

**EUROPEAN YOUTH
COUNTRY MATCH**

Heerenveen, The Netherlands

December 17 – 21, 2024

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 21, 2024 in Heerenveen

Program

The exact program of the competition will be discussed with participating coaches in a online MS Teams call weeks before the competition. This will be announced later.

Regulations

The European Youth Country Match will be held in accordance with the 2024 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 [2636](#) in 2.1.1. 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 12th.

Final entries should be reached the organization before December 2nd. 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
Tuesday	Arrival @Thialf		
17-dec	15.00 TeamNL kick-off meeting	Dutch Team & parents	Hotel
	16.00 EYCM kick-off	All teams	Thialf
Wednesday	08:00-09:30 Ice training	Coaches & athletes	Thialf
18-dec	09.45-10.30 debrief/coffee	Coaches	Thialf
	Time TBD Workshop	Expert & athletes	Thialf
	19.30 Session for the coaches performance behavior	Coaches & Geert Kuiper	Thialf / Hotel
Thursday	08:00-09:30 Ice training	Coaches & athletes	Thialf
19-dec	09.45-10.30 debrief/coffee	Coaches	Thialf
	12.00-15.00 Introduction weights training	Strength expert & athletes	Thialf
Friday	08:00 - 09:30 Ice training	Coaches & athletes	Thialf
20-dec	09.45-10.30 debrief/coffee	Coaches	Thialf
	14.00-16.00 Innovatielab Thialf	Expert innovation & athletes	Thialf
	Evening: off		Hotel
Saturday	European Country Match		
21-dec	12:00 am: Start	Coaches & athletes	Thialf
	Program tbd		

For each skater a mandatory fee of €150,- 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 during the competition 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

The KNSB has blocked limited rooms in Hotel Heidehof for participating teams. These rooms will be available based on first come, first serve.

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