



## LAPIN URHEILUAKATEMIA



### THE LAPLAND SPORTS ACADEMY

Located in Rovaniemi, the Lapland Sports Academy is a network of educational institutions and collaborators dedicated to combine studying and sports careers into a productive entirety. The Academy pursues to increase the efficiency of coaching top athletes and those aiming for the top. Another important goal is to support the studies of those athletes.

The Lapland Sports Academy provides outstanding surroundings for daily practicing, extensive support services for training and instruction, and strong support for planning and engaging in studies. The Lapland Sports Academy is part of the European Athlete as Student (EAS) network. The Academy's status as a national world-class sports academy has been approved by the Finnish Olympic Committee.

### HIGH SCHOOL ACADEMY

#### High school academy is for

- youngsters between age of 13 to 16 aiming to become a world-class athlete
- young persons training different types of active sports
- all athletes have the opportunity to apply once a year

#### High school academy contents

- creating personal and systematic sports career/athletes path
- getting to know the top conditions
- benefiting the knowledge and asset of the coaches of the Academy and the Training Centre
- systematic cooperation with parents, school and the sport teams
- personal contacts with young sports and families
- camp-shaped system (length 1-3 years)

#### 5 camps per year

- focused on individual life skills (time management, nutrition, rest, sleep, studying, mental trainings, social life)
- daily individual sport training focused on skill and physical training
- school work 3-4 hours a day
- lectures for parents and personal coaches

#### Training

The Lapland Sports Academy operates in connection with the Santasport Institute's training centre. The main sports at the Academy are alpine skiing, football, ice hockey, volleyball, cross-country skiing, ski jumping, Nordic combined, and track and field sports. In addition, there are so-called wild sports, in which the activities mainly include general training and instruction (as an exception, swimming has specialized training). The supply of training also covers muscle maintenance as well as strength and skills training.

#### Training sites

Athletes have access to an extensive selection of high-quality training sites located with short distance:

the sports sites on the Santasport Institute

- Lappi Areena
- Ounashalli Sports Hall
- Saarenkylä sports field
- Ounasvaara terrain, downhill slopes and ski jumps

#### Further Information

Lapland Sports Academy  
Hiihtomajantie 2  
96400 Rovaniemi  
Tel +358 20 798 4200 (Santasport exchange)  
[www.lapinurheilukaatemia.fi](http://www.lapinurheilukaatemia.fi)