

SAVE THE DATE

In preparation of the 4th CISM World Winter Games 2021, the German World Winter Games Organization Committee (WINOC) organizes and offers the 2nd International CISM Para-Cross Country Skiing Training Camp hosted by the German armed forces, the "Bundeswehr".

Our goal is to give beginners and experienced athletes the opportunity to prepare for the 4th CISM World Winter Games in the best possible way in different performance classes under the professional guidance of the national coach for Para Ski Nordic. This, we have the honor of inviting a mission representing the armed forces of your country to participate in this event conducted in Germany, in the beautiful Black Forest region, from

19TH to 24TH JANUARY 2020

With this in mind: Meet to proceed. We are looking forward to welcoming you to our training camp.

Lt Col Dr. Harald Dobmeier

Head of WINOC

Maj Christian Lützkendorf

Chief of the German Delegation to CISM



© Bundeswehr/Andreas Döhring, © Ralf Kuckuck; Layout and Print: DL 14, Zentraldruckerei BAIJUDbw

»»» Further information will be provided with the invitation file not later than September 2019.

Solidarity Support

For participants from country categories A and B, there is the possibility of solidarity support regarding travel costs. Please get in touch with the following contact as soon as possible: cism@milспорт.one

Questions?

If you have any questions about the training camp, do not hesitate to contact the organization team at any time: ParaSkiCampNordic@bundeswehr.org

IN THE FOLLOWING YOU WILL FIND AN ARTICLE OF THE LAST TRAINING CAMP:

International CISM Para-Ski Training Camp

Preparation for the 4th CISM World Winter Games 2021: Integration of disabled soldiers.

To give athletes the opportunity to prepare for the CISM World Winter Games in the best possible way, the first international training camp was held from 8th to 12th April 2019 under the professional guidance of the national coach of the DEU Para-Cross Country Skiing Team.



Foto: Fabrice Erdinger

Fun and learning success, well prepared for the WWG 2021

International Participants

All in all, 11 participants from five nations (Estonia, Kazakhstan, Sweden, France and Germany) in different performance classes and disability categories took part in this training camp, who did their training units either in the "sitting class" on a special carriage or in the "standing class" on regular cross-country skis.

Experienced Top-Class-Coaches

Experienced Bundeswehr ski instructors pro-

vided support to federal coach Rombach and his colleague during two practical training sessions a day. Aside from traditional training units in the snow, the training program also included ski roller techniques on asphalt. The highlight of the training camp was a visit to the Olympic training center in Freiburg. There the athletes had the unique opportunity to perform a running technique analysis on a treadmill specifically designed for ski rollers.

Support by Olympic Champion

Professional support to the athletes was given by the Olympic Champion in the Nordic combined, Chief Master Sergeant Fabian Riesle. He accompanied the training camp for a day, assisted during practical training units and gave insights into his life as military athlete. Fabian Riesle was impressed, in particular, by the athletes' motivation. In a brief interview, the top athlete related about highs and lows, and how you learn

to stand up again and go on after a low. Riesle said that nobody could and would like to imagine the extreme situations the athletes participating in the para-cross country skiing training camp have experienced. He was deeply impressed by the way they manage to motivate themselves again and do sports at such a high level.

by Lieutenant Monika Rausch

 **BUNDESWEHR**

SAVE THE DATE!



Bundeswehr
2ND CISM
INTERNATIONAL TRAINING CAMP
PARA-CROSS COUNTRY SKIING
January 2020

Black Forrest



BUNDESWEHR

© Casper Thiel, Bundeswehr



CISM

UNITED BY FRIENDSHIP



BUNDESWEHR

