

Elite Speed Skating Academy

PROFESSIONAL INLINE SPEED SKATING

Veselí nad Moravou 10,11 & 12 October 2025

“Pushing Limits. Breaking Records. Skating Elite.”

WORKSHOP INVITATION

*“Welcome to the **Elite Speed Skating Academy 2025**, a high-performance training camp designed to take your skills to the next level. Over three intensive days, you’ll train, learn, and compete alongside professional coaches and motivated athletes in a 100% professional environment. Get ready to challenge your limits.”*

Date: October 10-12, 2025

Location: Inline Speed Skating Track, Veseli nad Moravou, Czech Republic

Organizer: RK Inlinecenter

Coach: Manuel Moreno

Designed for skaters, coaches, and clubs seeking to perfect their technique, speed, and competitive strategy with a 100% professional approach.

Participants:

Open to advanced, ambitious skaters aged 11/12 and above.

Helmet is mandatory. Protective gear recommended.

Liability waiver applies.

Featured Coach – Dr. Manuel Moreno

PhD in Sports Science & Physical Activity | International Inline Speed Skating Coach

- Over **15 years** of professional coaching experience.
- Coach of multiple **national & international champions**.
- Expert in **high performance, skating technique, and competitive race strategies**.
- Founder of advanced training methodologies for elite inline athletes.
- Social Media: **Instagram / Facebook** → Dr. Manuel Moreno

Workshop Objectives

- **Individualized Coaching & Advanced Technique** → One-on-one corrections to master elite-level skating mechanics.
- **Professional Strength & Conditioning** → On-skate and off-skate explosive training to develop sport-specific power.
- **Competitive Strategy & Tactics** → Learn how to plan races, optimize tactics, and execute winning moves.
- **Performance Feedback** → analysis and personalized insights.

Benefits for Participants

- 3 full days of elite-level training.
- Personalized technical feedback.
- Certificate of participation.
- Access to professional facilities.
- Exclusive networking with top coaches and clubs.

Equipment & Requirements

- *Inline speed skates (good condition).*
- **Mandatory helmet.**
- *Recommended: knee pads, elbow pads, gloves, and mouth guards.*
- *Liability waiver must be signed before the first training session (sent in advance).*

Logistics & Accommodation

Venue Address: U Stadionu, 698 01 Veselí nad Moravou, Czech Republic

Registration Process

Cost €50 (training only) – payable in cash on-site

Deadline: October 3, 2025

 **WhatsApp:** Renata Karabova → **+421 903 644 546**

 **Email:** rkickosice@gmail.com

Required info:

- Full name
- Club / Team affiliation
- Age & Gender
- Contact number


All registered participants will receive the **final program, schedule, and event details** via the official **Manuel Moreno Training Camp WhatsApp Group**.

Sponsors & Organizers

- RK Inlinecenter
- Inline Veselí
- Dr. Manuel Moreno

Contact Information

 **Email:** rkickosice@gmail.com

 **Phone:** +421 903 644 546

 **Social Media:** @DrManuelMoreno

Program

Elite Speed Skating Academy Professional in line speed skating Veselí Moravou 10.11 & 12 October 2025

Day	Start Time	End Time	Session	Objective	Location
Friday	16:00	16:30	Welcome & Introduction	Overview of objectives & camp structure	Track
Friday	16:30	17:30	Individualized Coaching Technique Basics	Personalized skating corrections	Track
Friday	17:30	18:30	sprint Test dobing sprint	Select Groups dobind sprint	Track
Friday	18:30	19:00	Advanced Technique Drills	Professional movement efficiency & speed control	Track
Friday	19:00	19:30	Stretching & Recovery	Post-training flexibility & mobility work	Track
Saturday	9:00	9:30	Morning Warm-up	Dynamic stretching & activation	Track
Saturday	9:30	10:30	Professional Strength & Conditioning	Level II off-skates power training with bands	Track
Saturday	10:30	12:00	On-Skates Power Training	Sport-specific strength on skates	Track
Saturday	12:00	15:00	Lunch & Recovery	Nutrition + rest	Hotel
Saturday	15:00	16:30	Competitive Strategy & Tactics	Developing race strategies & decision-making	Track
Saturday	16:30	17:30	Simulated Race Event long distance	Testing strategies under race conditions	Track
Saturday	17:30	18:30	Simulated Race Event short distance	Testing strategies under race conditions	Track
Saturday	18:30	19:30	Cool Down & Mental Training	Breathing techniques & focus control	Track
Sunday	9:00	9:30	Morning Activation and warm up slide board Drills (coaches)	Joint mobility & energy warm-up	Track
Sunday	9:30	10:00	Technical Skills Masterclass	Advanced drills to improve technique	Track
Sunday	10:00	12:00	Internal Competitions	Group challenges & mini-races	Track
Sunday	12:00	13:00	Closing Ceremony & Feedback	Performance review & key takeaways	Track
			Easy trainig warm up and rest and cool down		
			Tecnical training and strength		
			Competitive training and tactical trainings		