



FINLAND



IAAF Accredited Training Center

ISSF Officially Accredited  
Development Center

ETBF Approved Bowling  
Training Center

ASPC Official Member Center

**STRATEGIC PARTNER WITH**  
Finnish Volleyball Association  
Finnish Athletics Federation  
Finnish Bowling Federation  
Finnish Gymnastics Federation  
Finnish Ice Hockey Association  
Finnish Wrestling Federation  
Cricket Finland

### WELCOME TO KUORTANE!

The Kuortane Olympic Training Center has long operated in developing top international athletes while maintaining world class conditions and know-how. 65 years of experience gives us excellent qualifications to serve international, top-level sports customers.

Welcome to develop further towards your own top level!

**Tapio Korjus**, Olympic Training Center Director



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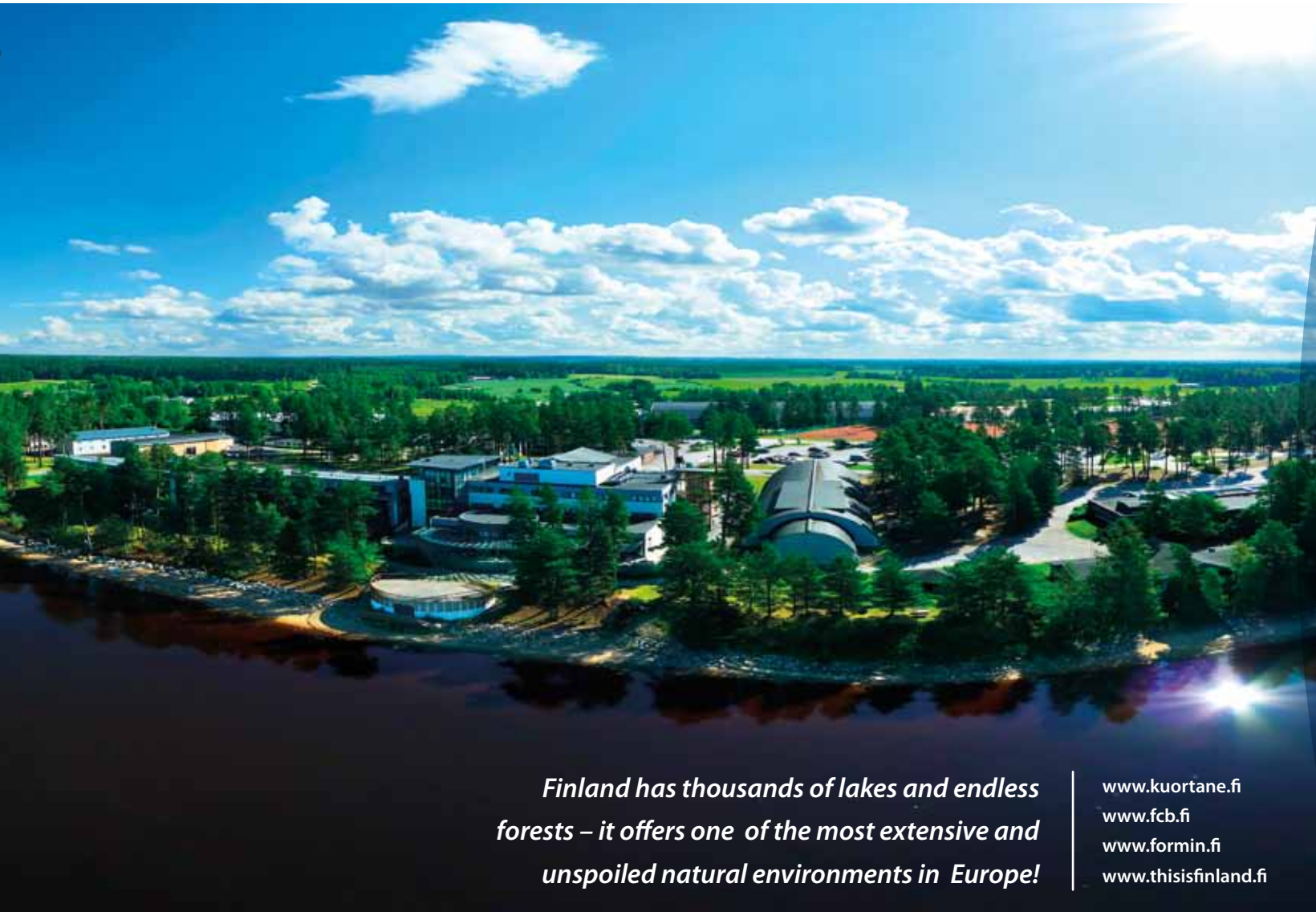
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02:00

# Kuortane – For Your Own Excellence



*Finland has thousands of lakes and endless forests – it offers one of the most extensive and unspoiled natural environments in Europe!*

[www.kuortane.fi](http://www.kuortane.fi)

[www.fcb.fi](http://www.fcb.fi)

[www.formin.fi](http://www.formin.fi)

[www.thisisfinland.fi](http://www.thisisfinland.fi)

**THE KUORTANE OLYMPIC TRAINING CENTER** offers all athletes Olympic-level training conditions and expertise. We continuously develop our activities in co-operation with expert organisations such as the Finnish Research Institute for Olympic Sports. Our campus is located in the beautiful, natural surroundings on the shore of Lake Kuortane. This peaceful environment provides athletes with superb facilities to train, recover and develop.

From the many different levels of accommodation at the OTC you will surely find an option to suit your needs with all rooms located in the immediate vicinity of the training facilities. Our restaurants offer a diverse and healthy range of food appropriate for an athlete's diet. We also cater for the needs of different groups and any special dietary requirements. Finnish food is pure in origin while the safety of our foodstuffs is at a very high level.



**SETTLE IN COMFORTABLY AT KUORTANE** The clean nature of Kuortane with its beautiful environment set on an idyllic lakeside offer a relaxing counterbalance to a training programme in the immediate vicinity of the Kuortane OTC. The proven safest surroundings in Finland in a comfortable countryside environment have long been established amongst athletes as a critical factor. Services from the nearby community are uncomplicated as they are provided by those that have long been used to serving people involved in the international world of sport. The Kuortane OTC staff will gladly help find interesting sights and experiences in the vicinity during free time. The safe and relaxing surroundings provide the grounds to enjoy experiences for instance cycling, playing golf or fishing, searching for lean-tos or geocaches in the wild terrain or, if you have the skills, even scuba diving in the cave complex. During the hunting season opportunities can be arranged to take part in the chase with local hunters.

03:00



# VOLLEYBALL

THE KUORTANE OTC is the official training center of the Finnish Volleyball Association. All Finland's national teams hold their camps in preparation for international matches and tournaments at Kuortane. Both boys and girls national squads also stay in residence, study and train all year round in the top-class conditions of Kuortane.

Its own training hall, the Volleyball Arena, is developed to meet all the needs of world-class volleyball. The Kuortane Arena also has one Taraflex-surface court reserved specifically for volleyball training. There are also spacious conditions for physical training in the Kuortane Arena, which allow for the whole team to train together at the same time.

## VOLLEYBALL ARENA

- A training center exclusively for the needs of world-class volleyball
- 2 courts with Taraflex surfaces
- Crowd capacity of 500
- 2 attack machines and 2 blocking walls
- Training table with adjustable height
- Vertec equipment for electronic jump height measurement
- Weightlifting area
- Massage room and 2 changing rooms
- Meeting room for 12 people
- Ice machine
- Cafeteria

## KUORTANE-ARENA

- 3 courts with Taraflex surfaces, one of which has volleyball markings



I was very impressed with the quality of the installations at the center. Lodging was very comfortable, all apartments were equipped with modern furniture, kitchen, balconies and wifi internet. We enjoyed balanced meals at the cafeteria. The training installations are excellent. A fully equipped weight room right next to two courts with a Taraflex surface. Kuortane offers top training conditions for volleyball. I strongly recommend the Kuortane Olympic Training Center for any short or long preparation period as it is a world class facility. // **Glenn Hoag**, Head Coach, **Team Canada Men's Volleyball**

# Kuortane – For Your Own Excellence



Kuortane is without doubt the best location for a training camp I could ever have wished to work in during my volleyball career. The place is fantastic, the nature awesome, everything is very quiet and allows athletes to focus on training in an ideal way. The excellence of the training performance is guaranteed by the excellence of the facilities: volleyball (...and not only volleyball) courts, weight rooms, medical assistance, hotel, food and the huge kindness of all the Kuortane's staff.

You can add to this a perfect picture stunning sunset over the lake that is giving the final 'plus' to one of the best sport centers I've ever seen all over the world. I have fantastic memories of Kuortane and a great wish to return there.

*Mauro Berruto*, Head Coach  
Volleyball National Team, Italy



Kuortane Olympic Training Center is the home of Finnish volleyball. Even by global standards the facilities are top class, enabling us to develop ourselves as needed while everything we request is provided by the center. Kuortane is one of the key factors behind volleyball being where it is today. // **Tuomas Sammelvuo**, Finnish Volleyball Association



# ATHLETICS

**THE KUORTANE OTC** offers outstanding facilities and world class know-how for athletics. In a number of track and field events our coaching expertise is the best in the world. A vast number of Olympic medallists have visited our facilities on their way to major championships and we are an accredited training center of the International Association of Athletics Federation (IAAF). The Kuortane Games, a high level international track and field competition, are hosted at Kuortane every year.

## KUORTANE ATHLETICS STADIUM

400 metre track with 8 Mondo lanes starting from summer 2015

A separate grass throwing field for long throws

Excellent jogging terrain in the surroundings of the OTC

## KUORTANE INDOOR ARENA

200 metre Novotank oval running track

140 metre running straight, of which 60 metres Mondo

Throwing and jumping area

Weightlifting area and gym complex

Inside the track a central area 55 x 30 metres with a Taraflex surface for ball sports and other incidental training

Fixed timing equipment

Video analysis equipment in the performance locations



**LIST OF PROFESSIONALS AT KUORTANE OTC // Athletics:** Mr. **Arto RINTA-AHO**, Level 4 Coaching degree. Former Head Coach of Hammer Throwing, Finnish Athletics Federation. Personal coach of **Olli-Pekka Karjalainen** (European Champion 2006, PB 83.30), Mr. **Petteri PIIRONEN**, Level 4 Coaching degree. Javelin and physical training coach. Personal coach of **Ihab Abdelrahman El Sayed** (2014 world leading result 89.21) and **Julius Yego** (4th place at WC Moscow 2013) >>

>> Mr. **Kari IHALAINEN**, Level 4 Coaching degree. Head Coach of javelin throwing, Finnish Athletics Federation, Mr. **Hannu KANGAS**, M. Ed. Former Head Coach of Javelin, Finnish Athletics Federation. Coach of **Tero Pitkämäki** (World Champion & Olympic medallist), Mr. **Edvard HÄMÄLÄINEN**, Decathlon coach, three times World Championships silver medallist. // **Bowling:** Mr. **Juha MAJA**, Level 4 Coaching degree. ETBF Instructor, World Bowling Coaching Committee member, Mrs. **Piritta MAJA**, M.Ed. Former Finnish National Team coach, director of bowling training and education center >>

# Kuortane – For Your Own Excellence



The facilities and expertise of Kuortane Olympic Training Center are simply the best in the world for javelin throw. Training in Kuortane OTC helped me to achieve the world leading result – 89,21 m – in year 2014.  
*Ihab Abdelrahman El Sayed*

## SEMINARS AND SPORT EVENTS

Kuortane OTC organises numerous top level international seminars such as the biannual *International Strength Training Seminar* and *World Javelin Conference*.

The annual *Kuortane Games* are one of the absolute highlight events of the athletics season.

>> **Volleyball:** Mr. **Pekka LAHTINEN**, Level 4 Coaching degree, Finnish men's U-18 National Team Head Coach, Director of the Kuortane Volleyball Training Centre, Mr. **Tapio KANGASNIEMI**, Level 4 coaching degree. Head Coach of Women's National Volleyball Team, former Finnish men's National Team player. // **Wrestling:** Mr. **Juha VIRTANEN** M.Sc. Former Head Coach of Finnish Wrestling Federation. Personal coach of **Jani Haapamäki**, European Champion 2009. Mr. **Ahto RASKA**, B. Sc. Women's Head Coach, Finnish Wrestling Federation. Personal coach of Ms. **Petra Olli**, European Championship bronze medallist 2014 >>

07:00



## ICE HOCKEY&ICE SPORT

**THE KUORTANE OTC** offers great facilities for ice hockey, figure skating and synchronised skating all year round. Our indoor ice rink is situated in the immediate vicinity of the main sports hall which enables the seamless combination of ice training and related training such as strength work, running and jumping.

The Kuortane OTC also offers the opportunity for top level ice sports physical coaching, testing and athlete's stress load testing.

### TRAINING HALL

Rink size 28 x 57.5 metres

Safety rink

Fixed video analysis system

Time tracking sensors

6 changing rooms

3 drying rooms

Separate rooms for equipment servicing

Conference room for 30 people

Crowd capacity 350-400



>> **Gymnastics:** Ms. **Tiina VILENIUS**, M.Sc. Artistic gymnastics coach, former Finnish Women's National Team coach and Junior National Team coach. Worked as a professional coach in USA for 8 years. // **Ice Hockey:** Mr. **Jari RISKU**, Level 4 Coaching degree. Head Coach of women's U-18 Ice Hockey national team.>>

>> **Physical training and testing:** Mr. **Tommi PÄRMÄKOSKI**, B.Sc. Ice hockey and general physical training. Former trainer of Formula 1 Champion **Sebastian Vettel**, physical trainer of Finnish Women's National Ice Hockey Team. Mr. **Teemu RAUHALA**, M.Sc. Biomechanics expert, former physical coach of speed skater Mr. **Pekka Koskela** (former 1000 metre world record holder, two times silver medallist in World Championships) Mr. **Hannu HOLAPPA**, B.Sc. Exercise physiologist and endurance coach. Mrs. **Merja HOFFREN-MIKKOLA**, Ph.D. Biomechanics expert. >>

# Kuortane – For Your Own Excellence



The diverse conditions and peaceful environment offered by the Kuortane OTC provide outstanding opportunities for an ice hockey player to train and develop.

**Leo Komarov, Toronto Maple Leafs**



We spent our summer camp at the Kuortane OTC where we trained with Olympic and other top athletes in the same coaching center. During the camp we diligently built our new competition programme while glowing with enthusiasm. We also spent lots of quality time together which helped us bond as a team better than before. We are once again ready for new challenges ahead.

**Anu Oksanen, Head Coach**

**Marigold Ice Unity**

Synchronised skating four-time world champion team



>> **Physiotherapy:** Mr. **Reijo KAAPPOLA**, Former physiotherapist of the Finnish Olympic Team, Mr. **Hannu ALA-LAHTI**, Physiotherapist of the Finnish Athletics National Team.



## FOOTBALL

For wrestling, tenpin-bowling, gymnastics, football and many other sports the Kuortane OTC functions as a high level training center. You will find we have great conditions and coaching know-how for amongst others wrestling, tenpin-bowling and gymnastics. Numerous championship medal winners in these sports have trained at the OTC. The Kuortane Stadium and other grass pitches in the vicinity also offer good conditions for football. The coexistence of numerous different sports in the same location creates a unique opportunity for diverse training and cross-communication between different athletes, coaches and support staff.

### BOWLING CENTER

6 lanes, championships conditions

CATS system in use

Privacy of your own bowling center for training use

### KUORTANE STADIUM

Football pitch

### INDOOR SPORTS HALL

An area for gymnastic apparatus

A wrestling area of 2 mats, each 12 x 24 metres



## WRESTLING



## BOWLING



## GYMNASTICS



Kuortane is always full of fun and joy as everybody is friendly and nice there and are looking forward to help you. And a wide variety of equipment helps you to improve very quickly. // **Daria Kovalova**, Ukraine 2014 // European Women's Championships, singles gold medal and World Youth Championships, masters bronze medal

# Kuortane – For Your Own Excellence



## KUORTANE ARENA

Weightlifting and gym complex plus core room

Central area 55 x 30 metres with a Taraflex surface for ball sports and other incidental training

3 tennis courts, 3 basketball courts, 13 badminton courts, archery area etc.

## BALL SPORTS HALL

Wooden floor

6 baskets

## INDOOR SWIMMING POOL

4-lane 25-metre pool, saunas

## TRAINING SUPPORT FACILITIES

Recovery center

Equipped for water massage

Contrast therapy

Steam bath

Gym for rehabilitation

## CROSS COUNTRY SKIING TRACKS

## ORIENTEERING TRAILS

## 12 TENNIS COURTS

## KUORTANE GOLF

9-hole course located 5 km from the OTC



**PHYSIOTHERAPY CENTER** Testing facilities • Stamina measurement, laboratory and field conditions • Power-speed measurement, laboratory and field conditions • Firstbeat body overall stress measurement • Biomechanical analysis • Nutrition consultancy • Psychology services • Myontech musculature EMG activity measurement >>



11:00



**FINLAND** is situated in the heart of Northern Europe. The population is circa 5,4 million. Finland is a parliamentary democracy with a multi-party political system and with a president as the head of state. Finland has a high standard of education, social security and healthcare. Since 1995 Finland has been a member of the European Union (EU) and the currency is Euro.

Finland is also known as an ideal place to organise memorable sporting events, such as World Championships in Athletics, Ice Hockey and Nordic Skiing, European Championships in Athletics, Wrestling, Long Distance Triathlon – just to mention some. The Olympic Flame has lit up the country three times: at the Olympic Games (1952) and the European Youth Olympic Festivals (2001, 2009).



It is easy to get to Kuortane. We build a flexible logistic solution on a case by case basis in accordance with the needs of any group. Helsinki Airport – Kuortane OTC 4 hours • Vaasa Airport – Kuortane OTC 1 hour 15 minutes • Tampere Airport – Kuortane OTC 2 hours 15 minutes • Frankfurt Airport – Kuortane OTC 6 hours • Peking – Kuortane OTC 12 hours

[www.kuortane.com](http://www.kuortane.com)