



EUROPEAN YOUTH COUNTRY MATCH

Heerenveen, The Netherlands

January 4 – 7, 2023

80 skaters. The teams of Germany, Norway and The Netherlands have a priority of entering for this week. Other teams are based on first come, first serve. Pre entries should be reached the organization before December 12th. Final entries should be reached the organization before December 30th. Entries must be sent to wedstrijdorganisatie@knsb.nl.

During the camp the skaters will do the same training schedule and participate in the training. It is mandatory that teams/skaters bring their own coach. In this way all coaches have a joined responsibility for the program together. This program will be discussed the evening before the camp starts. The provisional global overview of the program will be as follows. This could slightly change depending on expert availability.

January	Activity	Who?	Location
3	Arrival hotel	Teams	Own responsibility
	Evening: Online MS Teams Call for coaches	Coaches	MS Teams
4	08:00 – 09:30 am: Ice training	Athletes and Coaches	Thialf
	Afternoon: Introduction weights training	Strength and conditioning expert	Thialf
	Evening: Workshop basic nutrition	Nutritionist	Hotel or Thialf
5	08:00 – 09:30 am: Ice training	Coaches	Thialf
	Afternoon: Dryland training	Coaches	Indoor or outdoor
	Evening: Workshop skate sharpening	Expert equipments	Hotel or Thialf
6	08:00 – 09:30 am: Ice training	Coaches	Thialf
	Afternoon: Workshop video analyses	Coaches	Hotel or Thialf
	Evening: off		Hotel
7	European Country Match 12:00 am: Start 500m/ 1500m/ Mass start	Athletes and Coaches	Thialf

For each skater a mandatory fee of €175,- is required. This is without travel and accomodation and will be invoiced afterwards to the participating ISU Member.

Drawing

Drawings will be made by the VANTAGE system. These will be published through Sportity app. The code will be: EYCM2023.

Time measurement

Time measurements will take place by Electronic timekeeping and Manual timekeeping to determine the time and the order of finish of Skaters.

Anti-Doping

Anti-Doping tests will be carried out in accordance with the valid ISU Anti-Doping Rules and ISU Anti-Doping Procedures (ISU Communication No. 2243 or any further update of these Communications).

Officials

The allocation of officials will be the responsibility of the KNSB.



Liability

In accordance with Rule 119, the ISU, the Koninklijke Nederlandsche Schaatsenrijders Bond (KNSB) and the Organizing Committee assume no responsibility for or liability with respect to bodily or personal injury or property loss or damage incurred in connection with this Event. Each Member is solely responsible for providing insurance coverage thereto.

Transportation

Each skater is responsible for his/her own transportation.

Accommodation

All meals and lodging expenses are at the responsibility of the participating members.

HOTELS HEERENVEEN AREA:

Fletcher Hotel Heidehof at Heerenveen, +31(0)513630200, mail to: info@hotelheidehof.nl

Parkhotel Tjaarda at Oranjewoud, +31(0)513433533, mail to: info@tjaarda.nl

Hotel van der Valk at Wolvega, +31(0)561692800, mail to: info@wolvega.valk.nl

Hajé at Joure, +31(0)885230016, mail to: joure@haje.nu

Organizing Committee – Entries and Inquiries

Inquiries should be addressed only to the Organizing Committee at the addresses below.

Organizing Committee KNSB, P.O. Box 11084, 3505 BB Utrecht, The Netherlands

Phone: Phone: +31(0) 88 489 2000

E-mail: E-mail: wedstrijdorganisatie@knsb.nl