, maximum one week. Then we continue our preparation for participation and obtaining the most leading places at the Junior World Cup Final and the World Junior Championship in January 2022 Innsbruck Austria.

ISU Development Project is a successful project that brings many benefits, experience and new information to countries that do not have a 400 m ice rink.

For the future, the Romanian team recommends that this development project be carried out both in Inzell and in other locations where our team can obtain experience on ice and great results worldwide.

Thank you very much for the financial support provided by ISU, as well as for the great involvement of Mr. Marek Stanuch, who has always been with us with new information.

Marius Bacila
National Coach Romania

➤ **Hungary**

1. short description / feedback of the last ISU project, held in Inzell / Germany, 11.12. - 19.12.2021:

The camp was well organized (Thanks to Marek). Emese Hunyadi's help meant a lot to both coaches and competitors. The athletes were able to spend a lot of time together despite of the COVID-19. We can talk about a successful training camp again, as our team gained a lot of PB during the competition.

2. a short description of yours next aims:

Certainly, we would like to continue participating in the camps organized by ISU. Our goal is to get as many kids as possible to get to these camps and give them a chance to catch up with the Junior team.

3. your opinion about the possible continuation and future of this project:

As soon as the virus situation allows, we would be happy if all countries could camp in one place at a time. Once again, a huge Thank You to Marek Stanuch, Emese Hunyadi, ISU and everyone who made it possible for the camp to be set up despite the difficulties. At the same time, I wish everyone a peaceful, Merry Christmas and a Happy New Year.

*Yours Sincerely
Alexandra Nagy*

➤ **Slovakia**

1. short description / feedback of the last ISU project, held in Tomaszów Mazowiecki / Poland, 11.12. - 19.12.2021:

In the beginning, I would like to thank you Marek for managing the ISU Development Project during this difficult COVID period. It's great that in this hard time we are able to train and race. I am glad that we have the opportunity at this difficult period to be a part of ISU Projects. Tomaszow Mazowiecki is a nice place for a training place, ice was prepared very well for every training. Skaters spent 2 times per day on the ice and focus on improving their technique significantly. Before each ice training we did dry imitations, we worked with belts for improved corner. The benefit for our skater was training with starter. On the ice training the main focus was body transfer, push to the side, and corner. On the weekend Slovak Speed Skating federation together with Arena Lodowa organized Slovak Speed Skating Championship.

2. a short description of yours next aims

The main goal is to meet the limits for Junior World Cup and World Championship. To attend all ISU development Project in the future, so all our athletes could have a chance for further development and improving their Personal bests. Skaters are happy to have the opportunity to train with other competitors and it motivates them in the next job

3. your opinion about the possible continuation and future of this project

From our perspective the continuation of this project would be very beneficial for our team and all the skaters and we have the highest interest to participate in the project also in the future if possible

*Igor Onuska
Slovak Speed Skating Team, Coach*

➤ **Estonia**

1. short description / feedback of the last ISU project, held in Tomaszów Mazowiecki / Poland, 11.12. - 19.12.2021:

In this situation with Covid-19, the camp was really well organized. We had possibility to use ice twice a day and also start in 2 days competition with fast ice. Camp was organized very safely, and all the skaters were very happy. We had very good warm-ups and training were made in groups with equal skaters. Big thanks to Marek to organize this camp in lockdown Germany. We had one national records in competition and all skaters did their personal bests.

2. a short description of yours next aims

I hope we will continue with travelling coaches and we take part Collalbo camp. Thanks to ISU camps we have good opportunity to train and compete with other nations.

3. your opinion about the possible continuation and future of this project

All Estonian coaches and skaters really want that; these projects will continue! In every camp we get better and do small steps closer to big speedskating countries.

*Markus Mart
National Coach*

➤ **Ukraine**

The program was held on December 11-19, 2021, in Tomaszów Mazowiecki / Poland December 11-19, 2021

The Ukrainian team had a good period of training sessions and were able to prepare for the competition that took place at the end of the project. By participating in the project, our athletes have gained a great and very important experience in joint training with other teams. Learning and improving their skills in ice skating, thanks to the ISU project, athletes were able to show their personal results at competitions. And the growth of results in competitions gives great motivation in further sports.

We see that the ISU project helps athletes to reach a high professional level in sports. Now we are continuing our training sessions in Ukraine on natural ice. Thanks to the cold weather, we were able to fill in the ice for training and competitions.

*National coordinator
Miahkykh Olena*

3. Course Outline

The project 21-22 was planned, as in previous years in Zakopane / Poland.

Unfortunately, due to the commencement of construction of a new indoor ice rink in Zakopane, the skating rink was closed.

Therefore, given the current COVID-19 restrictions and associated logistical issues, we have split Project 21-22 into two parts respecting the overall budget previously approved by ISU as below:

1. Project 21-22, Part 1

- Date: 11.12. - 19.12.2021
- Competition: 18.12. - 19.12.2021
- Place: Tomaszów Mazowiecki / Poland
- Participants: CZE, LAT, SVK, UKR
- Head Coach: Marek Pandyra
- Co-moderator: Renata Karabova

Project 21-22, Part 2

- Date: 11.12. - 19.12.2021
- Competition: 18.12. - 19.12.2021
- Place: Inzell / Germany
- Participants: ESP, EST, HUN, ROU
- Project manager/organization: Marek Stanuch
- Head Coach: Emese Hunyady

Today we can say with satisfaction that despite a very difficult situation related to COVID-19 and the related restrictions, we have managed to carry out this project. No problems connected with COVID-19 were found in any of the participants during or after the completion of the project.

I personally think that the greatest success of the project was the motivating factor for further work and training for the participating skaters and coaches.

Congratulations and thanks to all teams which, despite this difficult situation, higher costs associated with the need to conduct COVID-19 tests, as well as restrictions and strict sanitary regulations during trainings and their stay in Inzell and Tomaszów Mazowiecki, decided to participate in this project.

Due to COVID-19, teams from different countries were not combined during trainings as in the past, each team trained separately. Both trainings and meals were carried out in compliance with the applicable regulations regarding COVID-19. Disinfectants and protective masks were purchased for all the participating teams.

Bearing in mind, on the one hand, a large number of competitors taking part in the Development Competition, and on the other hand, COVID-19 rules, several separate locker rooms were organized for competing skaters and their coaches, where mini 'skater lounges' were also organized for them.

Thanks to the good ice conditions, many skaters achieved personal best during the Development Camp Competition. Some skaters also achieved qualification times for the Junior World Cup and Junior World Championships.

About 90 skaters and 25 coaches / officials from 8 countries took part in the Project.

The feedback received from participating coaches and skaters were again very positive. We can confirm the need to continue this project in the future.

Due to the COVID-19 and lack of free rooms, teams were in different hotels. They received financial support under ISU Development Project for their accommodation. The catering for the teams was organized partly jointly and partly individually.

Due to finances, the video recording and video analysis was organized with the help of coaches and parent skaters

Teams from ROU, ESP, CZE, LAT, HUN, SVK and UKR joined our program with additional young skaters on own coasts.

On Wednesday, December 15th, we organized in Tomaszow Mazowiecki a start training with the help of the International Starter - Jaromir Radke (former medalist of the World and European Championships) and in Inzell with starter, Bernhard Mayer.

Many skaters have obtained their personal bests and we have recorded several Junior National Records as well as qualifications limits to start in JWC.

The Teams participating in the project have achieved their goals.

Seminars:

- December 11-19 - every day, working coaches' seminars
- December 11-18 - individually coaches & Skaters Meetings (Video - technic analyses)

Besides each coach meeting we conducted individual meetings with the coaches where subjects such as material knowledge, training planning and ISU rules and so on were discussed.

The results achieved during the last project strongly confirmed the validity and sense of the continuation of this project in the future.



1. Head Moderator's report:

ISU Speed Skating Development Project 21-22 Ice camp Inzell, Germany 11.-18.12.2021

In this training camp we were using again possibility to go two times on the ice. in that time, we were concentrated some technical part of speed skating.

Skating turn

- right entry and exit
- constant lean
- contact of blade with ice
- push direction and timing

Start and sprint

- accelerate maximum speed
- technique of start
- "go to the start" – "ready" – "go"
- first steps 1., 2-5-, 5-10. and 10.-30. steps

Coaches meeting:

We were discussed following themes:

- How to bring good technique from off-ice to the ice skating?
- Mental preparation for race

It was a pleaser for me to work with these motivated athletes and coaches. Many of our athletes has done online- / home-schooling between training and before and after training sessions. That is an intelligent way now a days to do school things during training camp.

Like often in Inzell we could again have a sprint- or start training with ISU starter Bernhard Mayer. In the end of the week, we had possibility to take part Frillensee Cup race and also, we had own race for our development group.

This project is in the end, but I wish that ISU Development Commission see this big value of our project for these "small" speed skating countries.

Head Moderator
Emese Hunyady

4. Detailed timetable for executed Project activities

PROGRAM			
Tomaszów Mazowiecki			
11.12. – 19.12.2021			
Saturday 11.12.2021	13.00 - 14.30	Ice training	Ice Arena
	18.30 - 19:30	Dinner	Hotel
	20.00 -	Coaches Meeting	Ice Arena
Sunday 12.12.2021	08.00	Breakfast	Hotel COS
	10.00	Dry land training	Ice Arena
	11.30	Lunch	Hotel
	13.00 - 14.30	Ice training	Ice Arena
	16.30 - 17.30	Dry land training	Ice Rink
	18.30 - 19.30	Dinner	Hotel COS
Monday 13.12.2021	19.30	Coaches Meeting	Ice Arena
	07.30	Breakfast	Hotel
	10.00 - 12:30	Ice training/Dry land training	Ice Arena
	13.00 - 15.00	Lunch	Hotel
	15.00 - 16.15	Ice training/Dry land training	Ice Arena
	16.30 - 17:30	Coaches Meeting	Ice Arena
Tuesday 14.12.2021	18.00 -	Dinner	Hotel
	07.30	Breakfast	Hotel
	10.00 - 12:30	Ice training/Dry land training	Ice Arena
	13.00 - 15.00	Lunch	Hotel
	15.00 - 16.15	Ice training/Dry land training	Ice Arena
	16.30 - 17:30	Coaches Meeting	Ice Arena
Wednesday 15.12.2021	18.00 -	Dinner	Hotel
	07.30	Breakfast	Hotel
	10.00 - 12:30	Ice training - Start training with starter	Ice Arena
	13.00 - 15.00	Lunch	Hotel
	15.00 - 16.15	Ice training/Dry land training	Ice Arena
	16.30 - 17:30	Coaches Meeting	Ice Arena
Thursday 16.12.2021	18.00 -	Dinner	Hotel
	19.00 -	Coaches & Skaters Meeting with CZE	Hotel
	07.30	Breakfast	Hotel
	10.00 - 12:00	Ice training/Dry land training	Ice Arena
	13.00 - 15.00	Lunch	Hotel
	15.00 - 16.15	Ice training/Dry land training	Ice Arena
Friday 17.12.2021	16.30 - 17:30	Coaches Meeting	Ice Arena
	18.00 -	Dinner	Hotel
	19.00 -	Coaches & Skaters Meeting with UKR	Hotel
	07.30	Breakfast	Hotel
	10.00 - 12:00	Ice training/Dry land training	Ice Arena
	13.00 - 15.00	Lunch	Hotel
Saturday 18.12.2021	15.00 - 16.15	Ice training/Dry land training	Ice Arena
	16.30 - 17:30	Coaches Meeting	Ice Arena
	18.00 -	Dinner	Hotel
	19.00 -	Coaches & Skaters Meeting with CZE	Hotel
	20.00	Coaches Meeting	Hotel
Sunday 19.12.2021	08.00	Breakfast	Hotel
	11.30 -	Lunch	Hotel
	13.00 -	ISU Development Competition	Ice arena
	19.00 -	Dinner	Hotel
	20.00	Coaches Meeting	Hotel

SPEED SKATING DEVELOPMENT PROGRAM



ISU Development Project 21-22
Inzell, Germany 11.-19.12.2021

PROGRAM:

- | | |
|-------------------------|---|
| 11.12. 2021
Saturday | 1) 15.45 – 17.15 <u>Ice training</u> , each team own program (depends on your arrival)
2) 20.00 Coach meeting
- week program, groups, and organization |
| 12.12.
Sunday | 1) 11.15 Meeting Ice Rink (Sport Hall), warm up all together. ESP keeps warm up.
12.00 – 13.30 Ice training
2) 16.30-18.00 Technique imitations, off-ice training
3) 20.00 Coach Meeting (Discussion, National junior championships 2021-2022) |
| 13.12.
Monday | 1) 07.30 Meeting Ice rink (Sport Hall), warm up all together. Emese keeps warm up.
08.15 - 09.45 <u>Ice training</u>
2) 14.00-15.30 <u>Ice training</u> , each team own program
3) 20.00 Coach Meeting (Discussion, Ice rink situation in own country) |
| 14.12.
Tuesday | 1) 07.45 Meeting Ice rink (Sport Hall), warm up all together. HUN keeps warm up.
08.30-10.00 <u>Ice training</u>
2) 14.00-15.30 <u>Ice training</u> , each team own program
3) 20.00 Coach Meeting (Discussion, plan for next season 2022-2023) |
| 15.12.
Wednesday | 1) 07.45 Meeting Ice rink (Sport Hall), warm up all together. ROU keeps warm up.
8.30-10.00 <u>Ice training</u>
2) 14.00-15.30 <u>Ice training</u> , each team own program
3) 20.00 Coach Meeting |
| 16.12.
Thursday | 1) 07.45 Meeting Ice rink (Sport Hall), warm up all together. ESP keeps warm up.
8.30-10.00 <u>Ice training</u>
2) 14.00-15.30 <u>Ice training</u> , each team own program
3) 20.00 Coach Meeting |
| 17.12.
Friday | 1) 07.45 Meeting Ice rink (Sport Hall), warm up all together. EST keeps warm up.
08.30-10.00 <u>Ice training</u> , speed skating technique + race preparation
2) Off-ice training / free |
| 18.12.
Saturday | 1) Ice training 08.30-10.00
2) 13.00-17.15 Race: Frillensee Cup Competition |
| 19.12.
Sunday | 1) 09.30-13.00 Race: ISU Development Project Competition
2) Travelling Home, Happy Holidays! |

Emese Hunyady
Head Moderator

5. List of key persons involved

➤ ISU Members involved and National Coordinators:

1. Czech Speed Skating Federation
2. Estonian Skating Union
3. Federación Española de Deportes de Hielo
4. Hungarian National Skating Federation
5. Latvian Skating Association
6. Romanian Skating Federation
7. Slovak Speed Skating Union
8. Ukrainian Skating Federation

National Coordinators:

- | | | |
|--------|-----------------|--|
| 1. CZE | Jindrich Parik | info@speedskating.cz |
| 2. EST | Mart Markus | markusmart@hotmail.ee |
| 3. ESP | Laia Papell | patinaje@feldhielo.com |
| 4. HUN | Bertalan Blasko | bertalan.blasko@hunsbate.hu |
| 5. LAT | Evita Krievane | evitakrievane@hotmail.com |
| 6. ROU | Gheorghe Parv | gparv17@yahoo.com |
| 7. SVK | Renata Karabova | rkarabova@gmail.com |
| 8. UKR | Olena Miahkykh | ukrem78@ukr.net |

PARTICIPANTS – SKATERS

No.	Nation	Name	Venue	M/F	Date of birth	Personal best			
						500m	1000m	1500m	3000m
1.	ROU	ADRIAN FIERAR	Inzell	M	04.08.2003	39.64	1.15.77	1.55.27	4.00.27
2.	ROU	EDUARD NITU	Inzell	M	07.10.2004	37.12	1.13.37	1.53.58	4.12.28
3.	ROU	SEBASTIAN MIHALACHE	Inzell	M	26.03.2005	38.55	1.16.96	2.01.52	4.35.77
4.	ROU	NECHITA ROBERT	Inzell	M	16.09.2003	40.00	1.18.60	2.06.41	5.06.45
5.	ROU	ANDREA GNANDT	Inzell	F	14.12.2004	43.14	1.27.69	2.18.26	5.15.60
6.	ROU	MARA HARABAGIU	Inzell	F	01.11.2004	44.56	1.28.59	2.19.94	5.19.87
7.	ROU	RAZVAN MILITARU	Inzell	M	21.08.2001	37.60	1.15.33	1.58.34	4.19.01
8.	HUN	Zolván Barbara	Inzell	F	10/03/2006	46,94	1.41,43	2.26,63	
9.	HUN	Iványi Kata	Inzell	F	22/01/2008	46,92			
10.	HUN	Kovács Kámea	Inzell	F	15/04/2006	47,87	1.41,32	2.34,18	
11.	HUN	Kiss Janka	Inzell	F	01/04/2003	51,34	1.49,67	2.41,80	
12.	HUN	Várlaki Luca	Inzell	F	06/12/2003	48,64	1.39,95	2.32,70	
13.	HUN	Kovács Hanna	Inzell	F	20/05/2005	49,97	1.41,57	2.34,00	
14.	EST	Lisandra Tarmet	Inzell	f	20.03.2009	48	1.50	2.34	
15.	EST	Victoria Pagar	Inzell	f	02.01.2009	47	1.37	2.55	
16.	EST	Kertu Pöldmaa	Inzell	f	10.07.2010	51	1.47	3.07	
17.	EST	Art-Markus Tamm	Inzell	M	22.06.2006	45	1.35	2.29	
18.	LAT	Kucina Ance	Inzell	F	29.12.2005				

19.	LAT	Snikere Patricija	Inzell	F	03.01.2004				
20.	LAT	Jankovska Laura	Inzell	F	11.11.2005				
21.	LAT	Sternmanis Maris	Inzell	M	30.07.2004				
22.	LAT	Sternmanis Rudolfs	Inzell	M	14.03.2008				
23.	LAT	Vacietis Gustavs	Inzell	M	25.07.2007				
24.	LAT	Reinsons Sandis	Inzell	M	15.09.2002				
25.	LAT	Pastors Karlis	Inzell	M	26.10.2004				
26.	ESP	ALEJANDRO JIMENEZ	Inzell	M	16/03/2004	45"22	1'38"35	NT	NT
27.	ESP	ONA RODRIGUEZ	Inzell	F	13/12/2007	47"03	1'41		
28.	ESP	JULIA ESPIN	Inzell	F	23/01/2006	44"16	1'30	2'27	
29.	ESP	LUCIA ALAPONT	Inzell	F	27/08/2003	46"84	1'33"25	NT	NT
30.	ESP	CARLA ALVAREZ	Inzell	F	01/06/2004	42"16	1'28"	2'31	
31.	ESP	IVAN ROLDAN	Inzell	M	20/07/2004	42"18	1'21"62	2'10	4'40
32.	ESP	SERGI ALVAREZ	Inzell	M	12/12/2007	44"83	1'30"75		
33.	ESP	IKER RUIZ	Inzell	M	08/12/2007	44"27	1'29"45		
34.	ESP	MONICA SEOANE	Inzell	F	06/02/2007	45"41	1'33"16		
35.	ESP	MIREIA TELLEZ	Inzell	F	30/08/2007	48"75	1'33"62		
36.	ESP	PAULA ESPIN	Inzell	F	15/05/2009	49"24	1'37"92		
37.	ESP	CRISTOPHER LOPEZ	Inzell	M	19/06/2008	43"59	1'30"02	NT	NT
38.	ESP	SHEILA GOMEZ	Inzell	F	01/08/2003	43"97	1'26"84	2'20	
39.	ESP	HANNAH LLOP	Inzell	F	18/11/2004	43"66	1'31"03	2'28"	
40.	ESP	LUISA MARÍA GONZÁLEZ	Inzell	F	15/07/2003	40"99	1'25"60	2'17"02	
41.	ESP	IGNACIO MORÁN	Inzell	M	25/05/2004	NT	NT	NT	NT
42.	ESP	MARÍA RODRÍGUEZ	Inzell	F	25/06/2007	54"01	1'45"76		
43.	ESP	BERTA COSTAFREDA	Inzell	F	19/01/2008	57"76	1'54"03		
44.	ESP	MARTINA FERNÁNDEZ	Inzell	F	31/12/2008	58"95	1'58"94		
45.	ESP	ADRIAN RODRÍGUEZ	Inzell	M	09/04/2008	54"40	1'51"75		
46.	ESP	PAU CHORRO	Inzell	M	11/07/2003	45"28	1'27"32	2'25"05	
47.	UKR	Shynkar Vladyslav	Tomaszów	M	14.01.2003	43.70	1.28.60	2.15.74	4.53.40
48.	UKR	Skryplov Vladyslav	Tomaszów	M	04.06.2004	43.00	1.34.23	2.25.10	5.18.60
49.	UKR	Hnatiuk Hanna	Tomaszów	F	18.10.2005	45.78	1.35.78	2.27.33	5.23.02
50.	UKR	Padalka Vitalii	Tomaszów	M	14.05.2007	52.00	1.46.30	2.48.00	
51.	UKR	Artemenko Polina	Tomaszów	F	16.08.2009	55.11	2.02.10	3.10.40	
52.	UKR	Osovska Alisa	Tomaszów	F	06.03.2009	64.07	2.21.07	3.36.20	
53.	UKR	Hunderchuk Dmytro	Tomaszów	M	09.06.2009	63.10	2.30.80		
54.	UKR	Kostiuchenko Sofiia	Tomaszów	F	26.10.2011	73.03	2.40.20		
55.	UKR	Omelchenko Alisa	Tomaszów	F	22.09.2011	76.50	2.49.00		
56.	UKR	Oliinyk Arsenii	Tomaszów	M	24.10.2008	60.05	2.25.00	3.20.30	
57.	UKR	Hrzhhorzhhevskia Matiia	Tomaszów	F	28.08.2004	54.70	1.48.30	2.54.00	5.59.00
58.	UKR	Miahkykh Polina	Tomaszów	F	18.07.2010	67.06	2.40.00		
59.	SVK	Boris Varga	Tomaszów	M	03.10.2000	42,85	1.27,00		
60.	SVK	Daniel Šimko	Tomaszów	M	09.01.2004	42,62	1.29,25		

61.	SVK	Patrik Paroulek	Tomaszów	M	24.08.2006	47,17	1.35,69		
62.	SVK	Samuel Paroulek	Tomaszów	M	15.08.2009	52,44	1.49,76		
63.	SVK	Zoja Onušková	Tomaszów	F	18.03.2009	52,04	1.51,03		
64.	SVK	Jela Kmecova	Tomaszów	F	07.02.2009	53,90	1.55,68		
65.	SVK	Zoe Morales	Tomaszów	F	15.06.2009	53,41	1.48,95		
66.	SVK	Jakub Karaba	Tomaszów	M	11.07.2011	52,99			
67.	SVK	Martin Chomjak	Tomaszów	M	31.05.2011	58,53			
68.	SVK	Tamara Onušková	Tomaszów	F	20.11.2012	1.04,01			
69.	SVK	Lukáš Moščák	Tomaszów	M	30.01.2011	59,42			
70.	SVK	Maroš Moščák	Tomaszów	M	28.03.2008	56,09	1.57,44		
71.	SVK	Sophia Nagyová	Tomaszów	F	15.11.2009	59,03	2,05,50		
72.	SVK	Zoja Kmecová	Tomaszów	F	06.09.2010	1.04,97			
73.	SVK	Dávid Sedlák	Tomaszów	M	05.10.2010				
74.	CZE	Stodolová Johana	Tomaszów	F	17.03.2005	48,57	1:40,10	2:46,85	
75.	CZE	Stodolová Zuzana	Tomaszów	F	17.03.2005	47,6	1:44,69		
76.	CZE	Stodolová Magdalena	Tomaszów	F	28.04.2000				
77.	CZE	Kainová Kateřina	Tomaszów	F	14.05.2003	48,78	1:27,67	2:31,23	
78.	CZE	Sedláčková Martina	Tomaszów	F	20.03.2012	---	---	---	---
79.	CZE	Němcová Zuzana	Tomaszów	F	18.04.2013	---	---	---	---
80.	CZE	Semeniuk Matěj	Tomaszów	M	15.10.2003	40,68	1:21,01	2:08,65	4:33,30
81.	CZE	Žilka Max	Tomaszów	M	14.06.2011	61,87	---	---	---
82.	CZE	Geierová Anna	Tomaszów	F	19.02.2008	58,42	---	---	---
83.	CZE	Geierová Ema	Tomaszów	F	29.03.2012	---	---	---	---
84.	CZE	Emily Lai	Tomaszów	F	30.05.2012	1.07,54	---	---	---
85.	CZE	Eliška Hundová	Tomaszów	F	09.02.2011	---	---	---	---
86.	CZE	Jasmína Krutišová	Tomaszów	F	30.11.2011	---	---	---	---
87.	CZE	Laura Kelecsényi	Tomaszów	F	04.06.2004	1.16,49	---	---	---
88.	CZE	Václav Suchý	Tomaszów	M	19.03.2012	---	---	---	---
89.	CZE	Jakub Čermák	Tomaszów	M	28.09.2003	52,75	1.40,20	---	---

PARTICIPANTS - Coaches, supervisors, moderators

No.	Nation	Name	Venue	M/F	Position
1.	ESP	ROGER VALLVERDÚ	Inzell	M	Coach
2.	ESP	FERNANDO ÁLVAREZ	Inzell	M	Coach Assistant
3.	ESP	ENRIQUE TELLEZ	Inzell	M	Coach Assistant
4.	ESP	Xavier Rodriguez	Inzell	M	Coach Assistant
5.	ROU	Marius Bacila	Inzell	M	Coach
6.	EST	Märt Kuus	Inzell	M	Coach
7.	HUN	Alexandra Nagy	Inzell	F	Coach
8.	LAT	Reinsons Sandis	Inzell	F	Coach Assistant

9.	CZE	Roman Vodička	Tomaszów	M	Coach
10.	CZE	Pavel Kulma	Tomaszów	M	Coach
11.	CZE	Milan Sablik	Tomaszów	M	Coach
12.	CZE	Svatopluk Kopecek	Tomaszów	M	Coach Assistant
13.	CZE	Hana Ambrozova	Tomaszów	F	Coach Assistant
14.	CZE	Macháček Jiří	Tomaszów	M	Coach
15.	CZE	Břínková Věra	Tomaszów	F	Coach
16.	CZE	Zajičková Iva	Tomaszów	F	Coach
17.	CZE	Vodička Roman	Tomaszów	M	Coach
18.	CZE	Parik Jindra	Tomaszów	M	Coach
19.	CZE	Stodola Jan	Tomaszów	M	Coach Assistant
20.	SVK	Igor Onuska	Tomaszów	M	Coach Assistant
21.	UKR	Miahkykh Olena	Tomaszów	F	Coach
22.	SVK	Renáta Karabová	Tomaszów	M	Co-Moderator
23.	POL	Marek Pandyra	Tomaszów	M	Co-moderator
24.	AUT	Emese Hunyady	Inzell	F	Head Moderator
25.	AUT	Marek Stanuch	Inzell	M	Project Manager/Moderator

➤ **Management Team:**

1. **Mrs Emese Hunyady / AUT** as the head Moderator of the project / Inzell
 - Former skater, National Team Austria
 - Olympic, World and European Champion
 - Bachelor's degree, University Budapest
2. **Mr Marek Stanuch / AUT** as the project coordinator (logistic, training logistic, coaching,), Inzell
 - Master's Degree in Sports & Pedagogy
 - Speed Skating Coach Diploma – University of Physical Education
 - Manager/Project Coordinator of many different ISU Development Project's
3. **Mrs Renata Karabova / SVK, Co-moderator / Tomaszów Mazowiecki**
 - to assistant to the main moderator. Help with trainings, especially in communication: head moderator - skaters/coaches, due to the language barrier.
 - Former skater, National Team Slovakia
 - National Coach, Team Slovakia
4. **Mr Marek Pandyra / POL, Moderator / Tomaszów Mazowiecki**
 - Master's Degree in Sports & Pedagogy
 - Speed Skating Coach Diploma – University of Physical Education
 - to assistant to the main moderator. Help with trainings, especially in communication: head moderator - local coaches, Sport school and officials, due to the language barrier.
 - Former skater, National Team Slovakia
 - National Junior Coach Assistant, Team Poland
 - Coordinator and head coach - Sport school Zakopane

6. Quantitative proof

4. The results achieved during Frillensee Cup and National Championships
Inzell / Germany
December 18, 2021

<https://www.dec-inzell.de/veranstaltung/fc4/>

5. The results achieved during "ISU Development Cam Race" and National Championships
Inzell / Germany
December 19, 2021

<https://speedskatingresults.com/index.php?p=2&e=24585>

6. The results achieved during "Open International ISU Development Competition" and National Championships

Tomaszow Mazowiecki / Poland
December 18-19, 2021

<https://speedskatingresults.com/index.php?p=2&e=24571>

Spain National Allround Championship 2021
Max-Aicher-Arena – Inzell (GER) / 18. - 19.12.2021

Result by Rank 4x 500/1500/1000/3000 Woman

Rank	Lane	St.No.	Name	Nat.	Points	Behind
1.	3	I 229	CABRERA Sara	ESP	171.437	-
2.	3	O 230	CARRENO Ainoa	ESP	172.097	0.660
3.	4	I 243	MORENO Teresa	ESP	174.903	3.466
4.	4	O 242	MENDOZA Valentina	ESP	178.841	7.404
5.	1	O 236	GOMEZ Sheila	ESP	179.609	8.172
6.	1	I 233	ESPIN Julia	ESP	180.339	8.902

Platz	Name	500m	1500m	1000m	3000m	500m	1500m	1000m	3000m	Pkt. 1. Strecke	Pkt. 2. Strecke	Pkt. 3. Strecke	Pkt. 4. Strecke	Pkt. Gesamt	Abstand
1	Cabrera Sara	41,00	02:09,50	01:21,26	04:39,853	41,000	43,167	40,630	46,642	171,439	0,000				
2	Carreno Ainoa	40,66	02:10,55	01:22,56	04:39,855	40,660	43,517	41,280	46,643	172,099					
3	Moreno Teresa	42,11	02:10,71	01:24,45	04:41,99	42,110	43,570	42,225	46,998	174,903	-3,465				
4	Mendoza Valentina	42,85	02:15,48	01:26,11	04:46,66	42,850	45,160	43,055	47,777	178,842	-7,403				
5	Gomez Sheila	43,55	02:15,23	01:26,16	04:47,42	43,550	45,077	43,080	47,903	179,610	-8,171				
6	Espin Julia	42,45	02:16,77	01:26,09	04:55,53	42,450	45,590	43,045	49,255	180,340	-8,901				

Result by Rank 4x 500/1500/1000/3000 Men

Rank	Lane	St.No.	Name	Nat.	Points	Behind
1.	4	O 250	TAIBO Manuel	ESP	154.459	-
2.	3	O 255	REZZONICO Alexander	ESP	156.394	1.935
3.	3	I 228	BARBERA Stephane	ESP	162.537	8.078
4.	2	O 247	ROLDAN FERRAR Ivan	ESP	169.666	15.207

Platz	Name	500m	1500m	1000m	3000m	500m	1500m	1000m	3000m	Pkt. 1. Strecke	Pkt. 2. Strecke	Pkt. 3. Strecke	Pkt. 4. Strecke	Pkt. Gesamt	Abstand
1	Taibo Manuel	37,91	01:55,13	01:14,59	04:05,27	37,910	38,377	37,295	40,878	154,460	0,000				
2	Rezzonico Alexander	38,04	01:55,99	01:14,38	04:15,01	38,040	38,663	37,190	42,502	156,395	-1,935				
3	Barbera Stephane	38,42	02:02,42	01:18,38	04:24,73	38,420	40,807	39,190	44,122	162,538	-8,078				
4	Roldán Ferrar Ivan	41,39	02:07,68	01:22,12	04:27,94	41,390	42,560	41,060	44,657	169,667	-15,207				

19.12.2021 12:45

Official data service SSCM / www.elementatiming.com

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7. Achieved progress:

- maintaining motivation to continue training despite the difficult situation related to COVID-19
- progress in the improvement of skating techniques (Video analyses)
- individual progress of skaters (personal best)
- improving knowledge and a better understanding of the ISU competition Rules

and also, us long-term results:

- progress in the number of registered skaters in junior and senior categories
- progress in the number of skaters competing in the National Championships in junior and senior categories
- progress in the number of skaters qualified for the Junior World Cup
- progress in the number of skaters qualified for the World Junior Championships
- progress in National records in all age categories
- conduct own National Championships in countries that do not have artificial ice speed skating rinks

7. Final Expenditures for the project

- The detailed financial report as Excel Template is attached

Just like we mentioned before the project 21-22 was planned, as in previous years in Zakopane. Unfortunately, due to the commencement of construction of a new indoor ice rink in Zakopane, the skating rink was closed.

Therefore, given the current COVID-19 restrictions and associated logistical issues, we have split Project 21-22 into two parts respecting the overall budget previously approved by ISU.

The costs listed below were higher than in the previously planned and approved by ISU budget.

- Facilities - (Ice training and competition days) & off ice training
- Technical costs - (Competition: electronical Timing, officials, fees)
- Moderators - Hotel & Meals
- Travel Moderator 4 - Co-Moderator

The higher costs above, resulted from the change of the venue of the project implementation.

Originally, ice training and competition were planned on the open ice rink in Zakopane.

Also, the organization and financing of the competition in Zakopane were separate.

In Inzell and Tomaszów Mazowiecki, the organization of the competition, the booking of the ice rink and the competition officials were different than as planned in Zakopane.

The transfer of trainings and competition to the Ice Arena in Inzell and Tomaszów Mazowiecki was, of course, associated with higher costs.

The adopted overall budget was not exceeded, however allowed for the implementation all previously established sports goals.