



VUOKATTI

OLYMPIC

TRAINING CENTER

Vuokattisport 

Home of the Champions



Jyri Pelkonen, Director of the Vuokatti Sport training center.

The place to be for professionals

■ Welcome to Vuokatti, one of the world's finest training facilities for professional athletes involved in Nordic skiing. When it comes to Cross-Country Skiing, Ski Jumping, Nordic Combined, Biathlon and Snowboarding Vuokatti has been Finland's centre for elite coaching over decades. Our outstanding infrastructure, the highly-professional and devoted staff plus all the gifts nature has provided us with makes Vuokatti the place to be for professionals.

But did you know that almost 50 percent of our customers come from abroad and that we are proud to be serving people from over 30 nations? They all know the advantages Vuokatti's providing them with – be it summer or winter. So you are cordially invited to take a look as well; first in our magazine – and, hopefully, shortly at our premises. Tervetuloa Vuokattiin – welcome to Vuokatti!

Here we are





Vuokatti in a nutshell

Being one of six high performance training centers in Finland, Vuokatti is the only one specializing on Nordic ski sports. It is the perfect training facility all year 'round. Perfect weather conditions in the summer allow athletes to improve their physical skills for the winter season. From the beginning of October we are able to provide athletes with man-made snow, being one of the first places in the world offering snow-covered outdoor cross-country ski tracks, and a biathlon shooting range. Cross-country and Biathlon athletes have a year-round training opportunity thanks to a state of the art ski tunnel on natural terrain. All our facilities are within walking range, giving athletes and coaches the best possible training and recreation conditions. Aside from the training locations for all Nordic ski sports, Vuokatti is offering an impressive range of additional sports' facilities to increase the crosstraining and recreation options for our visiting athletes.

Not only is Vuokatti constantly focussing on improving its training venues, but also we are improving scientific and technical aids to make training more efficient and systematic. Thanks to excellent co-operation with University of Jyväskylä which has its sport technology unit located in Vuokatti.

Future investments include new international standard slopestyle competition and training course, the renovation of *Vuokattihalli* sports hall and a new HS 110 m ski jumping hill.

When it comes to human resources, Vuokatti is number one on its field as well. All our coaches have years of experience, many of them in foreign ski federations. Their work is supplemented by a vast crew of physiotherapists, doctors and scientists to make Vuokatti the training facility of the world's best athletes!

XC-Ski training at its best

If you are looking for a complete training facility for all the possible needs of Nordic ski sports, Vuokatti is the place to be. No matter what time of the year, athletes always find perfect training conditions – be it outdoors or indoors.



Ski tunnel:

- Temperature -5 – -9 C
- Length 1.2 km (one round 2,4 km)
- Width 8m
- HD (height difference) 18m
- TC (total climb) 51m/2,4km
- Force Measurement System

First Snow ski track:

- opens every year from 10th October

Ski tracks:

- 150 km prepared tracks during winter; 30 km of these illuminated

Pole running up to Vuokatti Hill

- Annual test run by the Finnish National Team
- Length 5,2 km
- HD (height difference) 166m
- TC (total climb) 243m

Pole hiking

- hiking routes, difficulty ranges from easy to very demanding
- the 12-km hiking route over 13 hills recommended

Rollerskiing track

- Length 4 km
- HD (height difference) 26 m
- MC (maximal climb) 21 m
- TC (total climb) 106 m/4 km

Roller skiing up to Vuokatti Hill

- for harder roller ski workouts
- Length 1,6 km / 2,5 km
- HD (height difference) 130 m
- steepness 7 %
- new surface 2014

All the service facilities are so close to each other that moving from one place to another is just a matter of minutes. That's why in Vuokatti you make most out of your time. Skiing on snow is possible every time of the year thanks to the various facilities Vuokatti is providing you with. And due to its diverse landscape, Vuokatti is providing athletes with training possibilities for all physiological challenges and a perfect metabolism.

Best practice in the Ski Tunnel

Training on snow whenever needed – the world's first indoor ski track was built here in Vuokatti. Our indoor ski track consists of 2,4 kilometers of perfectly groomed tracks. The Ski Tunnel is built on natural terrain, so its curving trails and hills are similar to natural outdoor ski trails in every aspect. As the tunnel's temperature is always on a constant level, the indoor ski track is also ideal for training on cold winter days. The tunnel also has a Force Measuring System for classical skiing. Just let us know whenever you wish to use it.

Summer Training Camps

For your summer training Vuokatti provides you with all the options necessary: skiing on snow in the Ski Tunnel, roller skiing, nordic walking and running on hiking routes and jogging trails.

Roller Skiing

No off-season training without roller skiing, of course. Our roller ski track is located next to the Ski Tunnel and is connected to the pedestrian and bicycle tracks in Vuokatti, offering the opportunity to do longer training circuits.

For harder training sessions, there is the option of roller skiing up to Vuokatinvaara Hill (height difference 130 meters, steepness 7%, total length 1,6 kilometers / 2,5 kilometers).



Snow canons are constantly used to keep Vuokatti's tracks and slopes in perfect shape.



Kilometers of skiing tracks in a diverse terrain provide athletes with the best possible training conditions.



Tens of thousands of cubic meters of snow are produced and stored each year to allow for continuously professional conditions.

For endurance training, another option is to combine roller skiing and hiking. Depending on the route you choose, you first do roller skiing for e.g. 15 to 25 kilometers and then hike back to the Sports Institute some 11 kilometers, passing all the 13 hills in Vuokatti area.

Nordic walking and running

The diverse landscape of Vuokatti also offers perfect conditions for pole walking or running exercises and tests. Tour de Vuokatti, 5,4 km long xc -running test ending at the top of Vuokatinvaara -hill is the most used test during dry-land training period.

Snow season

The earlier the athletes are able to train on real snow, the better. That's why the snow season in Vuokatti starts as early as 10th of October. The first week the ski track is a loop at the biathlon stadium, with direct connection to the indoor ski track in the tunnel. Tens of thousands of cubic meters of snow are stored every year for the First Snow Ski Track. Our huge snow deposit is also to ensure that we are able, not only all the time to expand but also to maintain the outdoor ski track in the unlikely event of heavy rains or warm weather periods without losing any snow quality.

By the way: While the First-Snow Ski Track is opened the hiking routes and ski centre's downhill skiing runs are still free from snow, thus giving excellent opportunities to do harder cross-training there – for example in the morning two hours skiing on the snow and in the afternoon 1,5 hours Nordic Walking.

Vuokatti: A bouquet of options

Vuokatti is offering a whole bouquet of skiing and ski training opportunities – it's on you to choose which to pick. So feel free to let us know about your needs. And remember, in Vuokatti you make most out of your time.

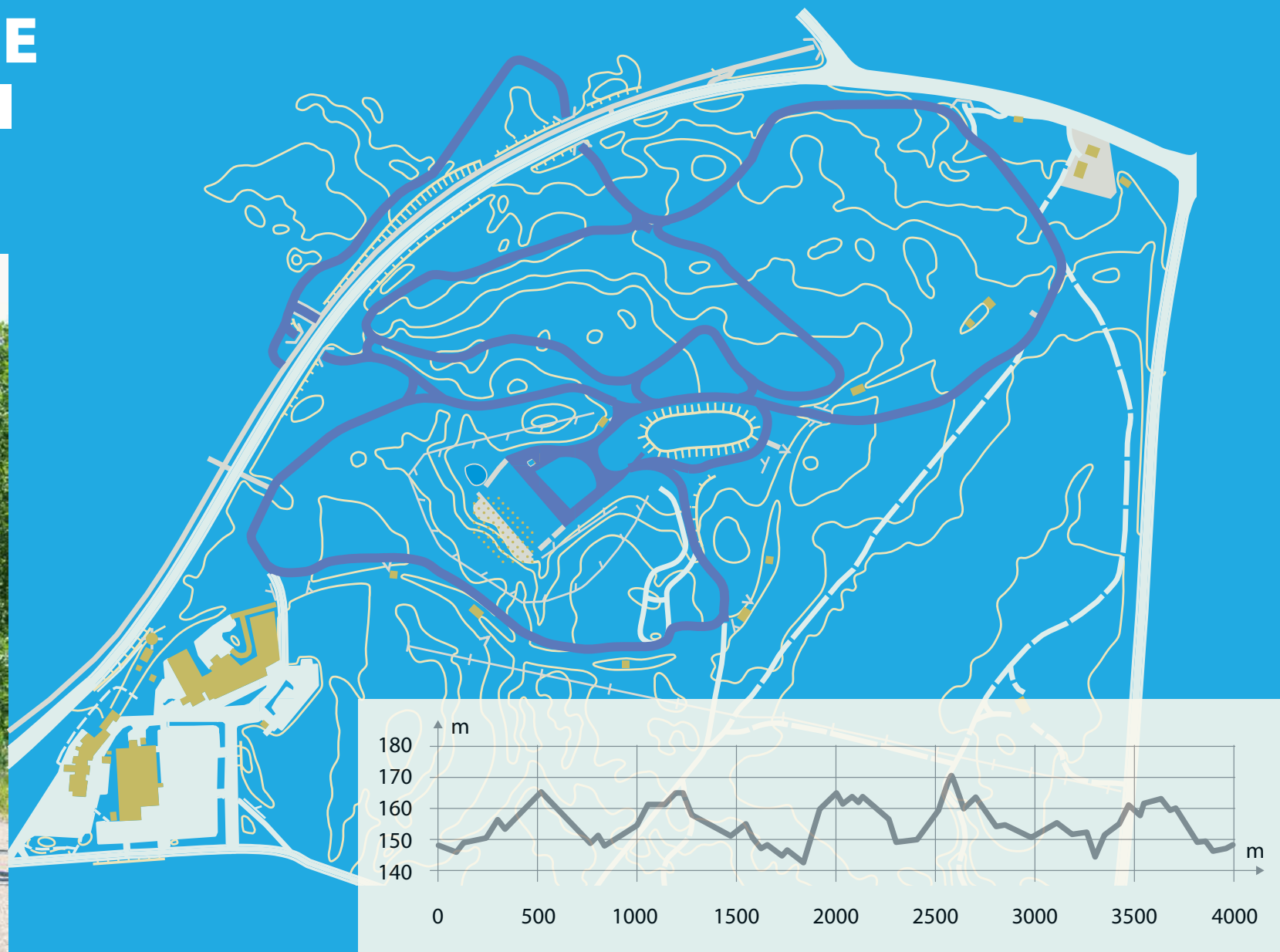
Summer Competitions

Each summer, there's an International roller ski competition, the Vuokatti Aateli Race. It's held during the summer training camp of Finland's cross-country national team. As the Finnish junior national team and the best athletes of the national ski clubs also include this event to their summer training programs, the race results give all the athletes good opportunities to evaluate their summer training so far. The race includes a 1.6 kilometers roller ski prologue up to Vuokatinvaara, a cross-country running (men 4.5 km, ladies 3 km) followed by the final stage which is another roller ski up to Vuokatinvaara, only this time as a normal pursuit race (10/15 km).

The profile of the roller ski track is more demanding and thus ideal for every type of training. As it is identical to the course of the slopes, there's a perfect connection to the shooting range.



MAP OF THE ROLLER SKI TRACKS:



Big shot!

After all the investments done for able body and disable body shooting range we can now offer a very versatile training centre for biathlon teams." That's because there's all the facilities needed plus a 70 years' history of biathlon expertise in Vuokatti – so the staff perfectly adjust to the needs of the biathletes and their coaches.



Photo: Mari Laukkanen



Vuokatti's Biathlon shooting range is equipped with an exclusive WindTrainer system.



■ The tracks around the shooting range are designed in a way allowing athletes to avoid the uphill option if so desired. These options now open new doors to intensify the training. Improving the track profiles goes hand in hand with the expansion of the roller ski tracks. The shooting range is state of the art, when it comes to technical details, like the new windtrainer, which teaches an athlete to read the conditions at shooting. But there has also been a big effort on sustainability and environment. The shooting range now meets also all standards to keep the heavy metal from polluting nature. All led and heavy metal will be removed right after the bullets have been fired. And of course, the shooting range is covered with snow from 10th of October



Up and away

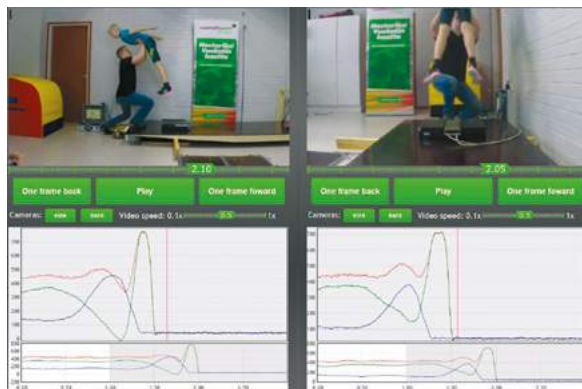
No need to say that winter's harvest is seeded in summer when it comes to jump training. In Vuokatti, that's not only a nice PR-quota but scientifically proven truth.

A truth you can instantly find out – thanks to our exclusive computer based instant feedback system JUMP (Joint Ultimate Measuring Program), that's sending and evaluating jumper's data in real time. An improvement, Jyri Pelkonen, director of the training centre, also likes to stress. "A complex combination of measuring tools allows the coach to get exclusive jump data – on site and in real time from each jumping attempt. You do not need to only believe your eyes anymore, but rather have the chance to evaluate each athlete's performance right away. And while analyzing the data sent right to coaches' laptop in the tower, you can immediately react on the jumper's performance and improve it through radio communication.

Jumping into the future

JUMP might well revolutionize summer training and ski jumping training in general." "Combined with our other measuring tool, that's evaluating the take-off pressure, we are now able to provide coaches and jumpers with an extensive data coverage.

This makes Vuokatti the all year perfect location for Special Jumping and Nordic Combined. No wonder, the Finnish Ski Association has concentrated physical condition testing of all the Finnish Ski teams down to junior regional teams to be done in Vuokatti only.



“This means that as a federation we take a systematic approach to improve our testing and scientific levels. By methodically synchronizing our respective teams’ training we’ll be able to find that special young talent at a very early stage”, adds Pelkonen.

And as future never stops, Vuokatti will be constantly equipped with the latest in measuring technology and all systems needed. The Finnish nordic disciplines get here a long-term follow-up system. “Thus we will be able to establish a consistent coaching system from local sports clubs to world’s best athletes. The ideal is to accommodate each and every especially talented athlete through all this stages – until he’s among the best in the world.”

All these achievements will be systematically combined throughout the year. There are big summer competitions for competitors of all ages and skills. And all the summer data evaluated give a big boost to winter’s training – starting as early as in November. All ski jumps (HS 100, HS 35, HS 54 for juniors) are open all year ‘round.

Nordic Combined of course are free to rejoice from all the facilities available for Cross country. Vuokatti’s outstanding training and evaluation possibilities has brought Finnish Ski Association to a very simple but consequent decision. “They bring their ski jumpers to be tested in Vuokatti.”

You are most welcome to do the same. We are looking forward to accommodating yours’ and your athletes every possible needs. Just let us know how Vuokatti can improve your athletes’ skills.

Summer Competitions

Ski Jumping Carnival is the biggest SJ and NC summer training event in Finland. It gathers around 200 ski jumpers and nordic combines to Vuokatti. A 3-day training camp, with Finnish national summer-grand-prix final competition.



The HS 100 facility in Vuokatti is equipped with the latest technology to improve every athlete’s performance.

- HS 100 ski jump
- HS 14, HS 35, HS 54 for juniors
- all ski jumps for all-year-round training
- platforms to measure take-off forces: HS 100, HS 35 ski jumps

Into the future

Vuokatti has been on the map of Finnish snowboarding for quite a while.

At the moment, there are two pipes in Vuokatti: one outdoors and one indoors. The outdoor pipe is a halfpipe with a 6,5 m wall height. It's 120 m in length, 20 m in width and offers an inclination of 19 degrees. The indoor halfpipe is a bit smaller – measuring 50 m in length, 15 m in width and an inclination of 14 degrees, thus making it an excellent environment to learn and master the basics of halfpipe riding.

Normally the snow training, in halfpipe outdoors, starts in late December. The combination of indoor Snow Boarding tunnel and Halfpipe outdoors gives our athletes plenty of snow training options, hence not only before the main season, but all year. There are three professional coaches just for snowboarding in Vuokatti. Almost all of Finland's toplevel athletes like Pectu Piironen, Markus Malin, Enni Rukajärvi and Roope Tonteri got their skills and education here in Vuokatti.

Today, more and more international talents come here to be taught on a professional level. To ensure and broaden our standards, an Olympic-sized halfpipe has been built. The pipe is located in Vuokatinrinteet ski slopes and meets all FIS standards for a competition-approved halfpipe.

For slopestyle training and competitions the Vuokatti resort has two snowparks with jump sizes ranging from 3 to 5 metres in the junior Park and 5 to 12 metres in the advanced Park. A Brand new slopestyle course of an international level has a possibility to host training camps and competitions. Vuokatti is working with world-renowned halfpipe and park designer David Ny to create these new challenges for snowboarding in Vuokatti in the future. So make sure, your athletes are always one jump ahead!

Halfpipe in Snowboarding Tunnel:

- total length 50 m
- width 15 m
- inclination 14°
- temperature – 8°C
- snowmaking temperature – 15°C
- snowmaking system high-pressure type
- grooming machine Snow-Turbo Pipe Grinder
- magic carpet ski lift

Halfpipe on the ski slopes

- wall height 6,5 m
- total length 120 m
- width 20 m
- inclination 19°
- ski lift

Gymnastics Hall

Air Track

Angry Birds park



Photo: Suomen lumilautailitto

"Finland's success in snowboarding is all together Vuokatti's achievement" says Antti Koskinen, head coach, Finnish Snowboarding National team.



Vuokatti has already proven to be totally committed to the Paralympic movement.



No limits

What goes for the the FIS-athletes is even more important for IPC-sportspersons: A compact compound with all the venues close by, saving time and energy by not needing transportation aids. Vuokatti is literally barrier-free. Athletes with special needs are able to move around as freely as they want to. And where necessary, careful adjustments have been made – like the Para-shooting ranges.

■ Here in Vuokatti we offer the same opportunities for quality training for all, whether they as athletes with disabilities or able-bodied athletes. This way of thinking means that paying attention to accessibility serves good for all athletes. We are very proud to be one of the few training centers in the world to employ a person who's only focus is on the concept of disability and accessibility. And that surely pays off. Vuokatti has had the privilege to host the IPC Cross-Country and Biathlon World Championships 2009, World Cup competitions annually since 2008. These are the showcases of our commitment to provide all paraathletes with the best of training conditions, to support them to reach their goals in Nordic ski sports. And to enjoy every minute of their stay, as almost all of Vuokatti is barrier-free thanks to a vast system of pedestrian paths. So in Vuokatti, only the sky is the limit – for every athlete!

Photos: Arja Korhonen

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School's in!

For decades Sotkamo Sports High School has been a very important player in providing young athletes in Nordic ski sports the possibility of combining studies and training. Sotkamo High School also offers an International Baccalaureate program taught in English. International students have the opportunity to get an internationally recognized degree – and a highly acclaimed professional sports education. After graduating there is a possibility to extend one's studies in Vuokatti region. The alternatives are Kajaani University of Applied Sciences and Jyväskylä University's Faculty of Sport and Health Sciences located in Vuokatti. And what's more – the education is free of charge!



■ Sotkamo Sports High School has a long history of educating professional athletes. Some of the school's most famous graduates are for example cross-country skiers Olympic gold medalist **Iivo Niskanen**, Olympic silver medalists **Krista Pärmäkoski** (Lähteenmäki) and **Kerttu Niskanen** as well as snowboarders **Peetu Piironen** and **Enni Rukajärvi**. Other successful athletes graduated from Sotkamo Sports High School are World Champion biathlete **Kaisa Mäkäräinen** and swimmer **Jenna Laukkanen**, who competed in the London Olympics 2013.

Sotkamo Sports High School is one of the schools belonging to Vuokatti-Ruka Sports Academy.

Vuokatti-Ruka Sports Academy is a wide network of educational institutes and professional sports coaching groups. It offers excellent possibility for combining sports and studying. Professional coaches and the flexible school system guarantee that our student athletes have the possibility to focus on studying as well as on sports at the same time. The location in well-known sport and tourism destination Vuokatti in Sotkamo guarantees excellent facilities for training. Along with Vuokatti, some selected schools in Kuusamo and Kajaani offer flexible studying systems for student athletes as a part of Vuokatti-Ruka Sports Academy.



3 main advantages of getting the education in Vuokatti / Sotkamo:

- The expertise - long tradition of providing young athletes the possibility of combining studies and training in Nordic ski sports.
- The student comes first – all-encompassing support in combining training, studying, living in a nice dormitory, healthy eating etc.
- A long history of success – Are you the next one?

More information about sports education and studies in English:

Sotkamo Sports High School

- www.sotkamonlukio.fi/en

Kajaani University of Applied Sciences

- Degree Programme in International Business
- Degree Programme in Sports and Leisure Management
- www.kamk.fi/en

University of Jyväskylä, Faculty of Sport and Health Sciences

- Perspective: sports technology
- "basic studies" for Finns only, PdD level also for international students www.jyu.fi/sport/en

www.vuokattirukaurheilukaatemia.fi



Crossing boundaries

Diversity in physical challenges is most important for a successful training. This rather new scientific knowledge has been brought to reality already 70 years ago, when Vuokatti Sports Institute was founded. The different types of landscape provides the athletes a natural training ground for all physiological needs.

■ Skiing has changed a lot. The tracks get more and more demanding, so surpassing height differences and challenging elevations have become normal. From the sport hotel to the top of the HS 100 hill athletes need to climb 160 meters in elevation. Enough for all kinds of physiological shaping and testing. During first snow season, there's even the opportunity of changing training between snow-covered tracks and natural paths.

A really varied cross-training is essential, be it physically or mentally. Apart from the medical essence of a well balanced cross-training, there's also the fun factor.

Vuokatti has a lot to offer to cover the athletes' wishes. There are rowing boats and canoes available at the Sports Institute. If you should wish so, transportation of canoes to other lakes and rivers in the area are available on a pre-order basis. If the athletes want to play ball, there are a variety of options: an Astroturf soccer field and tennis outdoor courts.

There are two multifunctional halls available. One for basketball, volleyball, stretching and badminton, the other one for bandy, volleyball, squash, athletics and spinning. Not to mention the Gymnastics Hall and the gym, nor the Tatami (Judo) facilities that are ideal for stretching, the swimming pool, spa, and ice rink for skating and hockey.

Rowing, canoeing

Soccer field

7 outdoor tennis courts,
1 indoor court

Beach volley

Sports Hall "Pallohalli":

- one indoor court: basketball / volleyball / stretching / badminton (4 courts)

Gymnastics Hall, gym

Sports Hall "Vuokattihalli":

- courts for bandy, basketball, volleyball, squash, athletics, spinning

Tatami

Swimming Hall

- 3 swimming pools, one of them a 25-m pool with 5 swimming lanes

Spa at Holiday Club Katinkulta
(3 km from the training center)

Hockey rink, European size

Wake board station



Photo: Ville Pääkkönen



Photo: Simon Lambert



Photo: Simon Lambert



Photo: Simon Lambert



Photo: Jyväskylän yliopisto



Photo: Jyväskylän yliopisto

Taking care of business

Vuokatti is offering the latest in medical and scientific know-how to make even top athletes better athletes. Finnish skiers have been tested in Vuokatti for decades already. Services are open also for international teams. The tests offered by Vuokatti Test Lab are specially designed for cross-country skiers to get the information needed for planning and analyzing their training.

■ The database reflects results of thousands of tests, in various stages of the respective athletes' careers. We see how the athlete tested "is doing" during his training camp here in Vuokatti. For 17 years now, Mikko Virtanen has been working as a Test Manager in Vuokatti. His skills as a personal coach are still favored by many athletes. Our test laboratory is designed for athletes, there's a big Treadmill and all equipment needed for measuring the athletes' maximal oxygen consumption.

For the physical wellbeing there are plenty of options for massage and treatments. If you do not have your own masseur with you, we are happy to help you out. We have plenty of masseurs who are specialized in working with competitive athletes.

Of course there are also medical services provided on our premises, if they should be needed. Our waxing and maintenance facilities for skis are state of the art. We are just taking care of all your business – we are working hard for your success.

Test laboratory

- treadmill tests
- lactate tests

Sport Massage

Vuokatti Ski Service

- stone grinding services

Medical Services

- doctor on premises
- hospital nearby

Intersport Sport Shop

- at the ski tunnel

Equipment development and testing

- equipment development projects by Master's and Doctoral Degree Programme in Sports Technology (University of Jyväskylä) in Vuokatti

Enjoy your stay

Vuokatti is one of the most popular holiday destinations in Finland. So when you want to give your mind a stroll and to forget about training for a few moments, there are lots of healthy options to recharge body and spirit. No matter if it's summer or winter, you are going to enjoy your spare time here in Vuokatti. And most of these leisure activities are great for team building, too. So spare time in Vuokatti can be a perfect addition to training.

■ Whatever activity your athletes might like – it's all here. How about playing a round of golf or two? How about dipping in the crystal waters of the lake just on your footsteps? What about a fishing trip? There are plenty of outdoor options as the nature is Vuokatti's playground. Exploring the surroundings can be an experience of a lifetime. Enjoy the magic of our woods on a horseback, or crossing the frozen lake on a snow mobile in winter. There are also plenty of safaris available. From bear watching to husky-sleighs, from ATV and other off-road vehicles to group fun in a rib boat ... And if you are ready to experience the wilderness surrounding you for real, we are offering outdoor adventures with overnight stays.

Vuokatti offers also lots of events e.g. concerts or cultural events acquainting you with local habits and traditions. Whatever you are looking for to give your athletes a break – just ask our staff, they will be more than happy to arrange it for you. Whatever break it is you are striving for, Vuokatti is here for you to provide it. Enjoy your stay!



How to get there

Distances

Helsinki	570 km (6h 30min)
Oulu	190 km (2h 30 min)
Kajaani	30 km (30 min)
Kuopio	200 km (2h 30 min)
Joensuu	210 km (2h 30 min)
Kuusamo	250 km (3h)
Rovaniemi	340 km (4h 30 min)
Vaasa	400 km (5h 30 min)
Turku	640 km (8h)

Service

Our partner for car rentals is Europcar. In case you would like to get help with your travel arrangements, our Sales Office is just happy to help you.

BY CAR

Travelling by car is safe and easy. Vuokatti is located roughly in the middle of the country. You easily find KAJAANI traffic signs to show you the way. In Kainuu you are to follow SOTKAMO and VUOKATTI traffic signs.

BY TRAIN

The nearest railway station to Vuokatti is Kajaani. The closest railway station to Helsinki airport is Tikkurila (about 10 min). There are up to 13 train services between Kajaani and Southern Finland by day.

BY BUS

Kajaani is well served by buses from the rest of Finland. Once you get to Kajaani, daily one hour interval buses are running to and from Vuokatti/Sotkamo.

BY PLANE

Arriving by air is also a good alternative when intending to come for a training camp in Vuokatti. The nearest airport is Kajaani, but also Kuopio and Oulu and are fairly close to Vuokatti.



Accomodations

There are many types of accomodation in Vuokatti – whatever your expectations are, we are sure to be meeting them. Below you find a short introduction to our various levels of housing options during your training stay. The restaurant O’las in the main building is serving breakfast, lunch and dinner at buffet style table. There is a café at the lobby and a summer terrace by Lake Särkinen.



Hotel rooms are located in two separate buildings.



The hotel offers double rooms and triple rooms, all are equipped with TV, phone, shower & toilet.



Chalets holiday apartment for 2 – 4 (45 sqm) one bedroom and an alcove. Living room, kitchen and sauna.



Chalets holiday apartment 2-6 persons (61sqm)

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