



Lillehammer Olympic Legacy Sports Centre



Lillehammer Olympic Legacy Sports Centre and Norwegian Ski Federation presents:



# Lillehammer International Nordic Combined Camp – Digital Edition

## 28th-30th of September 2021

### THE CAMP EXPERIENCE\*

- A daily physical workout
- A daily digital lecture/talk each day at 7 pm
- A daily digital athletes meeting at 8 pm
- A daily digital coaches meeting at 8 pm

\*All times in CEST +2 (Oslo-time). Program will be confirmed 20.september.

### Presenters digital daily lecture: (more names to be confirmed soon)



**Norwegian National Team:** Gyda Westvold Hansen and Jarl Magnus Riiber will share experiences from last season. They will also participate in physical session



**Camilla Aasen Mæland:** Nutritionist at the Norwegian Centre of Elite Sports, region Innlandet



**Mikko Kokklien:** Former athlete and currently working in the Norwegian Centre of Elite Sports, region Innlandet. In total 7 World Cup victories and 5 medals from the World Championships.



**Virginia De Martin,** student, aspiring researcher and former XC-skier. She will share knowledge from the FENDURA-project.



**Ivar Stuan:** Sports Director for the Norwegian National team. The Norwegian team will share how they are working with equipment development.

### PRACTICAL INFORMATION

- **Age group:** Athletes and coaches 15 years and older (Born 2006)

### PRICE AND PAYMENT INFORMATION

- Due to the COVID 19 situation, we have decided to offer the digital camp for free in 2021.

### REGISTRATION\*

- Registration form: <https://forms.office.com/r/TyS0Qvcfy1>
- Registration deadline: September 15
- Questions? Contact us: [saranordsveen@gmail.com](mailto:saranordsveen@gmail.com)

*\*We have put a big effort into the program and would appreciate that you participate in the whole program if you sign up for the camp.*

### CAMP ORGANIZATION

- The Lillehammer International Nordic Combined Camp is organized by the Lillehammer Olympic Legacy Sports Center in cooperation with the Norwegian Ski federation.

### About the Lillehammer Olympic Legacy Sport Center

Lillehammer Olympic Legacy Sport Centre aims to give young athletes, coaches & leaders the possibility to develop their skills inside wintersports. The center is located in Lillehammer and was established after the Youth Olympics in Lillehammer 2016.

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