



# **EUROPEAN YOUTH COUNTRY MATCH**

**Heerenveen, The Netherlands**

**December 13 – 16, 2023**

On behalf of the Koninklijke Nederlandsche Schaatsenrijders Bond (KNSB), in cooperation with the ISU Center of Excellence in Heerenveen and the Organizing committee we have the honor and pleasure to invite you to participate in the

## European Youth Country Match

to be held on December 16, 2023 in Heerenveen

### Program

Saturday, December 16      500 meter women and men  
1.500 meter women and men  
Mass Start women and men (10 lap)

The winner of the European Youth Country Match will be decided based on the best 3 average classifications. The exact rules will be communicated later.

### Regulations

The European Youth Country Match will be held in accordance with the 2022 Regulations of the International Skating Union (ISU) and relevant ISU Communications.

For Mass Start Women and Men will be held in accordance the safety regulations according the relevant ISU Communication. Helmets and safety suits are thus mandatory.

### Track

Thialf Ice stadium is an indoor artificially frozen ice rink with a standard track of 400 meters and inner and outer curves with radii of 26 and 30 meters respectively. The width of the inside training track is 4 meters.

### Participating / Entries

Participating in the European Youth Country Match is open to category Junior C and Junior B skaters, based on invitation only.

Maximum entry per ISU member: 4 women and 4 men per category.

Participating in the European Youth Country Match is based on a joined training camp consisting of a period of 3 days leading up to the European Youth Country Match. Entry is only possible for the camp and the competition together. The goal for this camp is **to learn and grow with each other.**

This event is open for European ISU members with a maximum of 100 skaters. The teams of Germany, Norway and The Netherlands have a priority of entering for the European Youth Country Match. Other teams are based on first come, first serve. Pre entries should be reached the organization before November 12<sup>th</sup>.

**Final entries** should be reached the organization before November 26<sup>th</sup>. Entries must be sent to [wedstrijdorganisatie@knsb.nl](mailto: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
	Arrival @Thialf		
Tuesday 12-12	15.00u TeamNL kick-off meeting	Dutch Team & parents	Thialf
	16.00u EYCM kick-off	All the teams	Thialf
Wednesday 13-12	08:00 - 09:30 Ice training	Coaches & Athletes	Thialf
	9.45-10.30 debrief/ coffee	Coaches	Thialf
	14.00-17.00 Introduction weights training	Strength expert & Athletes	Thialf
	19.30 Session for the coaches	Geert Kuiper	Thialf of Hotel?
Thursday 14-12	08:00 - 09:30 Ice training	Coaches & Athletes	Thialf
	9.45-10.30 debrief/ coffee	Coaches	
	10.00-12.30 Workshop skate sharpening	Expert equipments & Athletes	Thialf
	14.00-17.00 Dryland training	Coaches & Athletes	Thialf
Friday 15-12	08:00 - 09:30 Ice training	Coaches & Athletes	Thialf
	9.45-10.30 debrief/ coffee	Coaches	
	14.00-16.00 Workshop Mental training	Expert psychology, Ireen Wust	Thialf

	Evening: off		Hotel
Saturday 16-12	European Country Match 12:00 am: Start 500m/ 1500m/ Mass start	Coaches & Athletes	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: EYCM2024.

### 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](mailto:info@hotelheidehof.nl)

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

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

Hajé at Joure, +31(0)885230016, mail to: [joure@haje.nu](mailto: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](mailto:wedstrijdorganisatie@knsb.nl)