



FUTURE STARS SEMINAR

Appendix C – Daily Program 3-8 March

Monday 4 March

Arrival, check in at accommodation

18.00 Welcoming dinner

Tuesday 5 March

07.00 Breakfast at Accommodation

08.00 Welcoming words and opening of conference
Swedish Minister for Culture and Democracy

08.20 Presentation of all participants
All participants gets an opportunity to make a presentation of themselves and what sportsmanship is for them.

09.00 Time out (10 minutes break)
Sandwich, fruit and refreshments

09.15 Do you want to be a super star?
Helena Ekholm, former World Champion and Athletes ambassador of IBU WCH 2019 joins the conference.
Helena talks about how to Enjoy the spirit of competition.
- What is a good role model?
- What does it mean to give 110%?



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- What not to do?
- How to always have fun?

10.00 **Ready, steady, GO – part 1**

Right and well treated equipment makes winners.

The group will be divided into four groups which rotates between stations and one and each group gets 15 minutes of tips and tricks about;

- ✓ Ski boots selection
The right ski boots can make a huge difference...
- ✓ Rifle knowledge
You will never win any competition without being extremely familiar with your rifle!
- ✓ Ski selection
Heavy rain, fresh snow, fog all over? Find the right ski to succeed even on such days!
- ✓ Wax tricks
Not much money to buy the real expensive wax stuff? Still there are some handy and costefficient hints that can help a lot.

12.30 **Lunch break**

13.30 **Doping? Anti-Doping?**

IBU acting Secretary General Martin Kuchenmeister leads an interactive seminar.

14.30 **Time out (10 minutes break)**

14.40 **Presentation of the Next Generations Challenge.**

Chief of competition Ulrika Öberg, joins the seminar and presents the set up of the arena and the procedure of the competition.





- 15.00 Transport to accommodation and preparation for race
- 16.00 Dinner at Biathlon Family Club at the WCH Arena
- 19.00 Next Generation Challenge (Also TV-test competition)
- 21.00 Swedish Kvällsfika

Wednesday 6 March

- 07.00 Breakfast
- 08.00 **Good Morning and warm up**
Summary of last nights competition. Experiences and top of mind comments
- 08.10 **Ready, steady, GO – part 2**
Get your mind into focus!
- 09.00 **Time out** (10 minutes break)
- 09.10 **Ready, steady, GO – part 3**
The food is your fuel!
What to eat and not to eat is elemental for all professional athletes. Kerry McGawley, university lecturer from the Swedish Winter Sports research centre joins the seminar.
- 10.00 **Swedish Fika** – presented by The Swedish Winter sports Centre.
- 10.30 **Social Media rules the world!**
Where, why and whom will follow Biathlon in the future?





The IBU Communication department talks and discuss with participants of positive and negative sides.

- 11.30** **Time out** (10 minutes break)
- 11.40** **Technical preparation for WCH Opening Ceremony**
Beatrice Olsson, chief of Ceremonies, joins and presents and explains the procedure during the evenings assignment.
- 12.00** **Lunch**
- 13.00** **Explore Östersund and Jämtland**
Buss tour with exotic stops.
- 14.30** **Laser tag team battle**
At Arena Multi Challenge we stop for a competition and battle with toy laser tag rifles.
- 16.00** **Transport to accommodation and free time**
- 17.00** **Dinner**
- 19.00** **Participation in WCH Opening Ceremony at Medal Plaza**
- 21.00** **Swedish Kvällsfika**

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Thursday 7 March

- 07.00 Breakfast
- 08.00 Transport to training facility
- 09.00 Training at Åsarna ski Center**
Possibilities to ski and shoot and get coaching from Athletes ambassador, former Olympic Gold medalist WCH medalist Anna Carin Zidek and WCH medalist, Carl-Johan Bergman, with friends.
- 11.30 Lunch at Åsarna Ski Center
- 12.15 Transport to accommodation in Östersund
- 14.45 Walk to Biathlon Arena
- 15.00 **World Championships Competitions**
WCH Mixed Relay starts at 16.15.
- 19.00 Dinner at accommodation
- 20.00 Ceremonies at Medal Plaza
- 21.00 Swedish kvällsfika

Friday 8 March

- 07.00 Breakfast
- 08.00 Departure**
Transport to Åre Östersund Airport

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