



Federal Ministry
of the Interior



IPC Ice Sledge Hockey Youth Development Camp 2015

Information brochure

Langenhagen, Germany: 29 October 2015 – 1 November 2015

International Paralympic Committee

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1 Introduction

IPC Ice Sledge Hockey is very excited that it can hold its first IPC Ice Sledge Hockey Youth Development Camp in Langenhagen (Germany) from 29 October until 1 November 2015 supported by the German Federal Ministry of the Interior on the basis of a decision of the German Federal Parliament.

The goal of the camp is to attract young players to participate in the sport of ice sledge hockey and provide these players training opportunities on the ice and education off the ice in order to create new young generation for the sport of ice sledge hockey. We hope that you are excited as much as we are and that you are ready to use this fantastic opportunity to play some ice sledge hockey, receive training from our best ice sledge hockey coaches, meet new friends and have some great time! To help you prepare for the camp we made this document which we ask you to read carefully and in case you have any questions please do not hesitate to contact us.

2 Camp Staff

Name	Position	Name	Position
Thomas Koester (USA)	Camp Director	Keith Blase (USA)	Head Coach
Kent Nyholt (NOR)	Asst. Camp Director / Medical/Welfare	George Kingston (CAN)	Coach
Jessica Korber (GER)	Camp Manager	Scott Abbey (USA)	Coach
Barbora Kohoutova (CZE)	Camp Coordinator	Morten Haglund (NOR)	Coach

3 Contacts

General inquiries	IPC Ice Sledge Hockey	ipcicesledgehockey@paralympic.org
Urgent camp related matters during the camp (from 27 October until 2 November)	Jessica Korber Barbora Kohoutova	Email: jessica.korber@paralympic.org or Tel: +49 160 4760801 Email: barbora.kohoutova@paralympic.org Tel: +49 171 5570166
Medical & Welfare assistance on site	Kent Nyholt	Tel: +47 99213562
Travel/Flight delays (main contact on 28 October and on 2 November)	Barbora Kohoutova	Email: barbora.kohoutova@paralympic.org Tel: +49 171 5570166

4 Schedule (subject to changes)

Wednesday, 28 October 2015					
12:00-17:00	Arrivals	20:00	Opening/Welcome Meeting		
19:00-20:00	Dinner at hotel	22:00	Players to room/Lights out		
Thursday, 29 October 2015					
7:00-9:00	Breakfast at hotel	14:00-15:00	Off ice/Activities	19:00	Return to hotel
9:30-10:30	GRFI	15:30-16:15	Off ice/Activities	19:00-20:00	Dinner at hotel
10:30-11:45	Ice 1	16:15-17:15	GRFI	20:00-20:30	Players Meeting
12:30-14:00	Lunch at rink and rest	17:15-18:30	Ice 2	22:00	Players to room/Lights out
Friday, 30 October 2015					
7:00-9:00	Breakfast at hotel	14:00-16:00	IPC Presentation & Off ice/Activities	18:30	Return to hotel
9:30-10:30	GRFI			19:00-19:30	Dinner at hotel
10:30-11:45	Ice 1	16:00-17:00	GRFI	19:30-21:30	Watch 3 rd tier game Hannover Scorpions
12:30-14:00	Lunch at rink and rest	17:00-18:15	Ice 2	22:00	Players to room/Lights out
Saturday, 31 October 2015					
7:00-9:00	Breakfast at hotel	14:00-15:30	Lunch at rink and rest	20:00	Return to hotel
9:30-11:00	Off ice/Activities	15:30-17:30	Off ice/Activities	20:15-21:15	Dinner at hotel
11:00-12:00	GRFI	17:30-18:15	GRFI	21:15-21:30	Players Meeting
12:00-13:15	Ice 1	18:15-19:30	Ice 2	22:00	Players to room/Lights out
Sunday, 1 November 2015					
7:00-9:00	Breakfast at hotel	14:00-15:30	Lunch at rink and rest	19:15	Return to hotel
9:30-11:00	Off ice/Activities	15:30-16:45	Off ice/Activities	19:30-20:30	Dinner at hotel
11:00-12:00	GRFI	16:45-17:30	GRFI	20:30-21:30	Closing/Departure debrief
12:00-13:15	Ice 1	17:30-18:45	Ice 2	22:00	Players to room/Lights out
Monday, 2 November 2015					
6:30-9:30	Breakfast at hotel				
All day	Departures				

*GRFI means 'Get Ready for Ice'

*Each day the group will leave the hotel for the morning session together. Time and meeting point will be communicated at players' meeting.

*Unless otherwise communicated the players' meeting will be held in the dining room directly after dinner.

5 Costs

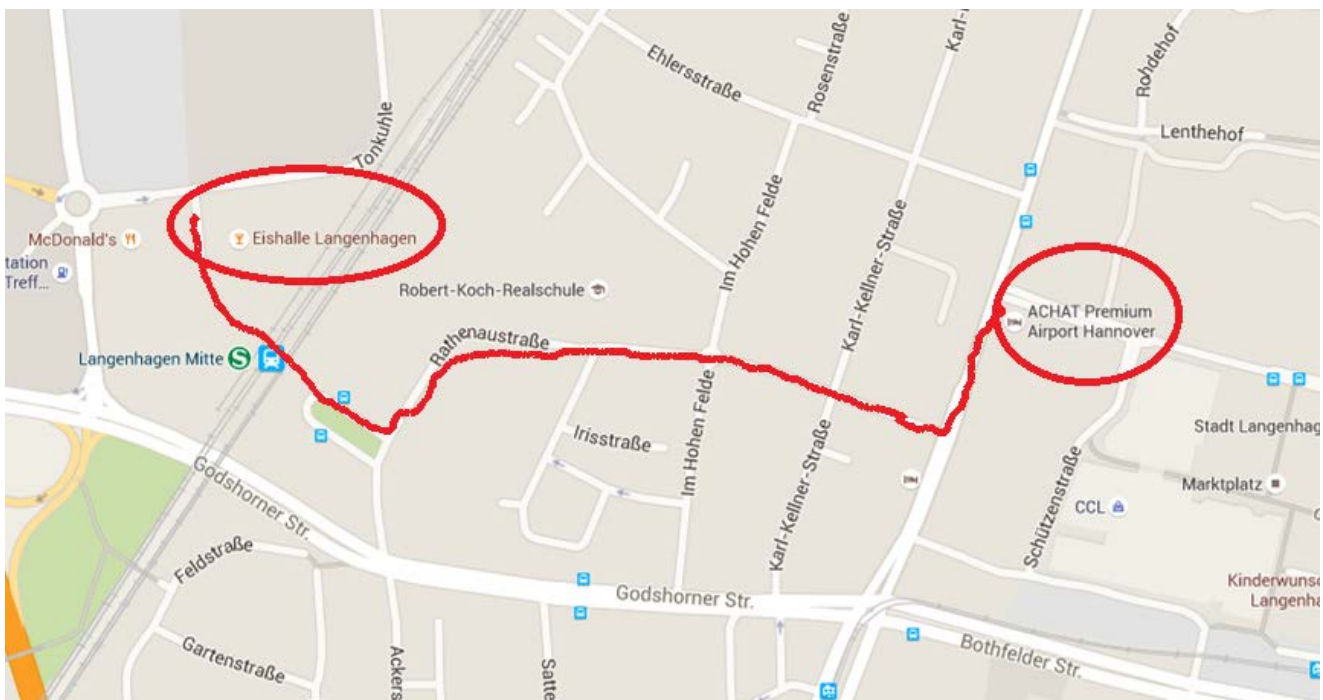
Each player is responsible to pay and book for his/her own transportation to Hannover airport (or Langenhagen Mitte train station).

Apart from the travel tickets IPC ISH offers the following free of charge for the participating players that have been confirmed a slot by IPC ISH:

- ✓ Pick up and drop off at Hannover airport/Langenhagen Mitte train station
- ✓ Transport between hotel and ice rink
- ✓ Accommodation from 28 October 2015 until 2 November 2015
- ✓ 3 meals per day and small afternoon snack (starting with dinner on 28 October and ending with breakfast on 2 November)
- ✓ On ice training
- ✓ Off ice training
- ✓ Classroom sessions
- ✓ Camp jersey for the player

6 Camp facilities

All camp facilities were inspected for safety and accessibility by the camp staff. The players will stay in a hotel and the training will take place at a nearby ice hockey rink. The facilities are walking distance apart (approx. 10min, wheelchair accessible).



The off-ice sessions/activities will take place at the ice rink in either gym or classroom. The IPC presentation on Friday will be given by the IPC Medical & Scientific Director on topics such as Anti-Doping and Classification.

7 Ice rink

The on-ice practices will take place in [Eishalle Langenhagen](#) (Brüsseler Str. 1, 30853 Langenhagen). The ice rink is the training & game rink of the Hannover Scorpions ice hockey team and the Ice Lions ice sledge hockey team. This ice rink is fully accessible and was inspected by the IPC ISH Management team.

8 Accommodation

The players, coaches and camp staff will be accommodated in the [Achat Premium Airport Hannover](#) (Walsroder Str. 105, 30853 Langenhagen). Players will share a room with another player. Roommates will be assigned by IPC ISH. The room assignment will be given out upon arrival. The hotel is fully accessible and was inspected by the IPC ISH Management Team.

The internet access will be free of charge for the participants at the hotel.

9 Meals

Three meals a day will be provided. In addition there will be a light snack provided before afternoon on ice training. This light snack will be provided in front of the changing rooms. Breakfast and dinner will be served at the hotel during the times as on the schedule. Lunch will be served at the ice rink.

Tap water at the ice rink is suitable for drinking.

Players with food allergies or other dietary needs must inform IPC ISH via the players registration form.

10 Arrivals, departures & transportation during the camp

Once a player arrives at Hannover airport (or Langenhagen Mittle train station) the player will be met by one of the camp staff. The camp staff will make sure that all luggage is collected and will then escort the player to the ice rink in order to drop off the hockey equipment into the assigned changing room. Only then the player will be transported to the hotel for check-in and room allocation. A special check-in counter will be set up for the participants at the hotel.

The players will be transported to the airport/Langenhagen Mitte train station on the departure day based on their departure times provided on the players registration form.

During the camp a van will be available to transport the players between the hotel and the ice rink however it is also possible that the players (those that can) will be asked to walk between the hotel and the ice rink.

The ice rink/hotel is reachable by direct train (S Bahn) from Hannover airport. The journey takes approximately 10min (two stops). Depending on the arrival and departure schedules players might be asked to take the train with camp staff while the equipment will be carried by the van.

Please make sure that the participant's flight details are sent to IPC Ice Sledge Hockey via the players registration form.

11 Insurance

All participants are responsible to obtain their own appropriate insurance coverage including medical, health, accident and travel.

12 Medical Information

Treatment

No medical insurance for accidents will be provided to any of the participants. All participants are responsible for obtaining their own medical insurance and will be responsible for any medical expenses resulting from participation in the camp.

Medical services

IPC ISH will do its best to guarantee the safety of all participants and will have first aid trained personnel available 24 hours a day. All medical/health related needs should be immediately addressed to the Assistant Camp Director / Medical who acts as the primary contact person.

Emergency ambulance is available on call and located 3 minutes away from the ice rink.

13 Welfare

Adult supervision consisting of coaches and camp staff will be provided during scheduled activities (see camp schedule).

IPC ISH sees as part of its responsibility to ensure safe and comfortable environment for all the participants. Throughout the camp participants can turn to an on-site dedicated welfare officer to ask for help and report concerns related to welfare.

Camp Welfare Officer: Kent Nyholt (Tel: +47 99213562)

14 Camp rules

14.1 On-ice rules

The on-ice rules are the responsibility of the coaches. The players are expected to respect the coaches and obey the instructions on the ice.

14.2 Off-ice rules

- Punctuality
- Respect all persons and property
- No alcohol or drugs
- No smoking
- No vandalism (any damage to the hotel room will be billed to the person staying in that room)
- No candles or lighters in hotel

15 Various

15.1 Currency

Germany uses the Euro for currency. Players will not need money for food or lodging but we recommend bringing some amount of pocket money for private spending.

15.2 Plugs

In Germany the standard voltage is 230 V and the frequency is 50Hz. The power sockets look like this:



15.3 Weather

The average day temperature for this time period is around 13°C. Rain is also very common at this time of the year therefore please make sure players bring some warm and waterproof clothing.

15.4 Items to bring

In addition to personal items (i.e. personal hygiene items, clothes, medication etc.) below see the list that the players need to bring:

- All required sledge hockey equipment including sticks (throat guard is compulsory!)

- Towel(s) for the changing room
- Clothes for off-ice training (shoes, shorts, t-shirt)
- Water bottle for training

* Jerseys for training will be provided

** Laundry service for the player's on-ice training clothing might be available at the end of each camp day (tbc). Therefore please make sure all items are labelled!

Also all baggage should be tagged, including your hockey equipment bag.

Please make sure player's hockey equipment is fully functional. Repair services or sledge sharpening will be limited or not available at all.

16 Participants

The camp is an international camp therefore participants will come from all over the world. It will be an international environment with participants, coaches and staff coming from different cultures of the world. The language of the camp will be English, the official language of the IPC.

The confirmed countries are: AUT, CAN, CZE, GER, ITA, KOR, SVK, USA

17 Visa

In case the participant needs a letter to support visa application please contact ipcicesledgehockey@paralympic.org