

**Report on the use of Project**  
**23-24**  
**and**  
**23-24a (Ukraine)**

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

**Spišská Nova Ves / Slovakia**

**24.08. - 02.09.2023**



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## 1. Project Title

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

## 2. Results

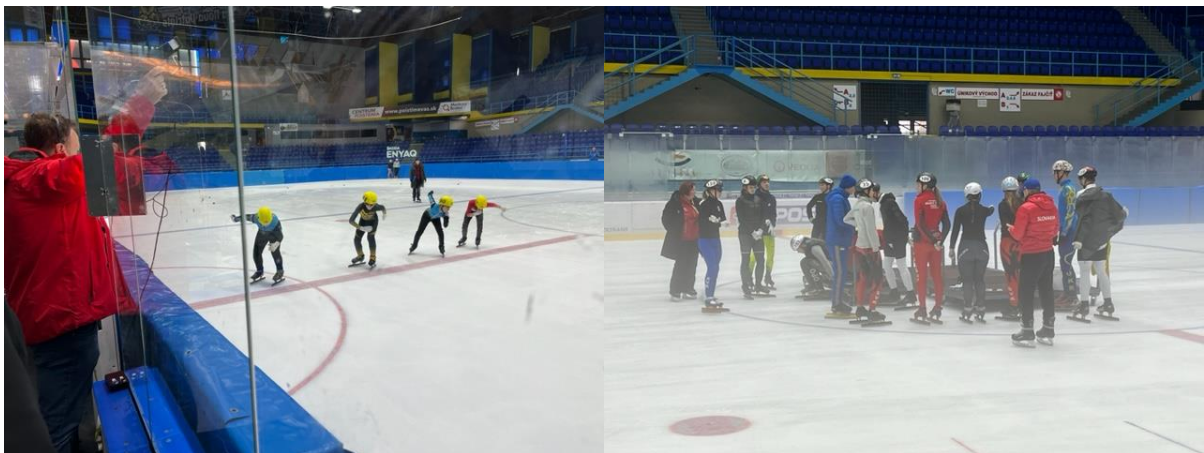
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At the end of the camp, as planned, we organized a competition

**Development Project Competition**

**STEZ Cup 2023  
in Short Track Speed Skating  
Spišská Nova Ves / Slovakia  
September 1-2, 2023**

**Results: <http://www.shorttracklive.info/index.php?comp=829&m=0&saizon=18>**



## ISU Short Track Development Project 23-24

Spisska Nova Ves / Slovakia

25.08.2023



## Ice Test - 222 m (flying start)

No.	Name	Nation	1. Race	Time	2. Race	Time
1.	Gáková Barbora	CZE	10,13-10,07	<b>20,20</b>	10,18-10,27	20,45
2.	Poplová Michaela	CZE	10,15-10,02	<b>20,17</b>		
3.	Gabija ASTRAUSKAITE	LTU	9,95-9,77	<b>19,72</b>	9,98-10,07	20,05
4.	Lea Popovicova	SVK	9,78-9,60	<b>19,38</b>	9,72-9,68	19,40
5.	Marek Harkabus	SVK	-			
6.	Emma Hympánová	SVK	9,86-9,99	19,85	9,83-9,89	<b>19,72</b>
7.	Anna Jansone	LAT	9,66-9,64	19,30		
8.	Repetska Svitlana	UKR	9,70-9,73	<b>19,43</b>	9,67-9,78	19,45
9.	Seliukova Myroslava	UKR	9,88-9,83	<b>19,71</b>		
10.	Storozhuk Amina	UKR	9,81-9,85	19,66	9,64-9,65	<b>19,29</b>
11.	Popl Matěj	CZE	9,36-9,36	18,72	9,21-9,27	<b>18,48</b>
12.	Ernestas Cech	LTU	9,41-9,45	18,86	9,35-9,50	<b>18,85</b>
13.	Jakub Karabin	SVK	-			
14.	Valters Kānbergs	LAT	9,26-9,08	18,34	9,18-9,14	<b>18,32</b>
15.	Tomass Kitoks	LAT	9,50-9,51	<b>19,01</b>		
16.	Maksims Soleičuks	LAT	9,43-9,31	<b>18,74</b>		
17.	Maris Janis Štermanis	LAT	9,28-9,24	18,52	9,07-9,20	<b>18,27</b>
18.	Bergin Daniil	UKR	9,11-9,12	<b>18,23</b>		
19.	Leontenko Rostyslav	UKR	9,10-9,15	18,25		
20.	Moshenskyi Bohdan	UKR	9,20-9,21	<b>18,41</b>	9,20-9,45	18,65
21.	Nemiro Nikita	UKR	9,13		9,42-9,31	18,73
22.	Nemiro Vladyslav	UKR	9,44-9,44	<b>18,88</b>	9,51-9,63	19,14
23.	Morozov Yaroslav	UKR	9,44-9,38	18,82	9,56	
24.	Kunstmullerová Nina	CZE	11,96-12,02	<b>23,98</b>	12,13-12,03	24,16
25.	Kudláčková Eliška	CZE	10,83-10,95	<b>21,78</b>	10,92-10,97	21,89
26.	Katarina Ondrejčaková	SVK	11,11-11,03	<b>22,14</b>	11,40-11,36	22,76
27.	Karolína Schmognerova	SVK	12,04-12,13	<b>24,17</b>		
28.	Demochko Diana	UKR	10,39-10,45	<b>20,84</b>	10,49-10,57	21,06
29.	Moisieieva Kateryna	UKR	10,38-10,22	<b>20,60</b>	10,63-10,29	20,92
30.	Kotrchová Monika	CZE	10,35-10,43	<b>20,78</b>	10,72-10,76	21,48
31.	Papoušková Marta	CZE	10,28-10,50	<b>20,78</b>	10,38-10,58	20,96
32.	Valentina LEVICKYTE	LTU	10,31-10,58	<b>20,89</b>	10,47-10,50	20,97
33.	Veronika Igosina	LAT	-			
34.	Madara Gintere	LAT	10,39-10,69	21,08	10,47-10,56	<b>21,03</b>
35.	Blahová Eva	CZE	10,29-10,50	<b>20,79</b>	10,42-10,58	21,00
36.	Kremer Veronika	UKR	10,22-10,52	<b>20,74</b>	10,56-10,64	21,20
37.	Ance Grosberga	LAT	10,16-10,12	<b>20,28</b>	10,27-10,20	20,47
38.	Michaela Izarova	SVK	10,58-10,43	<b>21,01</b>	10,67-10,52	21,19
39.	Kamilla Salmina	LAT	10,11-10,01	<b>20,12</b>	10,16-10,15	20,31
40.	Paula Ekerte	LAT	10,34-10,51	<b>20,85</b>	10,49-10,50	20,99
41.	Adomas OGULEVICIUS	LTU	9,49		9,62-9,57	19,19
42.	Jakub Huňady	SVK	10,41-10,18	20,59	10,30-9,96	<b>20,26</b>
43.	Rūdolfs Šternmanis	LAT	10,26-10,18	<b>20,44</b>	10,44-10,37	20,81
44.	Alex Vastusko	SVK	10,57-10,67	<b>21,24</b>	10,87-10,93	21,80
45.	Topchii Maksym	UKR	9,26-9,38	<b>18,64</b>	9,28-9,58	18,86
46.	Sporysh Maksym	UKR	10,15-10,18	<b>20,33</b>	10,16-10,24	20,40
47.	Lukas Ogulevicius	LTU	11,23-11,82	<b>23,05</b>	11,68-12,44	24,12

### **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**

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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 “Hotel Centrum”, 8 minutes’ walk to the ice rink and meals at the “Legenda” restaurant, right next to the hotel.

Our camp was also attended by additional skaters from different countries. The participation of these additional skaters raised the sports level of our camp.

The camp was also attended by EYOF-age category skaters who took part in the EYOF camp in Ventspils. However, according to our earlier arrangements, almost all of them participated in the camp at the expense of their national federations. This means that they trained in Spišská but were not financed by the 23-24 project.

We are glad that due to the help of the ISU Development Commission, the Ukrainian team could train with additional skaters (Project 23-24a), with us again. The competition that took place during our camp was one of the qualifications for the World Cup for Ukrainian skaters. Once again, we would like to thank the ISU Development Commission for understanding and helping Ukrainian skaters.

This was the third stage of our project. From the training side, it was a continuation of our work started last year.

The main goals of this project, like the previous ones, were to learn and improve techniques and tactics on the ice. The intensity of training increases compared to summer training. 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). The most intense training on ice took place in the form of relay training.

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.

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.

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

**Development Project Competition  
STEZ Cup 2023  
in Short Track Speed Skating  
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**Results:** <http://www.shorttracklive.info/index.php?comp=829&m=0&saizon=18>

➤ **Report of the Moderator**

Training sessions were held on the ice, as well as dryland training which included many variations – general conditioning, sports specific conditioning, skating imitations, coordination, sprinting techniques. Athletes were learning and improving skating technique and enhancing physical training quality. Coaches were upgrading and improving knowledge about skating technique, conditioning and functional specification in skating.

Most of the training sessions were video recorded for direct use for athletes on place feedback, athletes could watch the videos between the sets.

Training camp prior to competition season is the foundation and basic element to enhance and to raise young athlete results during competition.

Coaches were involved in all sessions and were showing interest of showed examples of training variations. Each coach was delegated to lead a session and make a warm up for the assign session.

Coaches participated in seminars which included topics:

1. Goal setting
2. Yearly planning/periodization/age vs training
3. Equipment maintenance/bending blades/rockering blades

Camp was successful and many athletes came to me with positive feedback and very happy about new ideas for sessions and also technical advise.

Few of new PB's during competition at the end of the camp was achieved by most of participating nations.

Coaches had a positive feedback as well regarding new knowledge that was shared by me in the camp.

## Coaches participated in seminars which included topics:

1. Goal setting
  - a. Showed sample goal setting variations
  - b. Spoke about what is the process of the coaches when they speak with athletes to set the goals for the season and near future
  - c. Was showing sample variations regarding analyzing athletes results and that would help to understand realistic goal to achieve.
2. Yearly planning/periodization/age vs training
  - a. Showed different sides of yearly planning (attached samples)
  - b. We spoke about training vs age, what is important in each stage
3. Equipment maintenance/bending blades/rockering blades
  - a. Practical seminar with showing how to measure and bend blades
  - b. How to rocker blades with Mobilap and twinrocker machines

*Evita Krievane*  
*Moderator*



## 4. Detailed timetable for executed Project activities

ISU Short Track Development Project 23-24  
Spisska Nova Ves / Slovakia  
24.08. - 02.09.2023



	24 August, Thursday		25 August, Friday		26 August, Saturday		27 August, Sunday		28 August, Monday		29 August, Tuesday		30 August, Wednesday	
	Group A	Group B	Group A	Group B	Group A	Group B	Group A	Group B	Group A	Group B	Group A	Group B	Group A	Group B
Pre-breakfast														
Breakfast			08.40	07.00	07.45	08.30	07.45	08.30	09.10	07.00	08.00	09.15	09.10	07.45
Warm up			06.00	07.30	09.15	10.50	09.15	10.50	06.30	08.15	05.30	07.00	06.45	08.15
Morning session			Ice training 06.30 - 08.00	Ice training 08.15 - 09.45	Ice training 10.00 - 11.20	Ice training 11.35 - 13.00	Ice training 10.00 - 11.20	Ice training 11.35 - 13.00	Ice training 07.15 - 08.30	Ice training 08.45 - 10.00	Ice training 06.00 - 07.15	Ice training 07.30 - 08.45	Ice training 07.15 - 08.30	Ice training 08.45 - 10.00
Cool down			08.15	10.00	11.35	13.05	11.35	13.05	8.45	10.15	07.30	09.00	08.45	10.15
Lunch time			14.30	11.30	12.30	13.30	12.30	13.40	13.30	13.00	12.30	13.00	13.00	13.00
Warm up			11.40	13.05			15.15	16.20	17.15	18.20			14.45	16.10
Afternoon session	Ice training from 20.00-22.00 by countries		Ice training 12.15 - 13.30	Ice training 13.45 - 15.15	Dryland training 15.10 - 16.40	Dryland training 16.45 - 18.15	Ice training 16.00 - 16.55	Ice training 17.05 - 18.00	Ice training 18.00 - 18.55	Ice training 19.05 - 20.00	Dryland training 15.00 - 16.30	Dryland training 16.30 - 18.00	Ice training 15.30 - 16.40	Ice training 16.50 - 17.45
Cool down			13.45	15.30			17.05	18.15	19.05	20.10			16.50	17.55
Dinner	18.00 - 19.00		19.00	18.00	18.00 - 19.00		18.30	19.00	19.30	20.30	18.00	18.30	18.00	18.30
Coaches seminar	18.00 - Welcome meeting Legenda Pub		18.15 - Legenda Pub				20.00 - Parkhotel Meeting room				19.00 - Parkhotel Meeting room		19.00 - Parkhotel Meeting room	
Extra training					Streching / flexibility 20.00 - 20.30	Streching / flexibility 20.00 - 20.30					Streching / flexibility 19.30 - 20.00	Streching / flexibility 19.30 - 20.00	Streching / flexibility 19.30 - 20.00	Streching / flexibility 19.30 - 20.00

	31. August, Thursday		01. September, Friday		02. September, Saturday	
	Group A	Group B	Group A	Group B	Group A	Group B
Pre-breakfast						
Breakfast	08.30	08.30	08.30	08.30	TBA	TBA
Warm up						
Morning session	Off	Off	Off	Off	STEZ Cup Competition 08.00 - 14.30	
Cool down						
Lunch time	13.00		TBA		TBA	
Warm up	15.30	17.00				
Afternoon session	Ice training 16.15 - 17.35	Ice training 17.45 - 19.00	STEZ Cup Competition 12.00 - 22.00			
Cool down	17.15	19.00				
Dinner	18.30	19.30	TBA			
Coaches seminar	19.30 - Parkhotel Meeting room					
Extra training	Streching / flexibility 20.00 - 20.30	Streching / flexibility 20.00 - 20.30				



## 5. List of key persons involved

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### **Participating ISU Members:**

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

### **National Project Coordinators:**

- |        |                        |  |
|--------|------------------------|--|
| 1. CZE | Jindrich Parik         | <a href="mailto:info@speedskating.cz">info@speedskating.cz</a>           |
| 2. LAT | Irina Ozolina          | <a href="mailto:irina.goncarova@inbox.lv">irina.goncarova@inbox.lv</a>   |
| 3. LTU | Virginija Oguleviciene | <a href="mailto:virgavo@gmail.com">virgavo@gmail.com</a>                 |
| 4. SVK | Jan Magdosko           | <a href="mailto:president@speedskating.sk">president@speedskating.sk</a> |
| 5. UKR | Viktor Kharlamov       | <a href="mailto:ussf@ussf.org.ua">ussf@ussf.org.ua</a>                   |

### **Management Team:**

1. Head Moderator - Mrs Evita Krievane / LAT:
  - KRIEVANE SKATING SCHOOL (Latvia, Riga) Nov 2012 – Present
  - Head Coach of JELGAVA ICE SPORT SCHOOL
  - Latvian National Coach – 2016-2019
  - LATVIAN OLYMPIC TEAM, 2005-2009
  - Master's Degree in Sport Science
2. Project Manager / Co-moderator - Mr Marek Stanuch/AUT
  - Master's Degree in Sports & Pedagogy
  - Speed Skating Coach Diploma – University of Physical Education
  - Manager/Project Coordinator of many different ISU Development Project's
  - Competition Director / Manager at:
    - World Team Short Track Speed Skating Championships 2011
    - World Short Track Speed Skating Championships 2009
  - Coach of multiple Olympic, World and European medalists

### **Participating skaters and coaches:**

No.	Nation	Name	M/F	Date of birth	Personal best		
					500m	1000m	1500m
1.	CZE	Gáková Barbora	F	28.06.2006	47,785	1:38,347	2:31,083
2.	CZE	Poplová Michaela	F	03.04.2006	47,724	1:38,687	2:31,833
3.	CZE	Kudláčková Eliška	F	22.02.2007	52,68	1:57,662	3:02,072
4.	CZE	Blahová Eva	F	03.06.2008	48,62	1:49,746	2:36,863
5.	CZE	Kotrchová Monika	F	19.07.2008	49,657	1:44,371	2:50,272
6.	CZE	Papoušková Marta	F	17.10.2009	49,049	1:41,398	---
7.	CZE	Popl Matěj	M	03.04.2006	43,720	1:29,502	2:24,113

8.	CZE	Kunstmullerová Nina	F	14.10.2007	55,01	1:57,129	2:59,148
10.	LTU	Gabija ASTRAUSKAITE	F	19.06.2006	47.028	1:38.626	2:28.672
11.	LTU	Valentina LEVICKYTE	F	23.07.2007	49.041	1:42,729	2:49.536
12.	LTU	Ernestas CECH	M	29.05.2007	44.629	1:35.444	2:28.473
13.	LTU	Adomas OGULEVICIUS	M	27.12.2008	46.378	1:38.846	2:34.287
14.	LTU	Lukas OGULEVICIUS	M				
15.	SVK	Michaela Izarova	F	3.7.2006	48,227	1:38,578	2:32,424
16.	SVK	Lea Popovicova	F	23.12.2007	47,326	1:39,957	2:41,512
17.	SVK	Marek Harkabus	M	29.7.2008	48,114	1:43,915	2:46,395
18.	SVK	Katarina Ondrejčaková	F	7.8.2008	51,975	1:51,917	3:06,056
19.	SVK	Lara Dziedzinová	F	28.5.2009	51,952	1:53,629	
20.	SVK	Emma Hympánová	F	8.12.2003	46,705	1:34,961	2:32,447
21.	SVK	Jakub Huňady	M	15.3.2003	47,533	1:33,784	2:39,652
22.	SVK	Jakub Karabin	M	19.10.2004	44,382	1:33,407	2:25,476
23.	LAT	Anna Jansone	F	11.11.2003	46.862	1:35,530	2:32.011
24.	LAT	Kamilla Salmina	F	21.11.2007.	48,408	1:40,070	2:39,276
25.	LAT	Rudolfs Štermanis	M	14.03.2008	50.2	1.44.0	
26.	LAT	Valters Kānbergs	M	06.07.2006.	44,397	1:30,780	2:27,847
27.	LAT	Tomass Kitoks	M	09.01.2007.	44,641	1:31,751	2:25.294
28.	LAT	Maksims Soleičuks	M	26.10.2007.	44,951	1:32,717	2:23,161
29.	LAT	Ance Grosberga	F	14.12.2005	48,8	1.40	2.39,4
30.	LAT	Madara Gintere	F	15.04.2008.	49,5	1.43	
31.	LAT	Paula Ekerte	F	15.10.2005.	50,5	1.43	2.43
32.	LAT	Maris Janis Štermanis	M	14.08.2008	43,6	1.29	2.15,6
33.	UKR	Bergin Daniil	M	20.12.2004	43.736	1:29.004	2:19.401
34.	UKR	Leontenko Rostyslav	M	14.09.2004	42.801	1:30.017	2:22.700
35.	UKR	Moshenskyi Bohdan	M	03.05.2004	44.389	1:35.438	2:24.008
36.	UKR	Topchii Maksym	M	02.09.2005	45.968	1:34.029	2:27.485
37.	UKR	Nemiro Nikita	M	01.09.1999	42.915	1:29.690	2:21.446
38.	UKR	Nemiro Vladyslav	M	08.01.1997	43.288	1:27.204	2:17.333
39.	UKR	Morozov Yaroslav	M	21.07.2004	43.135	1:30.206	2:17.807
40.	UKR	Sporysh Maksym	M	25.11.2007	47.936	1:40.130	2:33.072
41.	UKR	Repetska Svitlana	F	24.04.2004	46.775	1:32.746	2:27.224
42.	UKR	Seliukova Myroslava	F	17.08.2004	47.339	1:34.922	2:32.553
43.	UKR	Storozhuk Amina	F	19.05.2010	46.699	1:38.792	2:44.961
44.	UKR	Kremer Veronika	F	29.11.2006	49.385	1:40.767	2:41.063
45.	UKR	Demochko Diana	F	26.12.2007	51.035	1:46.543	3:07.082

46.	UKR	Moisieieva Kateryna	F	02.11.2010	49.725	1.42.813	-
47.	UKR	Fedorenko Danylo	M		41.733	1.25.534	2.17.925
48.	UKR	Sydorko Yelyzaveta	F		43.934	1.32.736	2.33.411
49.	UKR	Adamenko Kseniya	F		44.313	1.32.653	2.30.560

**PARTICIPANTS – Coaches, supervisors, moderators**

No.	Nation	Name	M/F	Position
1.	CZE	Jindřich Pařík	M	Coach
2.	CZE	Zbyněk Svitil	M	Coach
3.	LTU	Virginija Oguleviciene	F	Coach
4.	LAT	Irina Ozolina	F	Coach
5.	UKR	Sivak Vitalii	M	Coach
6.	UKR	Morozova Liudmyla	F	Coach
7.	SVK	Blanka Hympanová	F	Coach
8.	SVK	Renata Karabova	F	Coach/Secretary
9.	SVK	Igor Onuska	M	Coach/Timing
10.	SVK	Jozef Hruby	M	Ice rink Manager
11.	SVK	Jan Magdosko	M	SSSU President
12.	SVK	Peter Jeleň	M	Coach
13.	LAT	Evita Krievane	F	Head Moderator
14.	AUT	Marek Stanuch	M	Project Manager/Co-Moderator

## 6. Quantitative proof

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### 1. Achieved results during Development Project 2022 competition – September 1-2, 2023:

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

**Development Project Competition  
STEZ Cup 2023  
in Short Track Speed Skating  
Spišská Nova Ves / Slovakia  
September 1-2, 2023**

**Results:** <http://www.shorttracklive.info/index.php?comp=829&m=0&saizon=18>

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

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**Financial Report attached (Excel Template).**

### **ISU Contribution:**

➤ Project 23-24 - ISU Contribution	<u>CHF 30.000,00,-</u>
➤ Project 23-24a - ISU Contribution	<u>CHF 5.000,00,-</u>

# ISU Short Track Development Project 23-24



**Spišská Nova Ves / Slovakia**  
**24.08. - 02.09.2023**

## **ATHLETES SURVEY**

### **SUMMARY**

- 1. Nationality**  
CZE, LAT, SVK, LTU, UKR
- 2. First name, Last name**
- 3. Date of birth**  
2003-1, 2004-6, 2006-6, 2007-5, 2008-1
- 4. How many years have you been doing short track speed skating**  
Average – 9,3
- 5. Achievements: competitions, personal best at 500 m**  
500 m Average - 45,8  
ECh-B Final, YOG, EYOF, Danubia Final, Europe Cup Final, Challenge, Nationals
- 6. What is your main goal for the 2022-2023 season and in the coming years?**  
WJCh-top 20, qualifying for: YOG, WJCh, JWC and personal best, technik
- 7. How do you rate your physical condition on a scale of 1 to 10**  
7,1
- 8. What was your main goal at the ISU training camp in Spišská Nova Ves, 24.08. - 02.09.2023?**  
Skate with skaters from other country, work on technique and speed, training for YOG, practice more on ice, learn something new,
- 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?**  
Trip: 10 min. - 16h. (16 no tired, 3 were tired)
- 10. Rate your hotel room on a scale of 1 to 10**  
9,3
- 11. Rate your food on a scale of 1 to 10**  
8,8
- 12. Rate the quality of the ice on a scale of 1 to 10**  
8,5
- 13. Rate the rest of the local sports infrastructure (fitness clubs, swimming pools, stadiums, saunas ...)**  
**on a scale of 1 to 10**  
8,8
- 14. Was the level of the other skaters too good, ideal, or poor for you?**  
Ideal - 13, Good - 6, Poor - 0
- 15. How would you rate the work of the coaching team on a scale of 1 to 10?**  
9,3
- 16. Did you learn anything new about a technique, tactics, nutrition and sports equipment (radius and bend the blades)?**  
YES - 18, NO - 1

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

Everything was good, more speed on ice, technic, exercises off ice, belts on ice, better times on ice training, bigger portion of food.

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

Yes – 19, No - 0

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

YES -19, NO -0

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

NED, HUN, SVK, KOR, POL, CAN, ITA, USA, LAT, UKR, LTU, GER

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

2 or 4 times in season, and some skaters as much as possible

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

ITA, LAT, POL, NED, HUN, UKR, LTU, SVK, GER

# ISU Short Track Development Project 23-24



Spišská Nova Ves / Slovakia  
24.08. - 02.09.2023

## Coaches' Survey

### Summary

1. **Nationality**  
CZE, SVK, LAT, LTU, UKR
2. **First Name, last Name**
3. **Date of birth**  
Average Age: 54 (1950, 1963, 1972, 1980, 1980, )
4. **Education**  
5 - High, 2 - Special Coaches' Education
5. **How many years have you been practicing Short Track Speed Skating as a skater?**  
Average: 7,0 (0, 0, 5, 10, 20)
6. **How many years of experience have you as a Short Track Speed Skating coach?**  
Average: 16,4 (13, 16, 21, 20, 25)
7. **Your achievements as a skater**  
2 place - World Cup (1996) 1000 m, 2 x National Champion,
8. **Your achievements as a coach**  
OWG-6 place, ECh-1 and 3, WJCh -2, EYOF- 1, 2 place, YOG-2, WC, ECh-3 relay
9. **What is your main goal for the 2023-2024 season and in the coming years?**  
Quality for the: JWC, WJSSCh-10 place, Challenge Trophy, EYOF, European Cup final, Personal best
10. **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
11. **Was it difficult for you to organize the participation of your skaters in the ISU Camp?**  
No-4, 1-coach problem (there are not enough coaches for youth skaters)
12. **How would you rate the physical condition of your skaters before ISU camp, on a scale of 1 to 10**  
7,0 (5, 7, 7, 8, 8)
13. **How would you rate the physical condition of your skaters after ISU camp, on a scale of 1 to 10**  
8,8 (8, 9, 9, 9, 9)
14. **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?**  
Bus-5, No tired-5, tired-0, LAT, LTU - staying overnight in Poland on the way
15. **Rate your hotel room on a scale of 1 to 10**  
9,4 (7, 10, 10, 10, 10)
16. **Rate your food on a scale of 1 to 10**  
9,8 (9, 10, 10, 10, 10)
17. **Rate the quality of the ice on a scale of 1 to 10**  
9,4 (8, 9, 10, 10, 10)

- 18. Rate the rest of the local sports infrastructure (fitness clubs, swimming pools, stadiums, saunas ...) on a scale of 1 to 10**  
9,4 (8, 9, 10, 10, 10)
- 19. Was the level of skaters too good, ideal, or poor for you?**  
Ideal-4, Good-1
- 20. Were you introduced to the detailed tasks and goals for ISU camp?**  
Yes-5
- 21. How professionally was the entire plan for Camp (on a scale of 1 to 10) drawn up, and was it coordinated with you?**  
(6, 10, 10, 10, ?)
- 22. How would you rate the work of the entire coaching team on a scale of 1 to 10?**  
9,2 (6, 10, 10, 10, 10) the moderator's work was not optimal-1
- 23. Did you learn anything new about a technique, tactics, methodology, nutrition ...? and also sports equipment (radius and bend the blades)?**  
Yes-3, No-2.
- 24. Are you satisfied with ISU camp, what would you like to improve in the future?**  
3 - Yes, 2 - (better organizational competence of moderator)
- 25. How often do you need to participate in such ISU training camps?**  
4- 2-3 times per season, 1-as often as possible