



August 2015

# Club skaters attend training camp in Oberstdorf, Germany

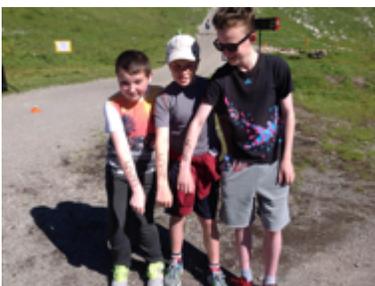


Six of our club skaters attended this year's short track speed skating camp in Oberstdorf, southern Germany. The week long camp attracted over a 100 athletes of all ages from six countries. It is a regular event for Nottingham skaters Ben and Isabelle Roberts but was a new experience for Becca Peach, Isaac Raizada, Kyle Ross-Waddell and Isaac Hurley. The camp opened with a BBQ on Saturday evening and had on-ice training every day, in-line rollerblading in the forest and mountain running, all with top coaches. The week was finished off with a two-day short track competition and a celebration dinner.



## In-line skating

Most mornings there was in-line skating at the amazing Nordic Ski centre just outside Oberstdorf. The miles of perfect tarmac track was a brilliant place to train and race. Many European short track speed skaters have no ice in the summer and instead do in-line, so there were plenty of good roller-bladers to learn from as well as the coaches. On the Wednesday there was an in-line/running biathlon competition. It was incredibly hot and the racing was tough as you can see from the pictures, hard but enjoyable.



## The Mountain Run

This year's run was centred on a circular 1.5 mile track from the 2<sup>nd</sup> cable car station on the famous Nebelhorn mountain overlooking Oberstdorf. The course had a challenging climb and decent and at over 2000m the views were breathtaking, as was the running. The older runners, including Becca, ran from the 1<sup>st</sup> cable car station to the 2<sup>nd</sup>, a climb of over 600m in 2.5 miles, it was a real achievement just to finish.





## The Short Track

Our skaters were put into groups with dedicated coaches suited to their experience and had training everyday on the training rink, learning new on-ice and warming up skills and getting to know and make new friends. The final two days were taken up with a competition in the main stadium rink, with skaters in all categories from F (under 9) through A (age 17-18) to Masters for both girls and boys. All our skaters did very well with many getting personal bests, Isaac Raizada achieved his Star Class qualifying time and Isabelle Roberts won both the short track and the overall competition.



## Next Year: Oberstdorf 2016

Next year's camp is likely to again be in the first full week of August and will be similar, although perhaps with two ice training sessions a day and less in-line skating. There is plenty of reasonably priced accommodation in Oberstdorf and it is easily reached from Memmingen or Munich airports by train. You will be able to find information about the camp at [www.shorttrackonline.info](http://www.shorttrackonline.info) and at the camp's dedicated website at [www.skatingonline.info](http://www.skatingonline.info). If you are interested speak to our coach Mandy Worth who can enter you next year.

There are other similar camps during the year such as at Turnhout in Belgium as well as one-days camps at Nottingham.

