



The Academies at IHAA.

How far can you get with your sport if you get the opportunity of training and living under optimal conditions? This question can be partly answered by IHAA, via our Academies with their goal-directed teaching of dance, handball, sailing and football.

The Academies are the places where as a young and talented student you will experience a daily life that is tailored to the demands of an elite performer. This means that in practice you can "live like a professional".

You will experience a strong, professional environment, where your qualifications and ambitions are taken seriously. At the same time you will be living with a lot of young, focused people who are all committed to sport, body and movement.

Facilities

The Academies are located to VR-Sportcenter in Risskov and the harbour of Aarhus - close to the coming sports-rambla in the town. The Academy has a lot of sports-facilities - 4 halls and a full-size artificial football-pitch. Furthermore we are close to the forest, the beach and " the smallest, big city in the world - Aarhus".

Duration

18, 21 or 39 weeks
Admission January/August

Fee

1450 d.kr. per Week
(Incl. board, lodging, and teaching).
Individual support is possible.

Information

For supplementary information you may contact the leader of the Academy Aksel Noergaard telephone +45 86 21 38 00, mobile + 45 20 62 98 17, mail akselnoergaard@ihaarhus.dk

Enrolment

Call IHAA, telephone +45 86 21 38 00 and require an application form or enrol online www.ihaarhus.dk



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Test your talent!
- at Aarhus Handball Academy

- Goal-directed training in a dynamic college environment



www.ihaarhus.dk



Test your talent and realise your dream

The Handball Academy is for young top handball players primarily between 18 and 25 years, who want to test their talent. Here you can experience an intense period with goal-directed training and individual coaching, career planning, and educational guidance – at the same time as you are part of the unity at IHAA. Your admission to the academy is based on a preliminary coaching interview.



Study in depth – get the entirety

At the Handball Academy you will get the best environment for testing your ambitions as a player. You will get the opportunity for concentration, specializing and for letting handball become a very important part of your every day life. The teaching at the Handball Academy is planned with large flexibility, which gives you the opportunity to play at club level besides your Academy studies.

At IHAA we focus on “the complete person.”
That is the qualification for becoming
“the complete player”.

Physically

Diet and nutrition
Physical training
Testing
Restitution

Mentally

Sturdiness
Involvement
Consideration
Frankness
Resultoriented

Tactically

Structure
Creativity
Way of thinking
Sense of reality



The complete person - the complete player

Future

Education
Job
Career
The press
Contract

Social skills

Team building
“Making each other better”
Ethics/moral

Techniques

The detail
Focus
“The marginal differences”



The teaching modules

- Individual handball profile
- Individual guidance
- Educational guidance
- Career planning
- Diet and training
- Physical training
- Sport psychology/mind coaching
- Team building
- Life style of the élite
- Debate/discussion
- Creative subjects
- Music/singing/social gatherings
- Club training/matches
- Training tours/studies abroad

The coach education of DHF (Danish Handball Union) is offered.



Jan Paulsen



Jesper Holmrís

Teachers

The teaching is taken care of in co-operation with top coaches and special coaches from local clubs like Aarhus GF, SK Aarhus, Skanderborg, Odder, and Brabrand etc. Coach Jesper Holmrís, Jan Paulsen, Jacob Struve Nielsen and physical coach Frank Henriksen. Former liga coach Aksel Noergaard is educationally responsible.