

# SWISS ICE SKATING

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ONLINE MEETINGS

**STRONG BODY & MIND**

Nutrition & Psychology skills  
for performance sports talents

04.10.2023 - 30.01.2024



# SWISS ICE SKATING



## STRONG BODY AND MIND 2023-24 SEASON

### INTRODUCTION

Since summer 2021 and as part of its preventive actions, **Swiss Ice Skating** has set up an online training course about physical and mental health, doping, sport psychology and sport nutrition entitled **STRONG BODY AND MIND** with contributions from specialists from the **BASPO**, **Swiss Olympic** as well as **Swiss Sport Integrity** and aimed at national team members and performance sport department in Figure Skating and Ice Dance.



In addition to preventive actions, such as **Swiss Sport Integrity's** "CleanWinner" training course or workshops organized with **Swiss Olympic** on ethics-related topics during national team meetings (as, for example, during 3T), **Strong Body and Mind** reminds us of the needs for *mental preparation* and *healthy eating* in *training* and *competition*:

### **Performance sport, yes of course, but not at any price!**

**SBM's** moderators provide the basics in a program combining *sport psychology* and *performance nutrition*, reminding us of what's important, offering additional literature, useful contacts in case of need, and practical exercises tailored to individual issues. "Our" specialists are always available to help athletes, families and coaches to go further into the process if necessary.

The sessions also address more complex issues such as eating disorders, the impact of social networking on self-esteem, and discrimination in sport. The aim is to educate young athletes and alert them to avoidable dangers... It's a chance for parents and coaches to expand their knowledge and identify risky situations.

**Strong Body and Mind** should be integrated into the training program, like any other subject linked to the proper development of high-performance athletes. **Prevention** is just as much a part of training as jumping, spinning, physical training, etc. More information on the [prevention pages](#) of the Swiss Ice Skating website. In addition, with [Tools](#), athletes, coaches, parents, and other interested parties can find offers, tips and support services from **Swiss Olympic**. The offers can be filtered according to various criteria and can be grouped in watch lists and easily shared.

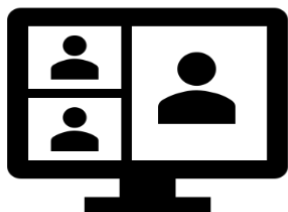


**Be strong! And don't forget:  
Prevention is always better than cure!**

**Richard Leroy,**  
Head of performance sport  
Figure Skating & Ice Dance



### INFORMATION



All **Swiss Ice Skating** talents in Figure skating and Ice Dance, who are members of **the 2023-24 National Team**, have the possibility of being integrated into a remotely follow-up program of **Nutrition & Psychology skills for young performance sports talents** from 04.10.2023 to 30.1.2024.

Organization and costs for this entire program are covered by **Swiss Ice Skating**. The project is organized for the 3rd consecutive season by **Richard Leroy**, head of sport performance.

Online meetings, which are only open to athletes in National Team, their parents, and respective head coaches will be conducted in German or in French. This year, a specific session/discussion will also be organized for coaches who are unable to attend the full program.

→ On next page, please find a provisional schedule, which is given well in advance and allows everyone to organize himself/herself to attend his/her respective 9 pre-defined sessions.

Experts will lead meetings and follow-up on:



**Dr. Samuel Mettler** is nutritionist and has been working at the **Federal Office of Sport** for 12 years as well as sports nutrition expert in other universities. He will conduct his sports nutrition sessions in German.



**Simone Reber** is a sport nutritionist working at **Vidysport**, a **Swiss Olympic Medical Center**. She works with several Sports federations and is the vice-president of the **Swiss Sports Nutrition Society (SSNS)**. She will conduct her sports nutrition sessions in French.



**Laurie Schwab** is a psychologist and researcher working at the **Federal Office of Sport**. Her work focuses on promoting safeguarding in sports context. She will conduct her sport psychology sessions in French.



**Nadja Ackeret** is a psychologist and researcher working at the **Federal Office of Sport**. Her work focuses on the prevention and promotion of Mental Health in sports context. She will conduct her sport psychology sessions in German.



Usual rules of good conduct apply during meeting. Connection links (by ZOOM for sports nutrition sessions, and WEBEX for sports psychology sessions) will be communicated to participants in due time. Log in early enough so that meeting can start on time. Turn on your camera: this is useful for interactivity during session. Turn off your microphone when the referent speaks. Please make sure that your correct name is identifiable (no username). During exchanges or questions, you are obviously invited to activate your microphone. If you have any questions during meeting: use the discussion function “**raise your hand**”.



**Access will only be allowed to people mentioned above and according to the pre-established schedule! Participants should ensure high quality internet connection and to following sessions only in a quite location (no background noise, not in a train or during traveling, not on a smartphone!).**



In case of problem, question or absence, contact:

**Richard Leroy** ([richard.leroy@swissiceskating.ch](mailto:richard.leroy@swissiceskating.ch)) / +41 79 598 50 78

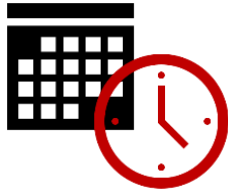
# SWISS ICE SKATING



**STRONG BODY AND MIND  
2023-24 SEASON**

## PROVISIONAL SCHEDULE

(subject to change)



### **Wednesday 04.10.2023**

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Welcome, introduction Sports Psychology 1 –  
Breathing regulation - Activation and relaxation

17h30-18h30 D: Nadja Ackeret  
17h30-18h30 F: Laurie Schwab

### **Monday 16.10.2023**

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Sports Psychology 2 – Visualisation

17h30-18h30 D: Nadja Ackeret  
17h30-18h30 F: Laurie Schwab

### **Tuesday 31.10.2023**

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Sports Psychology 3 – Self-talk

17h30-18h30 D: Nadja Ackeret  
17h30-18h30 F: Laurie Schwab

### **Monday 27.11.2023**

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Nutrition 1 (Basics part 1)

17h30-18h30 D: Samuel Mettler  
19h00-20h00 F: Simone Reber

### **Tuesday 12.12.2023**

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Nutrition 2 (Basics part 2)

17h30-18h30 D: Samuel Mettler  
19h00-20h00 F: Simone Reber

### **Tuesday 9.1.2024**

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Nutrition 3 / Competitions

17h30-18h30 D: Samuel Mettler  
19h00-20h00 F: Simone Reber

### **Monday 22.1.2024**

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All together - Eating Disorders, Self-Esteem, body image, ...

17h30-18h30 D: Nadja Ackeret & Samuel Mettler/Simone Reber  
19h00-20h00 F: Laurie Schwab & Simone Reber

### **Tuesday 30.1.2024**

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Nutrition 4 / Exercises (protocoles)

17h30-18h30 D: Samuel Mettler  
19h00-20h00 F: Simone Reber

# SWISS ICE SKATING

+ PRÉVENTION +



**COOL & CLEAN**



# SWISS ICE SKATING

+ PRÉVENTION + *swiss sport integrity*

**CLEANWINNER**

E-LEARNING	
<input checked="" type="checkbox"/> DOPING CONTROL	THE PROHIBITED LIST
§ ANTI-DOPING RULE VIOLATIONS	CONSEQUENCES
NUTRITIONAL SUPPLEMENTS	TUE
WHEREABOUTS	DIPLOMA

**CLEANWINNER**



GEORGII PAVLOV

HAT DAS BASIS-ANTIDOPING-TRAINING ABSOLVIERT

ABGESCHLOSSENE MODULE

- Dopingkontrolle
- Die Dopingliste
- Verstöße
- Konsequenzen
- Supplemente
- ATZ
- Whereabouts



15/05/2022

