

## INTERNATIONAL SKATING UNION

### Announcement ISU Seminar for Speed Skating Coaches 2017

Following the outcome of the ISU Conferences held in March 2017, the ISU Development Commission decided to organize a seminar for (inter)national coaches of top speed skaters participating in the World Cup series, who are present at the World Cup in Heerenveen. The seminar will be organized by the ISU and The Royal Dutch Skating Federation (KNSB) in cooperation with the Center for Top Sports and Education (CTO) Heerenveen.

**Heerenveen, The Netherlands, November 6th, 2017**

#### Program

The seminar will inspire international Speed Skating coaches by sharing (new) information, which will be given in two sub-seminars 1 and 2.

From 15:30	Registration
16:00	Opening
16:15 – 16:30	Introduction of the program
16:30 – 18:00	Seminar 1
18:00 – 19:00	Dinner
19:00 – 20:30	Seminar 2
20:30 – 21:00	Closing and transport to hotels

#### Location

**Thialf stadion:** <http://thialf.nl/>  
Pim Mulierlaan 1, 8443 DA Heerenveen

Participants have the option to sign up for specific parts of the program.

Option 1	Full program
Option 2	Opening and Seminar 1
Option 3	Opening, Seminar 1 and Dinner
Option 4	Dinner, Seminar 2 and Closing
Option 5	Seminar 2 and Closing

*The preferred option must be given upon registration.*

## Content of the seminars

- **Seminar 1: Combination Short Track and Speed Skating during training – Wilf O'Reilly**

*In 1988 during the Olympic Games, Wilf O'Reilly became first at both the 500 and 1000 meters Short Track. In 1991 Wilf O'Reilly was overall World Champion Short Track. After his career, he worked as the coach of the National Dutch Short Track Team, commentator of Olympic Short Track matches on the BBC, and manager at the ISU. Today, Wilf O'Reilly performs the role of Discipline Manager Shorttrack at The Royal Dutch Skating Federation and works closely with National Shorttrack Coach Jeroen Otter to promote Short Track in the Netherlands.*

- **Seminar 2: Performance monitoring in skating: How to conduct and interpret off-ice performance tests and a new innovative application for on-ice performance monitoring. - Roy Mulder & Jos de Koning**

*Jos J. de Koning Ph.D. is Associate Professor at the Faculty of Behavioural and Movement Sciences at the Vrije Universiteit Amsterdam and Adjunct Professor at the Department of Exercise and Sport Science at the University of Wisconsin-La Crosse (USA). He was involved in the development and introduction of the innovative 'klapskate' in competitive speed skating and was recipient of research grants from the International Olympic Committee to conduct studies at the 1988, 1994 and 2002 Winter Olympic Games. In his seminar Jos will speak about how to conduct and interpret off-ice performance tests.*

*Roy Mulder is the Embedded Scientist for Long Track Speed Skating of the KNSB. Roy is responsible for the scientific support of the Dutch elite skating teams and assists the national junior and senior coach. Roy is involved with talent identification, race analysis and training monitoring. As an embedded scientist Roy's mission is to give an answer to the question: "What makes a skater to a good skating performance". In his seminar Roy will speak about the "SPRINT COACH App": a new innovative application for on-ice performance monitoring.*

## Participants

The seminar is only open to coaches and assistant-coaches who are on duty during the ISU World Cup Speed Skating in Heerenveen, 10-12 November 2017.

## Sign in

Participants can register for the seminar by using below link until 1 November 2017.

<http://www.isu.org/fwd/coaches-seminar-2017-survey.html>

## Expenses and financial contributions

The ISU will cover the following costs for the participants: tuition fees and diner(s). Any other cost shall be at the participant's expense.

We hope to welcome you on November 6th in Heerenveen.