



INTRODUCTION

Since summer 2021, **Swiss Ice Skating** has been offering an online training program called **STRONG BODY AND MIND** as part of its preventive supports. This initiative addresses essential topics such as physical and mental health, anti-doping, sports psychology, and nutrition. Developed in collaboration with experts from BASPO, Swiss Olympic, and Swiss Sport Integrity, the program is aimed at members of the national teams and the performance sports department in **Figure Skating** and **Ice Dance**.

In addition to ethics workshops led by **Swiss Olympic** and **Swiss Sport Integrity** during national team events (e.g., 3T or Test Skate Dübendorf), **STRONG BODY AND MIND** places special focus on mental preparation, injury prevention through physical conditioning, essential need for regeneration time, and healthy nutrition — both in training and competition.

High performance sport, yes—but not at any cost!

STRONG BODY AND MIND offers key insights at the intersection of sports physiology, psychology, and nutrition. It provides athletes with essential reminders, reading materials, support contacts, and practical exercises tailored to their needs. Our experts are available to assist athletes, families, and coaches wishing to explore these areas further. That's why this season; the sessions will also be open to **athletes' families and coaches** (registration required in any case).

Topics also include more complex issues like the **impact of social media on self-esteem, eating disorders, and discrimination in sport**. The goal is to raise awareness and educate young athletes, while also equipping parents and coaches with tools to identify and address potentially harmful situations.

Clean winners!

A pre-module - **compulsory** for all athletes on the 2025-26 national team - must be completed **before June 1, 2025**: This is the new '**Clean Winner**' (by Swiss Sport Integrity), an updated version of the e-learning course that must be completed and validated online in order to obtain the mandatory certificate required for the issuance of any Swiss Olympic (Talent) Card for the upcoming season. The certificate no longer needs to be sent to me; a system is now in place by Swiss Sport Integrity to directly verify that all athletes of the **2025–26 Swiss National Figure Skating Team** are up to date with their anti-doping training.

STRONG BODY AND MIND is an essential element of athlete development. Alongside proper medical support, prevention plays a central role in high-performance sports training.

For more information, please visit the **prevention section** of the **Swiss Ice Skating website**:

- [French](#)
- [German](#)

Stay connected - Be strong! And remember: **Prevention** is always better than cure!

Richard Leroy
Head of Sport Performance in Figure Skating / Ice Dance

Swiss Ice Skating – Ittigen, April 25, 2025



INFORMATION

All members of the **2025–26 Swiss National Figure Skating Team** are invited to take part in the **STRONG BODY AND MIND** remote training program. The entire program is funded and organized by **Swiss Ice Skating**, now entering its fourth season. It is coordinated by Richard Leroy and Sabrina Martin.

The program includes **12 online sessions**, exclusively for national team athletes, their parents, and head coaches. Sessions will be held in German or French (or in English if necessary).

→ See the next page for the provisional schedule (subject to change), provided well in advance to help everyone plan accordingly. **Registration is mandatory.**

In addition, the **Clean Winner** e-learning module (by Swiss Sport Integrity) on anti-doping is also **mandatory** and must be completed **before June 1, 2025**, as an introduction to **STRONG BODY AND MIND – 2025-26 season**.

Participation Requirements

Except for the three athletes on the **2026 Olympic Team**, all members of the **2025–26 Swiss National Figure Skating Team** **must** register at least for **two** of the following 4-session modules (Team Elite athletes: minimum **one** module):

- **PHYSICAL PREPARATION MODULE** – 4 sessions – June 2025
- **SPORT PSYCHOLOGY MODULE** – 4 sessions – August 2025
- **SPORT NUTRITION MODULE** – 4 sessions – September–October 2025

New members of the national team are required to complete **all three modules** if possible. **Parents** and **coaches** may also register for all or different modules than those chosen by the athletes, depending on their needs and availability.

👉 **Registration deadline: June 1, 2025:**
🔗 <https://forms.gle/au6bMKgNtF8ejVwJ8>

Practical Guidelines for Remote Sessions

- Standard rules of conduct apply.
- Access links will be sent in due time (one week before the session)
- Log in **early** to ensure a punctual start.
- Turn on your **camera** for interactive sessions.
- Keep your **microphone off** unless you're speaking.
- Display your **real name** (no nicknames or usernames).
- Use the **“raise hand”** function for questions.

Only registered participants may attend. Please ensure:

- A **stable internet connection**
- A **quiet environment** (not while travelling, not on a smartphone)
- In case of questions, issues, or absence, please contact:
Richard Leroy (richard.leroy@swissiceskating.ch)



PRE-MODULE

CLEAN WINNER - ANTI-DOPING (BEFORE JUNE 1, 2025)

What is **Clean Winner**?

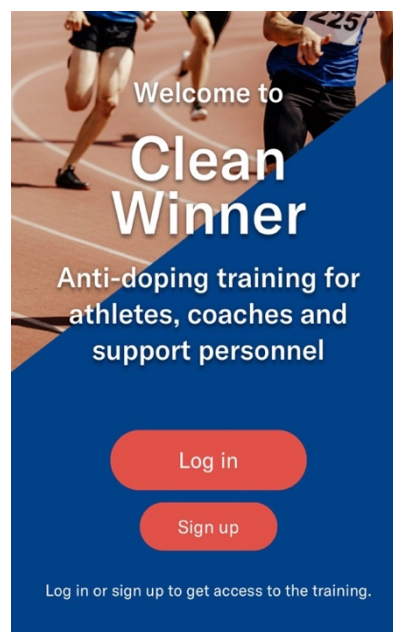
Clean Winner is **Swiss Sport Integrity's** online anti-doping training for athletes, coaches and support personnel at all levels. The training provides you with necessary information on topics such as the anti-doping rules, the Prohibited List, the doping control, dietary supplements and consequences.

Clean Winner is a mobile training but can also be completed on your computer. You do not need to complete the training in one go as the application remembers where you stopped. In this version, the modules have also been adapted to different roles.

All athletes holding a **Swiss Olympic Card** – or a National Swiss Olympic Talent Card (and even if they've participated in the old version in previous seasons) **must complete this online module** (in French, German, Italian or English) **before June 1, 2025**:



Clean Winner: <https://ch.cleanwinner.org>



MODULES & EXPERTS



PHYSICAL PREPARATION (JUNE 2025)

Led by:

- **Laurent Alvarez**, Figure skating coach, Physical Preparation Specialist at the Swiss Strength and Conditioning Association, former Head of sport performance at Swiss Ice Skating – *in German/English*
- **Dr. Amar Arhab**, Physical Preparation Specialist at the Swiss Strength and Conditioning Association and university lecturer – *in French/English*

Thursday, 05.06.2025	1 - Introduction and basics of injury prevention
17:30-18:30: Laurent Alvarez / Amar Arhab / (D/F/E)	
Thursday, 12.06.2025	2 - Focus on warming up (before exercise)
17:30-18:30: Laurent Alvarez / Amar Arhab / (D/F/E)	
Thursday, 19.06.2025	3 - Focus on active recovery (after exercise)
17:30-18:30: Laurent Alvarez / Amar Arhab / (D/F/E)	
Thursday, 26.06.2025	4 - Performance factors and summer physical preparation
17:30-18:30: Laurent Alvarez / Amar Arhab / (D/F/E)	



SPORT PSYCHOLOGY (AUGUST 2025)

Led by:

- **Nadja Ackeret**, psychologist and researcher at the Federal Office of Sport (focus: mental health promotion in sport) – *in German*
- **Laurie Schwab**, psychologist and researcher at the Federal Office of Sport (focus: safeguarding in sport) – *in French*

Monday, 04.08.2025	1 - Introduction - Breathing Regulation - Activation & Relaxation
17:30-18:30 (D): Nadja Ackeret	
19:00-20:00 (F): Laurie Schwab	
Tuesday, 12.08.2025	2 - Visualisation
17:30-18:30 (D): Nadja Ackeret	
19:00-20:00 (F): Laurie Schwab	
Thursday, 21.08.2025	3 - Self-Talk
17:30-18:30 (D): Nadja Ackeret	
19:00-20:00 (F): Laurie Schwab	
Tuesday, 26.08.2025	4 – Prevention Topics - Discussion
17:30-18:30 (D): Nadja Ackeret	
19:00-20:00 (F): Laurie Schwab	



SPORT NUTRITION (SEPTEMBER-OCTOBER 2025)

Led by:

- **Dr. Samuel Mettler**, nutritionist at the Federal Office of Sport and university lecturer – *in German*
- **Simone Reber**, independent nutritionist in Fribourg and Lausanne, and Vice-president of the Swiss Sports Nutrition Society (SSNS) – *in French*

Monday, 08.09.2025	1 - Sport nutrition (before and after exercise)
17:30-18:30 (D): Samuel Mettler	
19:00-20:00 (F): Simone Reber	
Monday, 15.09.2025	2 - Meal planning & Energy balance
17:30-18:30 (D): Samuel Mettler	
19:00-20:00 (F): Simone Reber	
Thursday, 16.10.2025	3 - Sports nutrition (during exercise) & Competition Day
17:30-18:30 (D): Samuel Mettler	
19:00-20:00 (F): Simone Reber	
Friday, 31.10.2025	4 - Self-analysis / Group work / Prevention topics / Discussion
17:30-18:30 (D): Samuel Mettler	
19:00-20:00 (F): Simone Reber	