

OLYMPIC SOLIDARITY PROGRAMM

Development of National Sports System in Slovak Speed Skating Union

We hereby confirm the participation of expert Marek Stanuch in the following actions, meetings, competitions and training with athletes in accordance with the plan previously agreed between expert Marek Stanuch and Slovak Speed Skating Union.

**R E P O R T
J U N E 2 0 2 3**

Description	Participants
01.-10.06.2023 Spišská Nová Ves	
<p><u>Of ice training:</u></p> <ul style="list-style-type: none"> - Introduction to the issue - Analysis of existing structure of Slovak speed skating federation - Consultation with actual president of Slovak speed skating regarding with long-term problems of federation (legislation, financing) - meeting with clubs to present the aim of the project - Analysis of problems regarding with financing representatives - Analysis of actual problems of clubs regarding with skaters (age, motivation, finance) <p><u>Ice training:</u></p> <ul style="list-style-type: none"> - basic position in speed skating on ice - speed skating technique on ice, straight - exercises to learn and improve skating on straight - speed skating technique on ice, corner - basic position in speed skating on ice - speed skating technique on ice, straight on corner - start training, technic (position) - start training with starter 	<ul style="list-style-type: none"> • Athletes, • Coaches, • J. Magdoško, • J. Šťastný • B. Hympánová
10.06.2023 Trnava	
<p><u>Ice training:</u></p> <ul style="list-style-type: none"> - Analysis of practical trainings on ice - Analysis of technics on ice - Exercises to learn an improve skating - Consultations on ice 	<ul style="list-style-type: none"> • Athletes, • Coaches, • K. Zima
12.-13.06.2023 Prešov	
<p>Meeting with club representatives to review the actual shorttrack situation - theory.</p>	<ul style="list-style-type: none"> • Athletes, • Coaches, • B. Hympánová
29.-30.06.2023 Spišská Nova Ves / Prešov	
<p><u>Of ice training:</u></p>	<ul style="list-style-type: none"> • Athletes, • Coaches,


- Analysis of existing club problem's ŠKM Akademik
- Meeting with president of the club for consultation
- Analysis of problems regarding with financing skaters

Ice training:

- Practical training with skaters

• B. Hympánová

**REPORT
JULY 2023**

Description	Participants
9.-12.07.2023 Spišská Nova Ves	
<p><u>Of ice training:</u></p> <ul style="list-style-type: none"> - Analysis of existing structure of Slovak speed skating federation - Consultation with actual president of Slovak speed skating regarding with proposal of the aims, setting priorities, determining the procedures - Administration - Proposal of principles for work with skaters - Proposal of methodology for work with skaters 	<ul style="list-style-type: none"> • Athletes, • Coaches, • J. Magdoško,
18.-22.07.2023 Inzell (Nemecko)	
<ul style="list-style-type: none"> • Practice, Training <p><u>Of ice training:</u></p> <ul style="list-style-type: none"> - basic position in speed skating - imitations - inline skating - training with belt <p><u>Ice training:</u></p> <ul style="list-style-type: none"> - basic position in speed skating on ice - speed skating technique on ice, straight - exercises to learn and improve skating on straight - speed skating technique on ice, corner - exercises to learn and improve skating on corner - start training, technic (position) - start training with starter - video recording and analysis 	<div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Athletes, • Coaches, • R. Karabova, • I. Onuska, • K. Terebesi
24-30.07.2023 Inzell (Nemecko)	
<p><u>Of ice training:</u></p>	<ul style="list-style-type: none"> • Athletes, • Coaches, • R. Karabova, • I. Onuska, • K. Terebesi




- basic position in speed skating
- imitations
- inline skating
- training with belt

Ice training:



- basic position in speed skating on ice
- speed skating technique on ice, straight
- exercises to learn and improve skating on straight
- speed skating technique on ice, corner
- exercises to learn and improve skating on corner
- start training, technic (position)
- start training with starter
- video recording and analysis



REPORT
AUGUST 2023

Description	Participants	
01.-03.08.2023 Spišská Nová Ves		
4.-14.08.2023 Ventspils		
<ul style="list-style-type: none"> • Short Track ice camp <ul style="list-style-type: none"> - technic training • Coaches Seminar <ul style="list-style-type: none"> - training plan - training structure - training periodization - coaches' structure 		
22.08- 02.09.2023 Spišská Nová Ves		
<ul style="list-style-type: none"> • Short Track ice camp <ul style="list-style-type: none"> - technic training 	<ul style="list-style-type: none"> • Coaches Seminar <ul style="list-style-type: none"> - training plan - training structure - training periodization - coaches' structure • Coaches Technic Seminar <ul style="list-style-type: none"> - skate radius - skate sharpening 	<div style="text-align: center;">  <p>International STEZ-Cup competition</p> </div>
		<ul style="list-style-type: none"> -Athletes, -Coaches, -Officials, -SRZ Council Member

R E P O R T
SEPTEMBER 2023

Description		Participants
09.-11.09.2023 Spišská Nová Ves / Prešov		
<ul style="list-style-type: none"> • SRZ Council Meeting <ul style="list-style-type: none"> - project evaluation - discussion about the project structure - confirmation of SRZ persons responsible for project implementation - Mrs Blanka Hympánová - SRZ Project Coordinator • Practice, Training <ul style="list-style-type: none"> - short track technique - imitations • Meetings with Mrs Hympánová <ul style="list-style-type: none"> - SRZ training structure - SRZ training periodization - SRZ coaches' structure - SRZ administrative work at the Federation - SRZ administrative coaches work 		<ul style="list-style-type: none"> - SRZ Council members - B. Hympánová - Skaters
15.-16.09.2023 Prešov		
<ul style="list-style-type: none"> • Practice, Training <ul style="list-style-type: none"> - short track technique on ice - basic position • Theory, Meetings: <ul style="list-style-type: none"> - ISU Structure - ISU competition calendar 2023-2024 - ISU Development Program <p>SRZ calendar 2023-2024 (competition & camps)</p>		<ul style="list-style-type: none"> • Athletes • Coaches, B. Hympánová
18.-19.09.2023 Spišská Nová Ves		
<ul style="list-style-type: none"> • Theory, Meeting: <ul style="list-style-type: none"> - discussion about the progress of the project - discussion about current situation in SRZ clubs <p>discussion what and how next...</p>		<p>SRZ President, Mr Magdosko</p>
24-26.09.2023 Trnava /Spišská Nová Ves		
<ul style="list-style-type: none"> • Slovak Cup competition 		<ul style="list-style-type: none"> • Athletes • SRZ President, Magdosko • B. Hympánová • P. Jelen, Club coaches

- Theory, Meetings:

- Meeting with SRZ President, Mr Magdosko
 - discussion about the progress of the project
 - discussion about the situation in SRZ clubs
- Meeting with Coaches
 - discussion about the progress of the project
 - SRZ National Team
 - joint ice training for national team skaters
 - competition calendar 2023-2024
 - training plan
 - training periodization
 - proposal for skaters and coaches to JWC in NED
 - organization of a trip to JWC in Leeuwarden
 - qualifications and preparations for the:
 - Youth Olympic Winter Games,
 - uniform clothes for the national team





**REPORT
OCTOBER 2023**

Description	Participants
<p style="text-align: center;">02.-04.10.2023 Spišská Nová Ves / Prešov</p> <ul style="list-style-type: none"> • Theory, Meetings: <ul style="list-style-type: none"> - Meeting with Mrs Hympanova - discussion about the progress of the project - discussion and analysis of the current situation in SRZ clubs - SRZ competition calendar 2023-2024 - qualifications and preparations for the: <ul style="list-style-type: none"> - Junior World Cup, - Youth Olympic Winter Games, - Junior World Championships, - European Championships • Practice, Training <ul style="list-style-type: none"> - short track technique on ice, straight - exercises to learn and improve straight skating - basic position <p>video recording and analysis</p>	<p style="text-align: center;">02.-04.10.2023 Spišská Nová Ves / Prešov</p> <ul style="list-style-type: none"> - Athletes, - Coaches, - Officials - B. Hympanová
<p style="text-align: center;">06.-08.10.2023 Prešov</p> <ul style="list-style-type: none"> • Practice, Training <ul style="list-style-type: none"> - “Fartlek” - training with mobility, strength - slide board training - imitations and other off ice training variations - show and teach how to optimally take advantage of ice training in preparation of speed skaters at the place and with specific conditions of daily training of athletes and coaches - video recording - discussion • Theory, Meetings <ul style="list-style-type: none"> - video analysis - technique training in young age - motivation goals 	<p style="text-align: center;">06.-08.10.2023 Prešov</p> <ul style="list-style-type: none"> - Athletes, - Coaches,



**REPORT
NOVEMBER 2023**

Description	Participants										
22.10.-05.11.2023 Inzell (Nemecko)											
<p><u>Of ice training:</u></p> <ul style="list-style-type: none"> - basic position in speed skating - imitations  <p><u>Ice training:</u></p> <ul style="list-style-type: none"> - inline skating - training with belt - basic position in speed skating on ice - speed skating technique on ice, straight - exercises to learn and improve skating on straight - speed skating technique on ice, corner - exercises to learn and improve skating on corner - start training, technic (position) - start training with starter - video recording and analysis <p><u>International Race</u> <u>ISU Development Competition</u> <u>International Frillensee Cup</u></p> <ul style="list-style-type: none"> • Theory, Meetings <ul style="list-style-type: none"> - video analysis - technique training in young age - discussion about the progress of the project - Speed Skating Academy in cooperation with Sport School in Zakopane - SRZ National Team - joint ice training for national team skaters - competition calendar - trainings plan <p>Brief information about the progress of skaters</p> <ul style="list-style-type: none"> - Each skaters improved his / her personal record in the race 15 x PB <table border="1" data-bbox="185 1300 555 1500"> <tbody> <tr> <td>Paroulek Samuel</td> <td>44,88</td> </tr> <tr> <td>Onušková Zoja</td> <td>45,74</td> </tr> <tr> <td>Eliáš Michal</td> <td>44,56</td> </tr> <tr> <td>Moščák Maroš</td> <td>42,78</td> </tr> <tr> <td>Morales Zoe</td> <td>47,62</td> </tr> </tbody> </table>	Paroulek Samuel	44,88	Onušková Zoja	45,74	Eliáš Michal	44,56	Moščák Maroš	42,78	Morales Zoe	47,62	<ul style="list-style-type: none"> • Athletes, • Coaches, • R. Karabova, • I. Onuska, • K. Terebesi 
Paroulek Samuel	44,88										
Onušková Zoja	45,74										
Eliáš Michal	44,56										
Moščák Maroš	42,78										
Morales Zoe	47,62										

Paroulek Patrik	44,45
Kmecova Jela	48,23
Sedlák Dávid	54,61
Šimko Daniel	41,26
Klembara Jakub	38,43
Onušková Tamara	53,28

One skater did limit for Junior World Cup, and 2 skaters was close. So we are really happy for it.

11.-12.11.2023 Spišská Nová Ves



- Slovak Cup competition
- Theory, Meetings:
 - Meeting with Coaches
 - discussion about the progress of the project
 - SRZ National Team
 - joint ice training for national team skaters
 - training plan
 - final entry to JWC in NED
 - organization of a trip to JWC in Leeuwarden
 - qualifications and preparations for the:

Youth Olympic Winter Games, Korea



- Athletes
- B. Hympánová
- P. Jelen
- Coaches
- Officials
- Skater's parents

23.-26.11.2023 Prešov

- Slovak Cup competitio
- Theory, Meetings:
 - competition analysis
 - skating technik analysis
 - race tactic analysis



- Athletes
- Coaches
- Officials
- Skater's parents

**REPORT
DECEMBER 2023**

Description	Participants
<p style="text-align: center;">01.-06.12.2023 Leeuwarden / NED / Prešov</p> <p>The coach and manager of the SRZ team in the Netherlands was Mrs Blanka Hympanova. My trip to JWC in Leeuwarden was at the request of SRZ. The main purpose of my stay in Leeuwarden was:</p> <ul style="list-style-type: none"> - helping the SRZ National coach guide the skaters during the competition - analysis of SRZ skater's races, - learning and teaching in racing situation, and - to assist in SRZ talks with representatives of ISU Development projects in Budapest/HUN and Heerenveen/NED regarding future cooperation. <ul style="list-style-type: none"> • Meetings - ISU Development Project's 2024 <ul style="list-style-type: none"> - Meetings with Viktor Knoch / HUN <ul style="list-style-type: none"> - ISU Development Project, Budapest 2024-25 - Meetings with Wilf Orelli / NED <ul style="list-style-type: none"> - ISU Development Project, Heerenveen 2024-25 - ISU Development Project, Heerenveen 2024 • Theory, Meetings: <p>Meetings with Coach Blanka Hympanova</p> <p>Brief information about the progress of skaters</p> <p>Lea Popovičová did her personal best on 1500m on first world cup and also did her personal best on 1000m on second world cup</p> 	<ul style="list-style-type: none"> • Athletes • B. Hympánová • Viktor Knoch / HUN, • Willi Orelli / NED
<p style="text-align: center;">19.-20.12.2023 Prešov</p> <ul style="list-style-type: none"> • Meeting: <ul style="list-style-type: none"> - discussion and final assessment of the project - project analysis and conclusions. - short track infrastructure in Slovakia and Presov - discussion on proposals regarding what and how to proceed next. <p>The main suggestion is to create a Speed Skating Academy in Slovakia with a professional team of coaches in both, Short Track and Speed Skating (long track).</p> 	<p>Clubs SRZ President</p>

