

Report on the use of Project 23-29

**Further enhancing the skills and performance of skaters, coaches and officials
in countries lacking speed skating rinks through active participation in
Development Cup competition**



**Tomaszów Mazowiecki / Poland
December 9-17, 2023**

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1. Project Title

**Further enhancing the skills and performance of skaters, coaches and officials
in countries lacking speed skating rinks through active participation in
Development Cup competition**

2. Results

1. **ISU Development Cup and National Championships Competition 2023:**

On 14-15 December 2023 we organized International Development Cup Competition, Czech National Championships and Romanian Cup 2023 in Speed Skating with the cooperation of the Ice Arena and Local Speed Skating Association in Tomaszow Mazowiecki as well.

During the competition many skaters achieved personal best times and some of them also qualification times for the Junior World Cup.

- a) The results achieved during ISU Development Cup 2023
Tomaszow Mazowiecki / Poland
December 14-15, 2023

https://arenalodowa.pl/add/vrecord/1403463917/1405410852/1403471071_1.pdf

- b) Czech National Junior Speed Skating Championships 2023
Tomaszow Mazowiecki / Poland
December 14-15, 2023

https://arenalodowa.pl/add/vrecord/1403463917/1405410852/1403471070_1.pdf

- c) Romanian Cup in Speed Skating 2023 Tomaszow Mazowiecki / Poland
December 14-15, 2023

https://arenalodowa.pl/add/vrecord/1403463917/1405410852/1403463925_1.pdf

With this Project we managed to:

- conduct own National Championships in countries that do not have artificial ice speed skating rinks
- based on international co-operation to improve preparation of young talented people and start their performance growth
- individual progress of skaters (personal best)
- improvement of skating techniques and tactics (Video analyses)
- improvement of coaches' knowledge
- closer co-operation between countries (organization of common on- and of ice camps in the period between ISU Camps)
- closer cooperation of coaches in this region
- collaboration with experienced coaches and training with good skaters
- increase the number of qualified officials and improvement of officials' knowledge
- improvement of ISU Racing Rules knowledge by officials, coaches and skaters in given countries

2. Short reports and feedback of participating Teams:

➤ Spain

1. short description / feedback of the last ISU project, held in Tomaszów Mazowiecki / Poland, 09.12. - 17.12.2023

We have experienced an incredible week. We are very proud to see the group that started on this project a few years ago come together. The good results have been with us all this time, and we hope this continues in the future.

2. brief information about the progress of your skaters

The new skaters have achieved, as expected, new personal bests. The more experienced ones have been a great reference in transmitting knowledge to the newcomers.

3. a short description of yours next aims

We are working to encourage very young skaters to start again, so that they have a prolonged transition period from wheels to ice, similar to what most of the current national team skaters have experienced.

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

Of course, we will continue with this project. Without a doubt, it's an ideal opportunity for new skaters to start and share experiences alongside skaters from other countries.

Thank you very much for everything you do for us.

Roger Vallverdú
Coach

➤ Romania

The ISU project, held in Tomaszow Mazowiecki, Poland, on the Arena Lodowa ice rink from 09.12. - 17.12.2023 organized by Mr. Marek Stanuch, it was a very well organized, managed, and developed project.

It was an excellent preparation for the national junior team of Romania before participating in this period in the Romanian Cup and at the beginning of February 2024 in the final of the Junior World Cup and the Junior World Championship that will take place in Hachinoche, Japan.

This week we had the opportunity to train with Emese Hunyady. Both I and the athletes learned from her not only how to skate correctly, but also how to love skating and what to prepare for. We were able to cooperate with Emese, Dawid Burzykowski as co-moderator and all the coaches together by following Emese's training plan and all the coaches' ideas, and the athletes got a well-improved training plan for that week.

We trained mostly on the ice together with the other countries. The athletes had the chance to learn from Emese many strategies in skating that help them a lot and will help them in the future. On one of these days, the athletes had an on-ice practice with an official starter where they had the opportunity to specialize in starts.

It was an intense week of training with a very well-planned training program because at the end of the week all my athletes participated in the Romanian Cup where they all managed to achieve very good results and climbed the highest steps of the podium. Honestly, it was a really successful ISU development program.

This week, I had the privilege of going to a pizza place where both athletes and coaches socialized and shared their experiences.

All the coaches and officials this week had the opportunity to attend a course with ISU Referee, Mrs Marta Witkowska where they learned new things from I.S.U. international regulations.

All the coaches, the officials from the other countries as well as myself as the representative coach of the Romanian Junior team, this week we had the opportunity to participate in a course where we learned new things from I.S.U. international long track speed skating regulations.

After this week, the Romanian junior national team will have a short vacation break, a few days, a maximum of a week. Then continue the preparation for the Junior World Cup Final and the Junior World Championship that will take place in Hachinohe Japan at the beginning of February 2024.

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

Thank you very much for the opportunity to participate in this ISU project. We look for a lot of projects like this, it's a great chance to bring out the best in athletes and it's a really, really big help for teams like ours.

Thank you for your support from both ISU and Mr. Marek Stanuch.

Marius Bacila
National Coach Romania

➤ **Czech Republic**

1. short description / feedback of the last ISU project, held in Tomaszów Mazowiecki / Poland, 09.12. - 17.12.2023

Thank you for this project, for us, it was very nice time in good company, we had this camp like prepare for CZE National race, and work from this camp, cooperation with other trainers is very inspirational for us. We had this camp, prepare for CZE National race, and work from this camp was see in results in this race. It was very motivating for our competitors to see world-class competitors in action at the World Cup

2. brief information about the progress of your skaters.

Our skaters have gained new experience with training in other countries.

Also, thanks to this camp, they prepared very well for the races, in which every participant of the camp set personal records.

3. a short description of yours next aims

Our next aims are Int. races in Germany, Italy, and Poland.

And we also strive to continue international cooperation and improve our coaching and racing skills.

We are still trying to prepare competitors for the junior national team.

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

I think that ISU camps are always beneficial for both the coach and the competitors who attend the camp.

The conditions in the Czech Republic are not suitable for the preparation of competitors, and therefore any help in the form of this camps is great, and motivating for all participants

Roman Vodicka

RK SKUTEČ z.s.

➤ **Estonia**

➤ It was nice camp again in Tomaszow. Our team trained with Emese and got lot of motivation to claim higher level. Groups with different level was also very good for skaters. Skaters were very happy to see World Cup races, which gave them extra motivation to train harder in camp.

➤ Estonian skaters had a good training camp and good results in competition. Most of them were top 6 in their age group. Thanks to live stream, all parents could see their kids racing. Skaters improved in technical point, thanks to Emese dry land trainings.

➤ Our team next aims are Development camp in Collalbo and then Youth Olympics.

➤ Estonia skaters want to continue this project in future for sure. As a small skating country, we really need this kind of project to improve our skaters. Our goal is to have 5 skaters at next year's Junior world cup to take part in team events. Poland camp gives us good training opportunity in the middle of the season. Also travelling to Poland is much easier for us.

➤ Thank you, Marek and ISU, for the nice camp.

Tuuli Vaher

National Coach



➤ **Ukraine**

To:

Mrs Jildou Gremser
ISU Development Commission

Report of the Ukrainian Speed Skating Team

From 09.12 to 17.12.23, our athletes had the opportunity to take part in the ISU project on ice speed skating, which was held in Tomaszów-Mazowiecki (Poland).

Thanks to the head coordinator Marek Stanuch, we were part of this great event and even had the opportunity to cheer at the World Cup final!

Our skaters were happy to participate in ice training and competitions. All athletes of our team from Ukraine significantly improved their personal results.

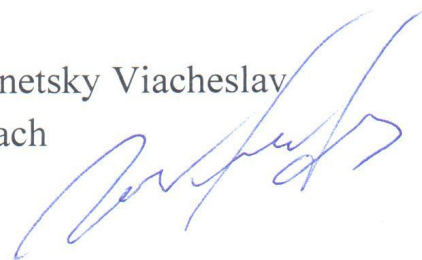
Thanks to this project, our athletes are determined to show themselves worthily at the Championship of Ukraine, despite the difficult conditions and difficult time.

And we hope that in the future we will be invited to such events and we will make every effort to develop ice speed skating at the proper level in Ukraine.

We are very grateful to the representatives and coordinators of this occasion!

With gratitude and respect

Pletenetsky Viacheslav
coach



3. Course Outline

Accommodation for the teams was organized in two hotels in Spała (approx. 15 km from the ice rink in Tomaszów Mazowiecki) and in Tomaszow Mazowiecki. Therefore, we had to organize an unplanned transport from the hotel in Spała to the ice rink in Tomaszów for the Spanish team. The other teams went to Tomaszów in their buses.

The catering for the teams was organized generally at the hotels but also partly individually.

The Ukrainian team lived near the ice rink, but there is no restaurant. Therefore, they were fed partly by a catering company and partly by themselves. They received money for these expenses from the project budget.

Unfortunately, the Slovak team did not participate in the project this year. We received information the day before the camp started. There was a flu pandemic in the team, only 2 skaters were healthy.

Thanks to the good ice conditions, many skaters achieved personal best during the Development Cup Competition on December 14-15. Some skaters also achieved qualification times for the Junior World Cup.

We organized a live stream of these competitions (details attached).

Due to finances, the video recording and video analysis was organized with the help of coaches and a skaters parents and with help of local coaches.

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

On Wednesday, December 13th, we organized in Tomaszow Mazowiecki a start training with the help of the ISU International Starter - Jaromir Radke (former medalist of the World and European Championships).

Many skaters have obtained their personal bests.

The Teams participating in the project have achieved their goals.

Seminars for Coaches:

- December 9-17 - every day, working coaches' seminars
- December 14-15 - 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.

Seminars for Officials:

One of the additional objectives of the current project was the additional participation of several officials from participating countries in the project.

They took part in a theoretical seminar, which ended with the active participation of judges in the International Development Cup Competition on December 14-15, 2023.

Some coaches also took part in a seminar for officials and a few officials partly in a seminar for coaches.

The main moderator of the seminars for officials was Mrs Marta Witkowska (ISU Referee) and partly Mrs Edyta Dołowiec (ISU International Sport Expert and ISU International Referee). Edyta's assistants were: Starter, Jaromir Radke and polish competition officials.

During the competition, the participants of our seminar for officials could get to know the tasks of all individual competition officials from the practical side.

As we agreed, the official's course with the moderator started in the afternoon, 1 day before the competition on December 13:

- Day 1 - 14:30 - 19:00, Theory
- Day 1 and 2 - participation in the competition as a competition official assistant – rotating change of functions
- Day 2 - 2 hours after competition (brief discussion of today's work and conclusions)
- Day 3 - 2 hours after competition (short discussion, summary and conclusions).

All course participants completed the online "**Speed Skating Basic Officials course**" that is available on ISU eRink.

The actual costs, like last year, were much cheaper because some officials came with their teams and part of their costs were borne directly by their National Federations.

At the end of the course, all course participants received certificates.

The results achieved during the last project and the feedback received from participating coaches', skaters and officials were again very positive and strongly confirmed the validity and sense of the continuation of this project in the future.



1. Head Moderator's report:

The report and the schedule are attached at the end.

4. 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. Romanian Skating Federation
5. Ukrainian Skating Federation

➤ **National Coordinators:**

- | | |
|--------|----------------|
| 1. CZE | Jindrich Parik |
| 2. EST | Mart Markus |
| 3. ESP | Laia Papell |
| 4. ROU | Gheorghe Parv |
| 5. UKR | Olena Miahkykh |

info@speedskating.cz
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gparv17@yahoo.com
ukrem78@ukr.net

➤ **Participating skaters, coaches and officials**

Participating - skaters

No.	Nation	Name	M/F	Date of birth	Personal best			
					500m	1000m	1500m	3000m
1.	EST	Lisandra Tarmet	W	20.03.2009	45,4	1.32	2.34	5.42
2.	EST	Mareli Järve	W	20.11.2009	56,4	2.05	3.22	
3.	EST	Kertu Põldmaa	W	10.07.2010	46,1	1.34	2.31	
4.	EST	Mirjam Kalvik	W	15.11.2009	49,8	1.42	2.37	
5.	EST	Kerret Koller	M	23.03.2011	47,10	1.39	2.59	
6.	EST	Marten Mällas	M	26.09.2010	1.01	2.17	3.24	
7.	EST	Uku Märten Vaikmaa	M	26.04.2007	41,17	1.23	2.09	4.41
8.	UKR	Hnatiuk Hanna	W	18.10.2005	44,14	1.27,76	2.20,56	5.12,99
9.	UKR	Hzhehorzhevskia Maria	W	19.08.2004	49,08	1.42,09	2.36,80	5.35,50
10.	UKR	Lupekha Margaryta	W	21.09.2009	51,41	1.46,01	2.58,8	6.20,00
11.	UKR	Skryplov Vladyslav	M	04.06.2004	41,51	1.28,73	2.17,55	5.00,60
12.	UKR	Shamich Maksym	M	11.05.2005	42,93	1.27,10	2.16,85	5.02,03
13.	UKR	Bordun Viacheslav	M	22.03.2007	48,15	1.35,86	2.31,34	5.33,81
14.	ROU	NITU EDUARD	M	07.10.2004	36.47	1.12.10	1.51.89	4.09.5
15.	ROU	MIHALACHE SEBASTIAN	M	26.03.2005	37.83	1.15.64	1.57.47	4.15.65
16.	ROU	FIERAR ADRIAN	M	04.08.2003	38.99	1.15.54	1.53.71	3.58.05
17.	ROU	POPA VLAD	M	10.11.2006	39.67	1.19.02	2.02.68	4.29.78
18.	ROU	HARABAGIU MARA	W	01.11.2004	43.92	1.27.83	2.17.89	5.03.46
19.	ROU	STAN IOANA	W	20.05.2010	48.76	1.41.46	-----	-----
20.	CZE	Fakenbergerová Eliška	F	04.02.2006	46,56	1.34,49	2.27,40	5.19,22
21.	CZE	Khomová Antonie	F	26.01.2011	1.04,92	2.16,96	x	x
22.	CZE	Veronika Syrotiukova	F	05.01.2010	x	x	x	x
23.	CZE	Nela Krejci	F	19.01.2011	x	x	x	x
24.	CZE	Peter Šnajdr	M	14.10.2005	x	1.31,07	2.21,92	5,03,00
25.	CZE	Patrik Maleček	M	06.01.2005	x	x	x	x
26.	ESP	LUCÍA ALAPONT	W	27/08/2007	43"47	1'25"76	2'14"05	
27.	ESP	IKER RUIZ	M	08/12/2007	40"71	1'18"80	2'05"88	
28.	ESP	MIREIA TELLEZ	W	30/08/2007	44"04	1'28"53	2'18"17	
29.	ESP	PAULA ESPIN	W	15/05/2009	46"08	1'29"24	2'20"31	
30.	ESP	IGNACIO MORÁN	M	10/06/2004	39"33	1'17"70	2'03"48	
31.	ESP	DANIEL GARRO	M	18/07/2003	41"57	1'20"35	2'06"69	
32.	ESP	PEDRO LÓPEZ	M	19/06/2003	43"14	1'23"33	2'17"29	
33.	ESP	JÚLIA ESPIN	W	23/01/2006	41"93	1'24"64	2'10"53	
34.	ESP	SHEILA GÓMEZ	W	27/08/2003	43"55	1'24"79	2'09"22	
35.	ESP	IVÁN ROLDÁN	M	20/07/2004	39"28	1'16"52	1'57"89	
36.	ESP	SERGI ÁLVAREZ	M	12/12/2007	40"67	1'20"42	2'03"78	
37.	ESP	RAÚL JARDIM BARBA	M	04/10/2009	45"27	1'28"10	2'19"15	

38.	ESP	MÓNICA SEOANE	F	06/02/2007	44''04	1'28''66	2'18''69	
39.	ESP	CHRISTOPHER LÓPEZ	M	19/06/2008	39''91	1'19''74	2'07''69	
40.	ESP	ONA RODRÍGUEZ	W	13/12/2007	40''70	1'23''16	2'11''85	
41.	ESP	ALBA ANTOLÍN	W	14/03/2005	47''78	1'33''35	2'22''68	
42.	ESP	JORGE VEGA	M	20/06/2006	X	1'28''47	X	
43.	ESP	GONZALO FERRAZ	M	09/07/2002	41''56	1'21''43	2'08''92	
44.	ESP	AITOR SÁNCHEZ	M	05/05/2008	44''49	1'25''42	2'14''28	
45.	ESP	OLIEGTNIS MERCADO	W	12/07/2007	48''05	1'36''05	2'31''86	
46.	ESP	DANIEL MILAGROS	M	03/06/2002	X	X	X	
47.	ESP	NIL LLOP	M	20/09/2022	34''50	1'08''37	1'48''21	
48.	ESP	ALEXANDER REZZONICO	M	01/06/2004	37''20	1'12''61	1'53''40	
49.	ESP	MANEL ROBLA	M	12/01/2004	38''89	1'12''75	1'50''69	
50.	ESP	SARA CABRERA	W	19/01/2001	40''32	1'19''97	2'03''95	
51.	ESP	TERESA MORENO	W	12/02/2000	41''37	1'22''38	2'04''96	
52.	ESP	LUISA MARÍA GONZÁLEZ	W	17/07/2003	38''57	1'18''84	2'10''64	

PARTICIPANTS - Coaches, supervisors, moderators

No.	Nation	Name	M/F	Position
1.	ESP	XAVIER RODRÍGUEZ	M	Coach Assistant
2.	ESP	ROGER VALLVERDÚ	M	Coach
3.	EST	Sirli Põldmaa	W	Coach Assistant
4.	EST	Aale Kalvik	W	Coach Assistant
5.	ROU	Marius Bacila	M	Coach
6.	ROU	Horia Timis	M	Coach
7.	CZE	Roman Vodička	M	Coach
8.	CZE	Matej Krupka	M	Coach Assistant
8.	UKR	Olena Kosikova	W	Coach
9.	UKR	Pletenetskyi Viacheslav	M	Coach
10.	POL	Edyta Dołowiec	F	ISU International Sport Expert
11.	POL	Jaromir Radke	M	Starter
12.	POL	Marta Witkowska	F	Moderator - Officials Cours
13.	POL	Dawid Burzykowski	M	Co-moderator
14.	AUT	Emese Hunyady	W	Head Moderator
15.	AUT	Marek Stanuch	M	Project Manager/Co-Moderator

PARTICIPANTS - Officials

No.	Nation	Name	M/F	Position
1.	ESP	Xavier Rodriguez	M	Official
2.	ESP	Roger Vallverdu	M	Official
3.	EST	Sirli Põldmaa	W	Official
4.	EST	Aale Kalvik	W	Official
5.	UKR	Olena Kosikova	W	Official
6.	UKR	Pletenetskyi Viacheslav	M	Official
7.	ROU	Marius Bacila	M	Official
8.	ROU	Nitu Eduard	M	Official
9.	ROU	Raluca Doina Stef	W	Official
10.	ROU	Horia Timis	M	Official
11.	CZE	Roman Vodička	M	Official
12.	CZE	Matej Krupka	M	Official
13.	POL	Jaromir Radke	M	Co-Moderator, Starter
14.	POL	Edyta Dołowiec	F	ISU International Sport Expert
15.	POL	Marta Witkowska	F	Head Moderator, ISU-Referee
16.	AUT	Marek Stanuch	M	Project Manager / Official

➤ **Management Team:**

1. Mrs Emese Hunyady / AUT as the head Moderator of the Development Project
 - Former skater, National Team Austria
 - Olympic, World and European Champion
 - Bachelor's degree, University Budapest
2. Mr Dawid Burzykowski/ POL, Co-Moderator
 - Coach - Sport school Zakopane
 - Former skater, National Team Poland
 - 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.
3. Mrs Marta Witkowska / POL as the Head Moderator of the Officials Seminar
 - ISU Referee
4. Mrs Edyta Dołowiec / POL as the Co-Moderator of the Officials Seminar
 - ISU Sport Expert
 - ISU International Referee
 - Electronical timing
5. 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

5. Quantitative proof

- a. The results achieved during ISU Development Cup 2023
Tomaszow Mazowiecki / Poland
December 14-15, 2023
https://arenalodowa.pl/add/vrecord/1403463917/1405410852/1403471071_1.pdf
- b. Czech National Junior Speed Skating Championships 2023
Tomaszow Mazowiecki / Poland
December 14-15, 2023
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- c. Romanian Cup in Speed Skating 2023 Tomaszow Mazowiecki / Poland
December 14-15, 2023
https://arenalodowa.pl/add/vrecord/1403463917/1405410852/1403463925_1.pdf

2. Achieved progress:

- 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
- maintaining motivation to continue speed skating training

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

6. Final Expenditures for the project

- The detailed financial report as Excel Template is attached
- The actual costs of cours for Officials, like last year, were much cheaper because some officials came with their teams and part of their costs were borne directly by their National Federations.
- We would like to inform you that the management of the Ice Arena, the management of hotels, and a transport company in Tomaszów Mazowiecki helped us with lower prices.

ISU Development Camp in Tomaszów Mazowiecki, Poland:

A Triumph for Young Speedskaters

Date: 09.12.2023 - 17.12.2023

Tomaszów Mazowiecki, Poland – In a celebration of youthful talent and dedication, the International Skating Union (ISU) recently concluded its Speedskating Development Camp from December 9th to December 17th, 2023. Tomaszów Mazowiecki played host to this significant event, where promising young athletes showcased their skills, learned valuable lessons, and laid the foundation for a promising future in speedskating.

1. Successful Development and Learning Curve:

The ISU development camp in Tomaszów Mazowiecki proved to be a breeding ground for talent and determination. The young athletes participating in the camp exhibited commendable dedication and hard work, garnering praise for their impressive performance on the ice. Me and the coaches were pleased with the overall progress of the participants, highlighting their ability to absorb new techniques, refine their skills, and adapt to challenging training routines.

The development camp provided a holistic training experience, encompassing both on-ice and off-ice sessions. Athletes were exposed to various training methodologies, sports science insights, and mental conditioning techniques, contributing to their overall development as speedskaters. The camp's structured curriculum facilitated an environment conducive to learning, fostering not only individual growth but also promoting camaraderie among participants from different countries.

2. Remarkable Progress of Participating Skaters:

The progress exhibited by the young skaters during the camp was nothing short of impressive. Skaters showed significant improvement in their technical abilities, speed, and endurance. The coaching staff emphasized personalized feedback and tailored training regimens, ensuring that each athlete received the attention needed to address their specific areas of improvement.

At the end of the camp, the athletes were able to participate in a competition, allowing them to gauge their progress and compete at a higher level. The atmosphere of healthy competition spurred skaters to push their limits, resulting in remarkable.

3. Coach Meetings:

Objective: Facilitate a collaborative and informative coach meeting to discuss the progress of athletes, share insights, and plan for the future development of the young speedskaters.

As the ISU development camp in Tomaszów Mazowiecki drew to a close, discussions turned to the continuation of such projects and the future of speedskating development, especially for young skaters hailing from countries without ice rinks. The consensus among coaches, officials, and participants was overwhelmingly positive.

Topics of the coach meeting programme:

- Introduction and welcome by the head moderator.
- Acknowledgment of the coaching staff and their crucial role.
- Brief overview of the camp structure and schedule.
- Highlight key focus areas for athlete development.
- Identify areas of improvement and success stories.
- Coaches share observations and discuss common themes or challenges.
- Coaches share their thoughts on the camp so far.
- Open discussion on challenges faced and solutions proposed.
- Assign responsibilities for specific drills and off-ice activities.
- Foster a positive and collaborative coaching environment.

4. Planned Programme:

09.12. Travelling to Tomaszow

19.30-21.00 Ice Training, Individual depends your Arriving

10.12. 1) OFF- Ice training

- jogging, stretching, jumps and imitations or /and watch World Cup competition

2) 18.45 Warm up, all ISU together

19.30-21.00 Ice training in Groups

3-6 x 5 laps / 5 min rest (during rest 1 x 200m technical acceleration)

11.12. 1) 8.30 Meeting Ice rink, warm up all ISU together

9.15 – 10.45 Ice training in Groups

warm up 2 x 5 laps + 3 x 250 m (80%)

Short intervals, working technical in a higher speed, relative short breaks

8 x 300 m/ rest 500 m

Serie break 6 Min

6 x 500 m/ rest 700 m

Serie break 6 Min

2) 16.15 – 17.45 Ice training, individual

20.00 Coach Meeting

12.12. 1) 8.30 Meeting Ice rink, warm up all ISU together

9.15 – 10.45 Ice training in Groups

warm up 2 x 5 laps + 3 x 250 m (80%)

Tempo training or sprint training

Tempo 1 x 400 m /15-20 min – 1 x 800 m / 15-20 min

Sprints 2 x 100m – 200m- 300m technical acceleration 80->95%

2-3 x flying starts

2-3 x standing starts

1 x 100 m and / or 1 x 200 m with start

2) 16.15 – 17.45 Ice training, individual

20.00 Coach Meeting

13.12. 1) 10.15 Meeting Ice rink, warm up all ISU together

11.00 – 12.30 Ice training in Groups or individual

11.15 start training with starter

Race preparation

2) Off ice training or REST

or 18.15 -19.45 Ice training, individual

21.00 Coach Meeting

14.12. 1) Off – ice warm up

2) 16.00 – 21.30 COMPETITION

15.12. 1) Off – ice warm up

2) 16.00 – 21.30 COMPETITION

16.12. 1) Off-ice Endurance training Run or bike

2) Ice training 18.00 – 19.30, individual

17.12. Travelling Home and happy Holidays

5. Groups:

Training Groups;

Group 1

- Manel Robla ESP
- Alexander Rezzonico ESP
- Nil Llop ESP
- Ivan Roldan ESP
- Ignacio Moran ESP
- Vlad Popa ROU
- Adrian Fierer ROU
- Sebastian Mihalache ROU
- Eduard Nitu ROU = 9 skaters

Group 2

- Sergi Alvarez ESP
- Iker Ruiz ESP
- Christopher Lopez ESP
- Julia Espin ESP
- Ona Rodriguez ESP
- Sheila Gomez ESP
- Valentina Mendoza ESP
- Luisa Maria Gonzales ESP
- Teresa Moreno ESP
- Sara Cabrera ESP
- Daniel Garro ESP
- Gonzalo Ferraz ESP
- Pedro Lopez ESP
- Daniel Miragros ESP

- Uku Vaikmaa EST
- Vladyslan Skryplov UKR
- Maksym Shamich UKR

= 17 skaters

Group 3

- Mireia Tellez ESP
- Monica Seoane ESP
- Lucia Alapont ESP
- Paula Espin ESP
- Raul Jardim Barba ESP
- Jorge Vega ESP
- Aitor Sanchez ESP
- Hanna Hnatiuk UKR
- Kertu Pöldmaa EST
- Lisandra Tarmet EST
- Yanis Soptareanu ROU
- Eliska Fakenbergerova CZE
- Roman VRbensky CZE

= 13 skaters

Group 4

- Alba Antolin ESP
- Olietnis mercado ESP
- Maria Hrzhehorzhevskaja UKR
- Viacheslav Bordun UKR
- Mirjam Kalvik EST
- Kerret Koller EST
- Ioana Stan ROU

= 7 skaters

Group 5

- Mareli Järve EST
- Marten Mällas EST
- Margaryta Lupukha UKR
- Antonie Khomova CZE
- Barbora Rysava CZE
- Martin Binder CZE = 6 skaters

Coaches:

- Xavier Rodriguez ESP
- Roger Vallverdu ESP
- Sirli Pöldmaa EST
- Aale kalvik EST
- Marius Bacila ROU
- Roman Vodicka CZE
- Olena Kosikova UKR
- Viacheslav Pletenetskyi UKR

6. Opinion on Continuation and the Future of Speedskating Development Projects:

The success of this development camp serves as a testament to the importance of investing in the grassroots development of speedskating, particularly in regions where winter sports face unique challenges. Many expressed the need for sustained efforts in organizing similar initiatives, ensuring that promising talents from diverse backgrounds have access to high-quality coaching, facilities, and international exposure.

In conclusion, the ISU development camp in Tomaszów Mazowiecki not only showcased the potential of emerging speedskaters but also ignited a spark of hope for the future of the sport. The commitment to fostering development in countries without ice rinks is a step towards creating a more inclusive and globally competitive landscape for speedskating. As the curtain falls on this edition of the camp, the echoes of enthusiasm and accomplishment reverberate, leaving a lasting imprint on the promising journey of these young athletes.

Head Moderator ISU Development Project

Emese Hunyady

CERTIFICATE

OF COMPLETION

This certificate is presented to

for successfully completing the course




Speed Skating Basic Officials Course

CERTIFICATE

We, the undersigned, hereby certify that

has attended the

 **Speed Skating Seminar for Coaches**
(40 hours)

held in

Tomaszów Mazowiecki / Poland