



# First Olympic participants

## IIHF names refs, linesmen for PyeongChang 2018

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### 2018 Olympic men's ice hockey tournament

#### Referees

Lemelin, Mark  
 Gouin, Oliver  
 Iverson, Brett  
 Hribik, Jan  
 Jerabek, Antonin  
 Rantala, Aleksii  
 Salonen, Anssi  
 Gofman, Roman  
 Olenin, Konstantin  
 Stricker, Daniel  
 Wehrli, Tobias  
 Kubus, Jozef  
 Ohlund, Linus  
 Mayer, Timothy

#### Linesmen

AUT	Vanoosten, Nathan	CAN
CAN	Lederer, Vit	CZE
CAN	Lhotsky, Miroslav	CZE
CZE	Sormunen, Hannu	FIN
CZE	Suominen, Sakari	FIN
FIN	Kohlmuller, Lukas	GER
FIN	Lazarev, Gleb	RUS
RUS	Otmakhov, Alexander	RUS
RUS	Fluri, Nicolas	SUI
SUI	Kaderli, Roman	SUI
SUI	Dahmen, Jimmy	SWE
SVK	Pihlblad, Henrik	SWE
SWE	McIntyre, Fraser	USA
USA	Ritter, Judson	USA

### 2018 Olympic women's ice hockey tournament

#### Referees

Ariano-Lortie, Gabrielle  
 Hertrich, Nicole  
 Hove, Aina  
 Fialova, Drahomira  
 Celarova, Nikoleta  
 Gran, Gabriella  
 Timglas, Katarina  
 Allen, Dina  
 Guay, Katie  
 Szkola, Melissa

#### Linesmen

CAN	Todd, Justine	CAN
GER	Svobodova, Zuzana	CZE
NOR	Heikkinen, Jenni	FIN
SUI	Tauriainen, Johanna	FIN
SVK	Girard, Charlotte	FRA
SWE	Linnek, Lisa	GER
SWE	Pagon, Natasa	SLO
USA	Johansson, Veronica	SWE
USA	Leclerc, Jessica	USA
USA		





Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

**Federal Office of Sport FOSPO**

**SFISM**

Swiss Federal  
Institute  
of Sport  
Magglingen

# Collaboration between the...



Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

**Federal Office of Sport FOSPO**

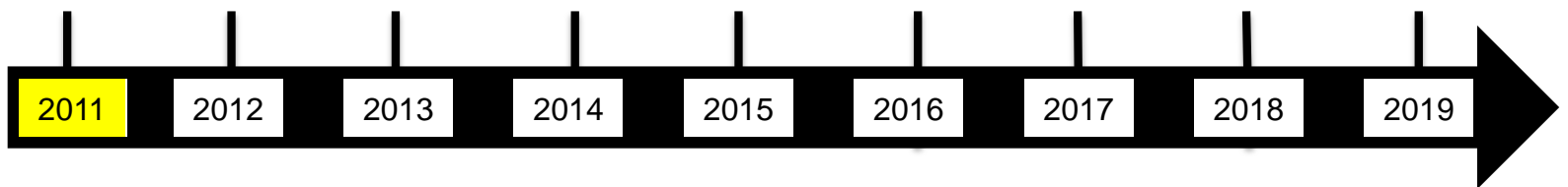
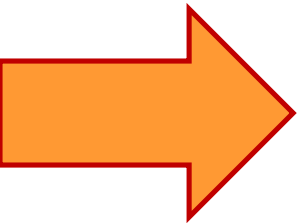
Swiss Federal Institute of Sport Magglingen SFISM

Christian Biemann



# How it started...!

- Physical conditioning were not matched with the speed of the game
- ↑ Tiredness (bad position on the ice; guessing calls; missing penalties)
- ↓ concentration
- ↓ Respect from players, coaches due to the conditioning





# Why Switzerland / BASPO...!



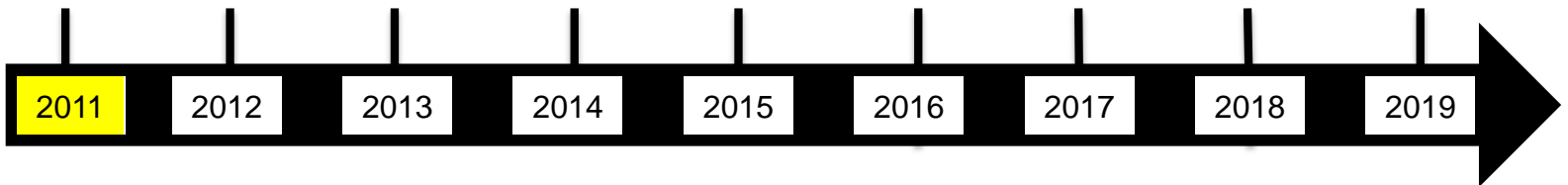
K. Komissarov

- High sport research
- No doping problems
- High Sport Results
- Easy to get in
- Baspo-employees participated in the Development Program
- Co-operation with the Swiss Ice Hockey (Player & officiating)
- Facilities, Instruments...
- BASPO Personal were interested to work with an international federation.

Framework Contract (2013 -2017)

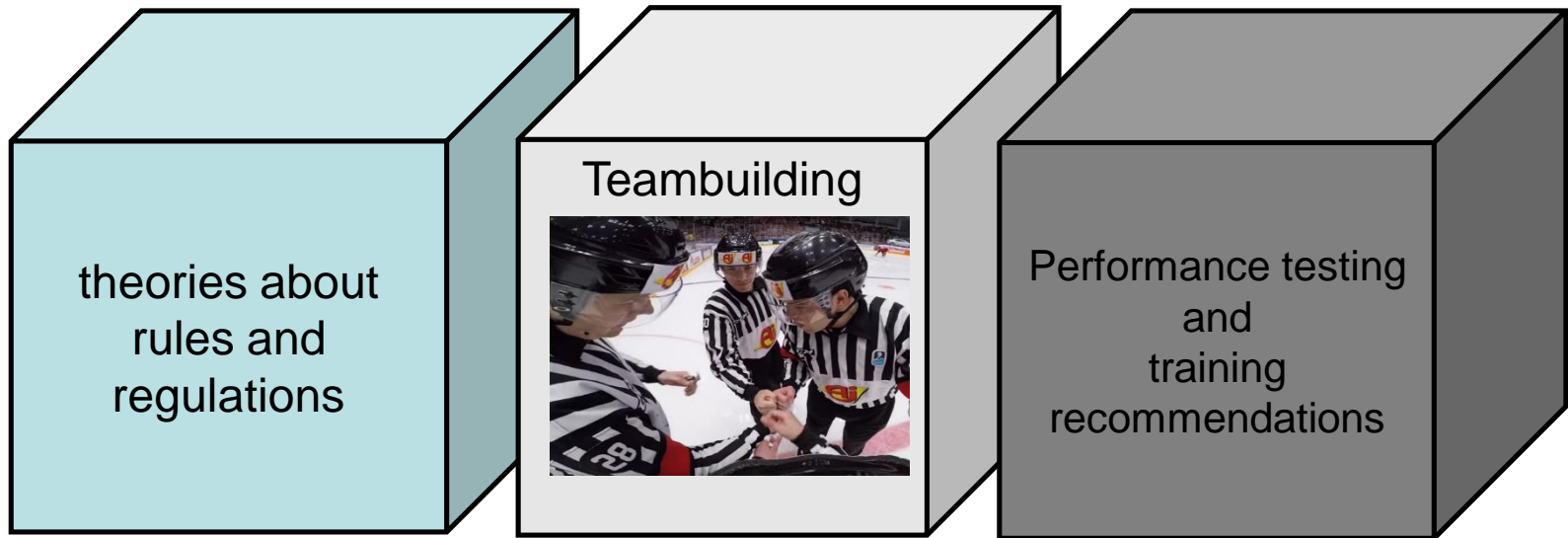
Framework Contract (2017 – 2019 «+ Option»)

			20	33		29		
16	26	32	34		31	20		





# What are they doing during their stay?





# Why perform physical Tests?

Performance testing and training recommendations

more games

more travel

Shorter time between shifts

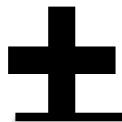
Game is getting faster/ Refs have to skate more



Fast decision making while they are out of breath

The stakes become higher

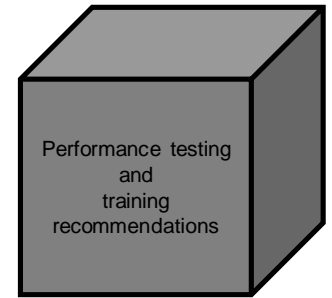
...



## Increased Demands



# What are we testing?

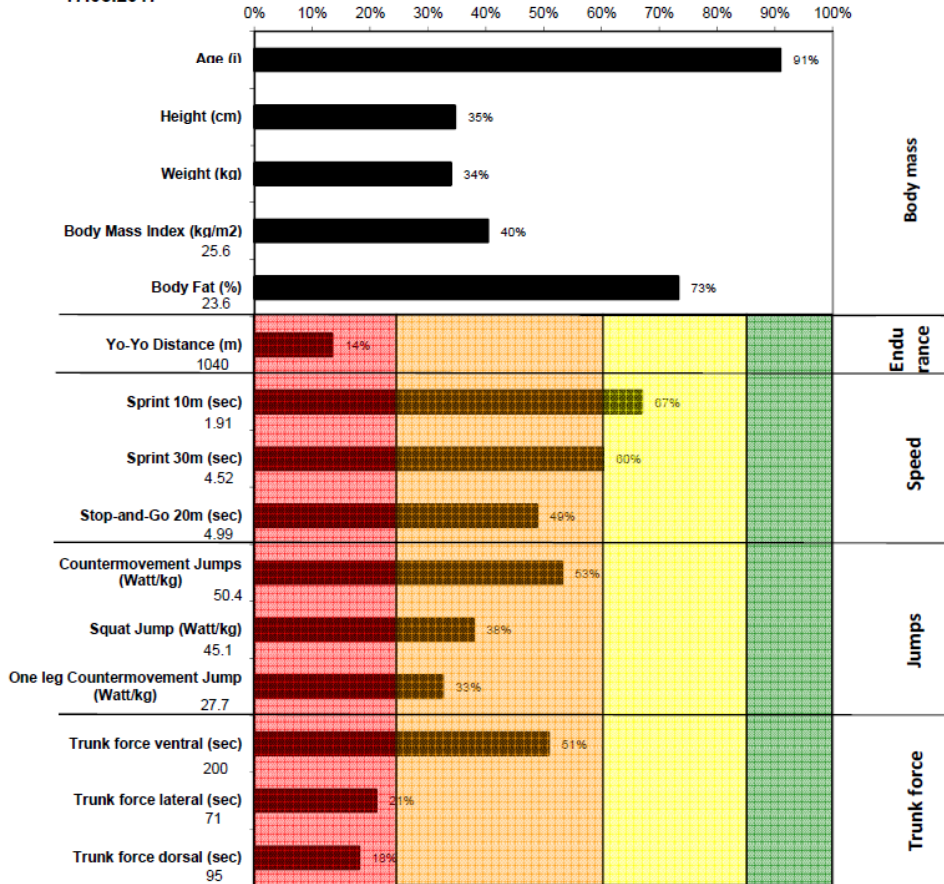


- Body Composition (DXA)
- Explosive force capacities (Quattro Jump)
- Speed (30m Sprint incl. 10m section time)
- Agility (Change of direction speed)
- Endurance (Yo-Yo-Test)
- Core strength



# Feedback of their physiological capacity

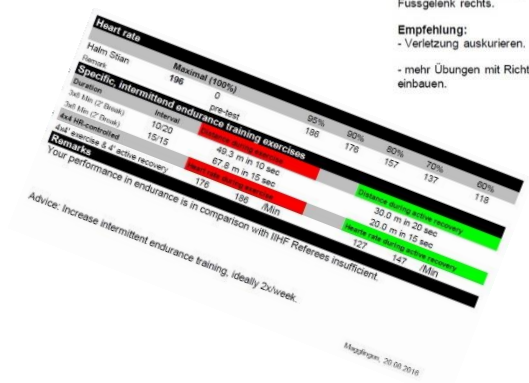
17.08.2017



**Remark**  
 Your general sprinting performance is good. Your starting speed is moderate. Your capability to change direction quickly (agility) is moderate.  
 Advice: Continue training as usual for speed and explosiveness. Accentuate starting speed and changes of direction.  
 Magglingen, 20.08.2016

**Diagnosis/Training recommendation**  
 Good explosive strength compared to the mean of all referees/ No difference between left and right leg. / More exercises with one leg indicated / More jumps with short ground contact time indicated.

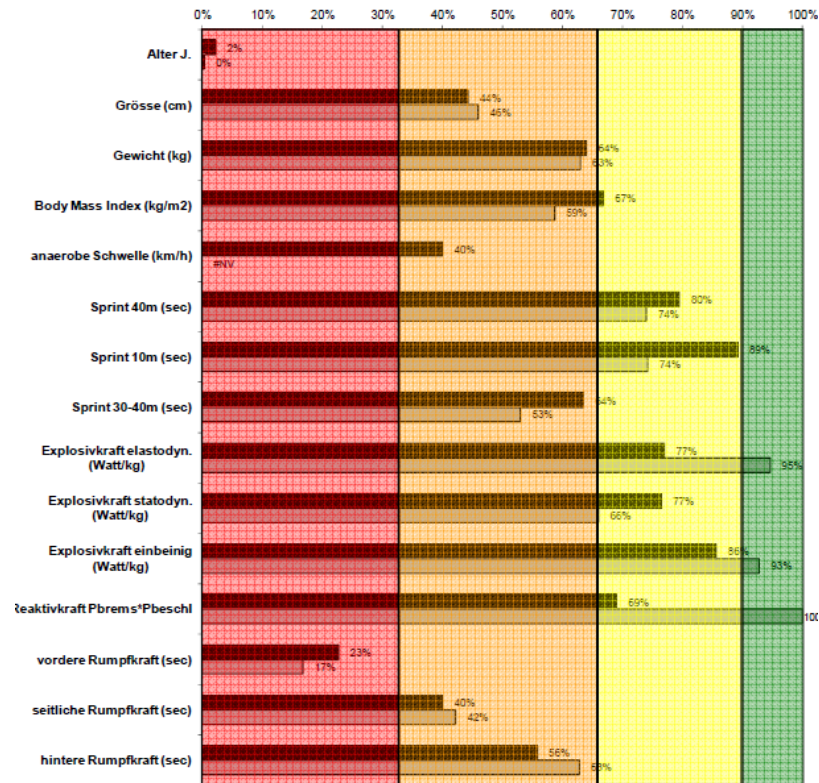
**Bemerkung**  
 Durchschnittliche Schrittlängen und Bodenkontaktzeiten. Hohe Schrittfrequenz.  
 Deutliche Seitendifferenz mit mehr Beschleunigung links (bereits bei den Vortests vorhanden, beim Sprungtest keine Differenz sichtbar). --> Aktueller Grund: Verletzung Fussgelenk rechts.  
**Empfehlung:**  
 - Verletzung auskurieren.  
 - mehr Übungen mit Richtungswechsel ins Training einbauen.







# Analysis of their improvement



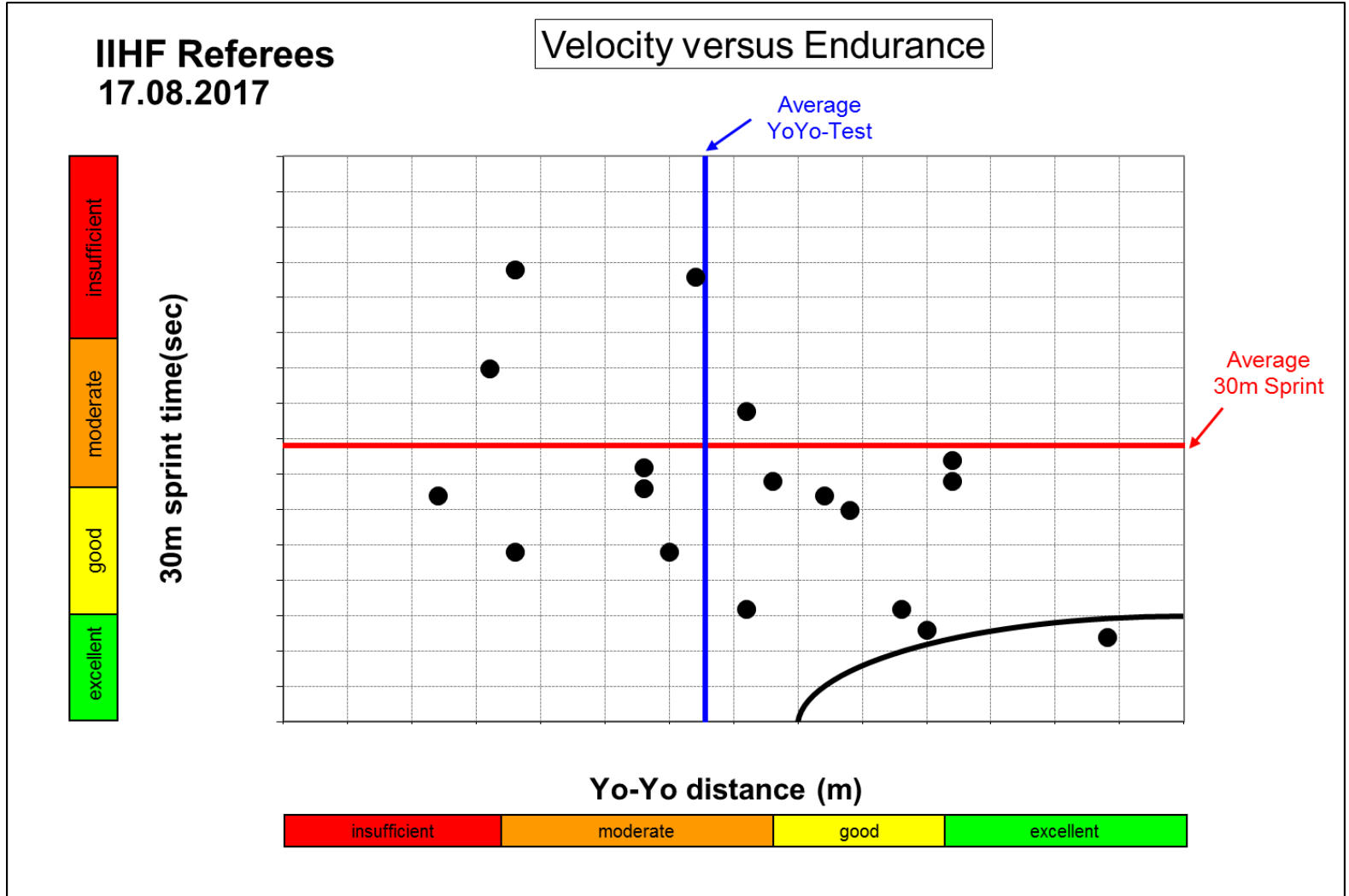


# Overview for the Staff

Performance Tests Results:				IIHF	17th August 2017										Eidg. Hochschule für Sport Magglingen									
Name	First Name	Birth Date	Age (y)	Position	ANTHROPOMETRY (kg, cm)				VELOCITY (s)			EXPLOSIVE STRENGTH (W/kg)			ENDURANCE			TRUNK (s)			Test Remarks			
					Weight	Size	BMI	Body fat (%)	Sprint 10m	Sprint 30m	S & G	CMJ	SJ	one legged	Yo-Yo Level	Yo-Yo Dist.(m)	Hfmax (bpm)	ventral	lateral	dorsal				
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	/	
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	little flu days before the test. Takes regular Asthma spray.
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	Jetlag
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	Jetlag
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	Pain at his right knee since two days. Muscle injury during 30m-sp
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	left hip overuse - 20th of may with a training break for about two o
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	little pain at his right leg
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	Ankle injury in may 2017 - 6 weeks of training break
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	shoulder overstretch (27.07.2017) - forced training break 1 week.
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	Broke his right foot April 2017 w ho forced him to a training break c
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/
				Referee					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	/



# Overview for the Staff





Thank you for listening....

**Collaboration between the  
International Ice Hockey  
Federation (IIHF) and the Swiss  
Federal Institute of Sport  
Maggingen (FOSPO)**