

LETIMO Z VISOKIMI CILJI

*Flying with
high Goals*

11.~12. februar 2017

11th~12th February 2017



POKROVITELJ TEKMOVANJA

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SLOSKI
Smučarska zveza Slovenije



LJUBNO
2017

FIS Svetovni pokal
v smučarskih skokih
za ženske

FIS Ski Jumping
World Cup Ladies

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FIS SVETOVNI POKAL V SMUČARSKIH SKOKIH
ZA ŽENSKE - SPONZORIRA VISSMANN

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FIS PREDSTAVITVENI POKROVITELJ



OMV

FIS OSREDNJI POKROVITELJ

Spored Programme

Petek, 10. februar 2017
Friday, 10th February 2017

- 12.00 Uradni trening (2 seriji)
Official Ski Jumping Training (2 rounds)
- 14.00 Kvalifikacije *Qualification*

Sobota, 11. februar 2017
Saturday, 11th February 2017

- 11.45 Poskusna serija *Trial Round*
- 12.35 Otvoritev *Opening*
- 13.00 1. tekmovalna serija
1st competition round
- Odmor *Break (15 min)*
- 2. finalna tekmovalna serija
2nd Final competition round
- Razglasitev zmagovalk
Podium ceremony
- Tiskovna konferenca zmagovalk
Press conference of the best athletes
- 15.30 Javna podelitev štartnih števil (šotor)
Public draw of bib numbers (tent)

Nedelja, 12. februar 2017
Sunday, 12th February 2017

- 11.45 Kvalifikacije *Qualification*
- 12.35 Otvoritev *Opening*
- 13.00 1. tekmovalna serija
1st competition round
- Odmor *Break (15 min)*
- 2. finalna tekmovalna serija
2nd Final competition round
- Razglasitev zmagovalk
Podium ceremony
- Tiskovna konferenca zmagovalk
Press conference of the best athletes

V prireditvenem šotoru bo v soboto in nedeljo od 12. ure dalje potekal zabavni program, prav tako pa bo poskrbljeno za odlično kulinarčno ponudbo.

Posebna pozornost in zabavni program bosta namenjena tudi otrokom, ki jih bodo v zabaviščnem parku z ogrevanim šotorom pričakale številne animacije in snežne vragolije. Preizkusili se bodo lahko tudi na mobilni skakalnici Francija Petka za najmlajše.

PRODAJA VSTOPNIC:
www.eventim.si
in prodajna mesta v sistemu Eventim Si.

Brezplačen parkirni prostor bo zagotovljen.

From 12 a.m. onwards on Saturday and Sunday the venue tent will host the entertainment programme, including an exquisite culinary offer.

A special entertainment programme will also be organised for children, who will be greeted by numerous animations and snow games in the fun park with a heated tent. Children will be able to test their skills on Franci Petek mobile ski jump for the youngest.

TICKET SALE:
www.eventim.si
and sale points in the Eventim Si system.



Free parking spaces available.



ORGANIZATOR
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predsednik g. Alojz Murko · www.ljubno-skoki.si · tel. +386 3 583 42 48
Latitude 46° 20' 31.16"N · Longitude 14° 50' 1.89"E

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Izpolnjene želje in še višji cilji Fulfilled wishes and even higher goals

Več kot navdušen in srečen sem preteklo leto na Ljubnem spremljal slovenske smučarske skakalke, ki so izpolnile še zdaleč ne tako tihe želje vseh nas, saj so vsa dekleta uspešno prestala kvalifikacije, nato pa so na prenovljeni skakalnici osvojila zgodovinske, kar tri zmagovalne stopničke in celo premierno zmago na Ljubnem! Čustev preprosto ni bilo mogoče zadrževati, moje rojstno Ljubno je postalo še bolj ljubo in še večje ne le v mojih očeh, temveč v očeh vseh ljubiteljev ženskih smučarskih skokov.

Tudi zato smo še bolj ponosni, da družba BTC dekleta kot pokrovitelj spremlja že vseh 6 let, odkar na Ljubnem ob Savinji poteka tekma za svetovni pokal v ženskih smučarskih skokih. Vsako leto si tako dekleta kot vsi ostali zastavimo cilje, ki jih vedno znova presežemo. V zgolj dveh letih so vražje Slovenke poskrbele za prvo žensko zmago v svetovnem pokalu, privabile so rekordne množice gledalcev in navijačev, lani pa so tako Ljubenci kot skakalke presegli sami sebe s prenovljeno skakalnico in zgodovinskimi dosežki.

Ekipa slovenskih smučarskih skalk je navduševala tudi vso letošnjo sezono, dobili smo celo mladinsko olimpijsko prvakinjo, dekleta

pa z doseženimi rezultati stalno dokazujejo, da ne počivajo na lovorikah in so pripravljena seči še višje ter skočiti še dlje. Na lovorikah pa ne počivajo niti domačini, brez katerih bi bila zgodba, ki se na Ljubnem piše z zlatimi črkami, morda drugačna.

Letos bomo zato z vsem srcem in še bolj spodbujali naše skakalke na zdaj že tradicionalni konec tedna ob valentinovem, ki pa v naših očeh in očeh ljubiteljev ženskih smučarskih skokov predstavlja predvsem ljubezen do ženskih skokov in Ljubnega. Prepričan sem, da bodo tudi v tej sezoni naše skakalke presegle zastavljene cilje, zato tekme za svetovni pokal na Ljubnem nikakor ne gre zamuditi!

Pridružite se nam in skupaj nazdravimo visokim ciljem!

Last year, I was more than thrilled and happy to watch our Slovenian girls jump in Ljubno, where they fulfilled our not so quiet wishes. All the girls successfully passed the qualification round, and then achieved three historic podium placements on the renovated ski jump. Including the first Slovenian victory in Ljubno! I was overcome with emotions. My hometown of Ljubno grew even closer to my heart and got bigger not just in my eyes but also in the eyes of

women's ski jumping fans.

We are proud that the BTC Company has supported the girls as their main sponsor for six years now, ever since the first FIS Ski Jumping World Cup Ladies event in Ljubno ob Savinji. Each year, we together set goals, which we continue to surpass. In only two years, the devilish Slovenians managed to secure their first women's World Cup ski jumping win and attracted record-breaking numbers of visitors and fans. Last year, the people of Ljubno and our ski jumpers outdid themselves with the renovated ski jump and historic results.

The Slovenian ski jumping team has delighted us with its results throughout this season as well. We have the Junior Olympic champion in our team, while the girls constantly prove that they never rest on their laurels and that they are prepared to reach even higher and fly farther. In addition, the people of Ljubno, without whom the fairy tale of Ljubno would be very different, keep seeking improvements.

This year, as per tradition, we will once again put our hearts into cheering for our ski jumpers on the Valentine's Day weekend, which in our eyes and in the eyes of women's ski jumping fans represents our love towards women's ski jumping and towards Ljubno. I am certain that our ski jumpers will surpass the set goals also in this season, so no one should miss the World Cup event in Ljubno!

I invite you to join us in toasting our high goals!



Jože Mermal

PREDSEDNIK ČASTNEGA ODBORA FIS SVETOVNEGA POKALA V
SMUČARSKIH SKOKIH ZA ŽENSKE LJUBNO 2017 IN PREDSEDNIK
UPRAVE BTC, D. D.

PRESIDENT OF THE FIS SKI JUMPING WORLD CUP LADIES HONORARY
COMMITTEE LJUBNO 2017 AND PRESIDENT OF THE BTC D. D.
MANAGEMENT BOARD AND CEO

Jože Mermal

Izpod Rajhovke v svetovni vrh

Straight to the top from underneath the Rajhovka peak

Podvig, ki smo si ga zadali na Ljubnem v prejšnji sezoni, je bil več kot uspešen. S skupnimi močmi, veliko vloženega truda in sredstev, predvsem pa z ljubeznijo do smučarskih skokov, ki jo Ljubenci čutimo že dobrih 80 let, nam je uspelo na noge postaviti nov moderen skakalni center in prenovljeno skakalnico po FIS pravilih, slovenske orlice pa so naš trud nagradile še z najvišjimi stopničkami. Veseli me, da državni skakalni center postaja ne le dom, temveč tudi zibelka in prostor za izmenjavo znanj ter izkušenj odličnih športnikov, na katere smo lahko ponosni in ki s svojimi dosežki ime Ljubnega ter Slovenije zapisujejo v svetovni vrh smučarskih skokov.

Ponosen sem, da nas ni nič odvrnilo od zadanih ciljev, kljub temu, da je bila pot do prenovljene skakalnice in smučarskega centra mnogokrat izjemno težavna. A zdaj stojimo pred novimi izzivi, na katere zremo z optimizmom in prepričanjem, da ni nič nemogoče. Tako smo letos rekonstruirali in razširili dovozno cesto do skakalnega centra ter naredili pomembne korake pri izgradnji komunalne infrastrukture za nemoteno oskrbo turistično-rekreativnega območja. Samo skakalnico smo opremili z najmodernejšo keramično ledeno zaletno smučino, prihodnje leto pa

jo bomo prekrili tudi s plastično maso in jo tako pripravili za treninge in tekmovanja naših tekmovalcev skozi vse leto. Poleg tega načrtujemo še izgradnjo vlečnice in igrišč ob skakalnici, ki bodo omogočala raznovrstne športne aktivnosti in bodo sooblikovala močan športni center naše regije.

Vsekakor je Ljubno mnogo več kot skakalnica, zato vse naše prijatelje in vse, ki to še niste, vabimo, da nas obiščete in tudi sami doživite lepote Ljubnega in toplino Ljubencev ter občutite srčnost slovenskih smučarskih skakalk.

Dobrodošli med prijatelji, dobrodošli na Ljubnem.

The goal we set ourselves in Ljubno last year has been reached with great success. Together, with loads of effort, plenty of resources, and especially a lot of love for ski jumping, which the people of Ljubno have felt for more than 80 years, we managed to set up a new, modern ski jumping centre, with the ski jumping hill renovated to meet FIS standards. To top it off, the Slovenian eagles rewarded our efforts with the highest podium spots. I am glad that the national ski jumping centre is becoming not only a home to ski jumping, but

also the cradle of talent and a knowledge exchange hub for excellent athletes, who make us proud and carry the name of Ljubno and Slovenia to the very top of international ski jumping.

I am proud that nothing could detract us from our goals, despite the fact that the process of renovating the hill and the ski centre was often incredibly difficult. Now we face new challenges – with optimism and the certainty that anything is possible. This year, we reconstructed and widened the road leading up to the ski jumping centre, and made important steps in building the municipal infrastructure needed for an uninterrupted supply of the area dedicated to tourism and recreation. The ski jump itself was equipped with the newest ice-ceramic in-run track. Next year, it will also be covered with a plastic mass and readied for training sessions and competitions throughout the entire year. In addition, there are also plans to construct a ski lift and various sports fields along the hill, which will enable our visitors to play different sports and help shape a significant sports centre within our region.

Ljubno is definitely much more than just a ski jumping hill, which is why we invite all our friends, as well as all those who are yet to become our friends, to visit and experience the beauty of Ljubno, the warmth of its people, and the courage of our Slovenian ski jumpers.

Welcome among friends – welcome to Ljubno.



Franjo Naraločnik

ŽUPAN OBČINE LJUBNO
MAYOR OF THE MUNICIPALITY
OF LJUBNO



Ljubno ne počiva na lovorikah

Ljubno is not resting on its laurels

Skakalnica ob vznožju Rajhovke ob naselju Ljubno ob Savinji predstavlja pomembno veduto kraja in mu s svojo impozantno lepoto daje pomemben pečat. Lepotni dodatek so še manjše skakalnice v neposredni bližini. Zgrajeni funkcionalni objekti lepo dopolnjujejo športni ambient, ki pa mu Ljubenci želijo dodati še športna igrišča in površine, namenjene turizmu. Tako bodo pridobili močno zaključeno celoto, ki bo ponujala zavetje športnim aktivnostim in bivanju v naravnem okolju, hkrati pa bo pomenila odlično odskočno točko za obisk in ogled naravnih ter turističnih znamenitosti Zgornje Savinjske doline.

Z razvojem državnega skakalnega centra in organizacijo tekem svetovnega pokala je moč opaziti vse večjo prepoznavnost kraja in doline kot močne svetovne športne znamke. Pripravljenost domačinov za investicije v turistično dejavnost ob tem postaja vse večja, kot tudi turistične kapacitete, zaradi česar je turistična ponudba kraja vse pestrejša in vse bogatejša.

Navkljub neugodnim razmeram so občani Ljubnega veliko postorili pri urejanju cestne in komunalne infrastrukture, obnovili številne lokalne ceste, vodovode in ostalo komunalno opremo, ki pomeni zavezo domačinov k varovanju bogate in neokrnjene naravne dediščine. Veliko naporov je namenjenih zagotavljanju podpore silam zaščite in reševanja ter zdravstveni oskrbi občanov in občanov. Izpostaviti velja dobro sodelovanje z gospodarstvom pri širjenju proizvodnje in zagotavljanju novih delovnih mest. Na območju skakalnic so Ljubenci rekonstruirali dovozno cesto do skakalnega centra, jo razširili in naredili pomembne korake pri

izgradnji komunalne infrastrukture za nemoteno oskrbo turistično-rekreativnega območja. Samo skakalnico pa so opremili z najmodernejšo keramično ledeno zaletno smučino.

Razvoj Občine Ljubno sicer temelji na tradicionalnih vrednotah, ki dajejo pečat ljudem in okolju. Tradicija splavarstva in smučarsko-skakalnega športa sta najpomembnejši med njimi. Iz tradicije se rojevajo ideje, ki zaživijo in izžarevajo značilno podobo Ljubnega in njegovih prebivalcev. Velik poudarek razvoja občine je pospeševanje okolju prijaznega gospodarstva, sonaravnega kmetovanja in športno-turistične ponudbe v neokrnjeni naravi Zgornje Savinjske doline.

The ski jump at the foot of the Rajhovka peak near Ljubno ob Savinji offers a beautiful vista of the town and gives it a magnificent imprint with its impressive beauty. Adding to this beauty are the near-by smaller ski jumps. These functional objects neatly complement the entire sports area, to which the people of Ljubno want to add more sports facilities and tourism areas. In this manner, they would get a comprehensive sports area that could host different sports activities and offer lodging amidst the untouched nature. At the same time, the town would represent a great starting point for visiting and sightseeing natural and cultural sites in the Upper Savinja Valley.

The development of the national ski jumping centre and the organisation of FIS World Cup competitions brought greater recognition to the town and the Upper Savinja Valley as a renowned international sports brand. The willingness of the locals to invest in tourism is growing,

including lodging capacities, what makes the town's tourism offer richer and more diverse.

Despite unfavourable conditions, the people of Ljubno made plenty of improvements in the management of road and municipal infrastructure, they renovated numerous local roads, the water distribution system and other infrastructure, which they needed to do to protect Ljubno's rich and untouched natural heritage. A lot of effort is put into providing support for protection and rescue teams and the healthcare of the locals. We should point out Ljubno's good cooperation with the country's economy in expanding the production and providing new work positions. The locals reconstructed the access road to the ski jumping centre, widened it and made significant steps towards the construction of community infrastructure needed for an uninterrupted supply of the area devoted to tourism and recreation. The ski jump was equipped with the most modern ice-ceramic in-run track.

The development of the Municipality of Ljubno is based on traditional values, which leave an imprint on the people and the environment. The old traditions of rafting and ski jumping are among the most important values in Ljubno. New ideas are born from tradition, they begin to live and radiate the characteristic image of Ljubno and its people. In the development of Ljubno, emphasis is put on speeding up an environment-friendly economy, natural farming, and sports tourism amidst the untouched nature of the Upper Savinja Valley.

Letimo z visokimi cilji!

Flying with high goals!

Novo poglavje v zgodbi slovenskih smučarskih skakalk

Slovenski ženski smučarski skoki so v pretekli sezoni presegli vsa pričakovanja in zastavljene cilje, slovenske orlice pa so na prenovljeni skakalnici na Ljubnem osvajale zgodovinska odličja in srca navijačev. Letos dekleta stojijo na pragu novih izzivov in zrejo v prihodnost z optimizmom, saj je začetno obdobje na Ljubnem za njimi, za nadaljevanje pravljice o slovenskih ženskih smučarskih skokih pa so si zastavile nove, še višje cilje.

“Ljubenska tekma ima v mednarodnem merilu primat najspektakularnejše tekme za svetovni pokal v smučarskih skokih za ženske,” je Olimpijska zveza Slovenije zapisala na svoji spletni strani. Poleg prenovljene skakalnice so za to zaslužni srčni Ljubenci, ki so s trudom in vztrajnostjo pa tudi s precejšnjimi finančnimi vložki poskrbeli za moderen smučarski center in odlično organizacijo ter z lokalnim kulinarčnim, turističnim in kulturnim bogastvom, predvsem pa s svojo toplino očarali domače in tuje obiskovalce tekem na Ljubnem.

Slovenske smučarske skakalke so se na najlepši

način poklonile tako Ljubencem kot navijačem in ne nazadnje svojim podpornikom ter poskrbele, da je bila prva osvojena zmaga ljubenske tekme za svetovni pokal v smučarskih skokih za ženske na prenovljeni skakalnici slovenska. To zmago in osvojitve še dveh odličij je konec tedna v času valentinovega spremljalo 20 tisoč ljudi.

Po Ljubnem smo v Lillehammerju dobili celo evropsko mladinsko olimpijsko prvakinja v podobi Eme Klinec, zaključek svetovnega pokala pa je Maja Vtič ozaljšala s tretjim mestom v skupnem seštevku. Naše skakalke niso počivale na lovorikah in so v letu 2016 stale na stopničkih tudi na poletnih tekmah FIS pokala, se odlično odrezale na tekmah poletne velike nagrade in preizkušnjah celinskega pokala, v letošnjo sezono pa vražje Slovenke vstopajo z novimi, še višjimi cilji.

11. in 12. februarja 2017 bodo skušale ponoviti in preseči dosežke pretekle sezone, kar jim lahko uspe ob vaši čim večji in čim glasnejši spodbudi. Pridružite se nam na najspektakularnejših tekmah za svetovni pokal v smučarskih skokih za ženske!



jumping centre and an excellent organisation of the event. Besides that, Ljubno has enchanted Slovenian and foreign visitors alike with its local cuisine, its tourism, and its cultural riches.

A new chapter in the story of Slovenian women's ski jumping

Last season, Slovenian women's ski jumping surpassed all expectations and goals, as the Slovenian jumpers won historic medals and warmed the hearts of their fans on the renovated ski jump in Ljubno. This year, the girls are facing new challenges and optimistically looking to the future. The primary goals for Ljubno have been accomplished. Now they want to continue this Slovenian women's ski jumping fairy tale by reaching new and even higher goals.

“On the international scale, the competition in Ljubno is the most spectacular FIS Ski Jumping World Cup Ladies event,” states the Olympic Committee of Slovenia on its website. This can be attributed to the renovated ski jump and even more so to the people of Ljubno, who with their effort and persistence, as well as significant financial means, contributed to a modern ski

Last year, the Slovenian ski jumpers paid tribute to their fans, supporters, and the people of Ljubno in the best possible way as they secured their first victory in FIS Ski Jumping World Cup Ladies on the renovated Ljubno ski jump. This victory and two additional podium positions were witnessed by 20 thousand people on Valentine's Day weekend.

After the event in Ljubno, Lillehammer hosted the European Junior Olympics, where Ema Klinec won, while Maja Vtič embellished the season with the 3rd place in the World Cup 2015/2016 standings. But our ski jumpers did not rest on their laurels. They stepped on the podium during the FIS Cup summer events, scored excellent results in the Grand Prix summer events and in the Continental Cup competitions. Now, the devilish Slovenians have entered the new season with new and even higher goals.

On 11th and 12th February 2017, our ski jumpers will try to repeat and surpass the results they achieved in the previous season. They can manage that with the big and loud support of their fans. Join us at the most spectacular FIS Ski Jumping World Cup Ladies event!



Rojeni za smučarske skoke

Born to be ski jumpers

Maja Vtič in Špela Rogelj sta z zmago ter osvojitvijo stopničk na Ljubnem v letu 2016 pisali zgodovino. Bil je fantastičen konec tedna, ki je prinesel izjemen uspeh, za katerega pa obe dekleti zagrizeno garata praktično vse življenje. Čeprav je včasih težko in si morda kdaj želita pobegniti iz snežne arene, sta soglasni v enem – po žilah jima namreč teče smučarska skakalna kri, zato misel na življenje brez skokov hitro odženeta stran.

With a win and two additional podium placements, Maja Vtič and Špela Rogelj made history in Ljubno in 2016. It was a fantastic weekend that wrote an amazing success story for which both girls had been working hard and with great passion almost their entire lives. Although there are always some tough moments that make them want to

escape the ski jumping arena, they both agree on having this sport in their blood and quickly dismiss the thought of a life without ski jumping.

Maja, skoke si spoznala v OŠ preko brata – kako to, da si ga spremljala na treninge in kaj te je pritegnilo, da si iz rokometu in atletike skočila v skoke?

MAJA: "Že doma smo dosti spremljali skoke, tekmovanja po televiziji, v bližini pa smo imeli skakalnico oziroma klub, v katerega je bil včlanjen brat. On je veliko treniral, jaz sem se tudi tam zadrževala pa so enkrat rekli, če bi tudi jaz poskusila – pa sem poskusila bolj za šalo kot zares. Takrat tudi ni bilo tekmovanj za punce, niti organiziranih treningov, tako da tudi sama nisem vedela, da bo to pripeljalo tako daleč, ampak potem te potegne notri. Če si bolj »adrenalinec«, si pač želiš dosežati vedno večje daljave. To je res užitek, ki te zasvoji, da vztrajaš v tem. Po tem, ko sem jaz začejala, so se pričeli tudi treningi, mednarodne tekme, vse je šlo postopno in kar naenkrat si imel neke cilje, ki jih lahko dosežeš, in to me je držalo, kasneje pa tudi rezultati."

Maja, you got to know the sport of ski jumping closer in primary school through your brother. How come you accompanied him to his trainings and what made you replace handball and athletics with ski jumping?

MAJA: "We always watched ski jumping on TV. Apart from that, we also had a ski jump and a ski jumping club, a member of which was my brother, close to

our home. My brother trained a lot and sometimes I accompanied him to his training sessions. Once, they asked me if I would like to try it – it was more of a joke than anything serious. At that time, there were no ski jumping competitions for girls, or even organised trainings, which is why I had no idea where the road was going to take me. However, if you're an "adrenaline junky" like me, you quickly get sucked into this sport, and you crave longer and longer distances. That is pure enjoyment, which gets you hooked and drives you forward. After I took up ski jumping, the wheels started moving – the first trainings for female ski jumpers and the first international competitions were organised. It all went step by step. All of a sudden, I had plans, realistic plans, which kept me going, the same as the results that followed."

Špela, lansko leto si v izjavi na kratko omenila, da sta morala z bratom kar nekaj časa prepričevati očeta, da so skoki tisto, kar želita početi. Kako pa si sploh odkrila skoke in zakaj so te pritegnili?

ŠPELA: "Veliko spremljamo športe na televiziji. Sicer mi preko ekrana skoki niso bili nek »vau«, nekoč pa smo šli na izlet v Tamar, se ustavili v Planici na tekmi in tam sem videla, da punce skačejo. To me je fasciniralo, ne sam šport smučarskih skokov, ampak da punce lahko tudi skačejo. Vedno mi je bil všeč adrenalin in mislim, da me je zato potegnilo v skoke. Hotela sem poskusiti in že takoj med prvimi skoki mi je bilo všeč, želela sem to početi in to se še ni spremenilo."

Špela, in one of your statements last year you mentioned that it took you and your brother quite some time to persuade your father that ski jumping was the sport you wanted to take on. How did you get to know ski jumping and what attracted you so much to this sport?



ŠPELA: "At home, we have always watched a lot of sports on TV. For me, ski jumping was not really attractive on the TV screen. But then my family and I went for a trip to Tamar and made a stop in Planica, where I saw girls ski jumping. That really fascinated me, not only ski jumping as a sport, but more so the fact that girls were also doing it. I always liked adrenaline-rushing activities and I think that was also one of the reasons why I was attracted to this sport. I wanted to try it out for myself. I fell in love with the sport already during my first jumps and I knew immediately that I wanted and still want to do this sport."

Kako si družini in prijateljem pojasnila, da so skoki pravi šport zate, in kako si dosegla ta »cilj« – začela trenirati skoke?

MAJA: "Prav dobro se ne spomnim, ampak doma so seveda takoj izvedeli pa ni bilo nič narobe, brez kakršnih koli ugovorjanj. Po moje zato, ker niso niti vedeli, da me bo to pripeljalo do tu, kjer sem danes, za prijatelje pa se ne spomnim. To se je postopno izvedelo v šoli, ko sem morala na trening ali na tekmo. Med vrstniki oziroma sošolci, prijatelji ni bilo veliko čudnih pogledov, mogoče le na začetku vprašanja, kot so »a punce tudi skačete?« pa »kje si skoke našla?« – to je še dandanes precej pogosto vprašanje. Verjetno je bilo čudnih pogledov še največ med fanti na skakalnici, na začetku so nas bolj čudno gledali kakor pa recimo v domačem okolju."

ŠPELA: "Družini ni bilo težko tega razložiti, ker so me podpirali v vseh odločitvah, nekateri prijatelji pa še zdaj ne razumejo tega. »Zakaj ženski skoki, pa se morate toliko boriti, da boste prišle na isto raven kakor fantje.« Mogoče pa so prav zaradi tega tak izziv – ker se morajo ženski smučarski skoki v Sloveniji še postaviti na svoje mesto. Veliko smo že dosegli z rezultati, z našim trdim delom, da so

ženski skoki v Sloveniji res postali bolj prepoznavni. Odgovarjam jim, da ima vsakdo nekaj, kar rad počne. Če ne v športu, pa kje drugje. Jaz sem si pač to izbrala, to je kakor moja služba in to zdaj počnem. Tudi ko me sprašujejo, kaj bo s šolo, povem, da sem se zdaj odločila, da mi je šport najpomembnejši. Če bom imela željo študirati, bom s svojo voljo tudi to dosegla. »Pa mogoče nimaš prostega časa.« Vsem povem, da tega ne potrebujem, saj živim svoje življenje, ki je športno življenje, in tega pač ne potrebujem."

How did you explain it to your family and friends that ski jumping is the right sport for you and how did you start training?

MAJA: "I don't really recall how I told them, but I told my family immediately, and there were no negative comments or objections. I think it was because they were not really aware how far I was willing to go in this sport. I don't remember the reaction of my friends. I guess they all became aware of it in school, where I missed my classes due to my trainings and competitions. My colleagues and friends didn't give me any strange looks. Well, maybe there were some who asked, "Are girls also ski jumping?" or "Where did you find this sport?" I still hear this question very often. Maybe I received more strange looks on the ski jumps, where the guys looked at us funny, than in my home environment."

ŠPELA: "It was not difficult to explain it to my family, since they always supported me in my decisions, but some friends still don't completely understand my decision: "Why did you decide on women's ski jumping – a sport in which the girls still need to prove their place as it is mostly dominated by men?" Maybe this is exactly the reason why—I wanted to help put women's ski jumping on the map in Slovenia. We have already achieved a lot with our results and hard work, resulting in women's ski jumping finding its

place among the most popular sports in Slovenia. I answer that I see ski jumping as a sport, which I chose for myself. I consider it my job, whereas others opted for different jobs. When they ask me about school, I tell them that I decided that sport was the most important and that if I ever had a wish to study, I will surely be successful due to my strong willpower. "You probably don't have any free time," is also one of the comments, to which I reply that I don't need free time, since I am living the life I want – a life totally dedicated to sports."

Lani ste dekleta izpolnila sanje vseh in osvojila zgodovinske stopničke na prenovljeni skakalnici na Ljubnem. Kako gledaš na lanskoletno tekmo in osvojitve odličij, kaj ti pomeni?

MAJA: "To je bila zame v karieri najpomembnejša tekma, prelomna tekma, končno sem dosegla tisto zmago, tudi dosti prepričljivo, bom rekla, s svojimi dobrimi skoki, kar ni bilo naključje ali sreča. Tudi dokazala sem si, kakor zdaj vidim tudi pri drugih športnikih, da ni najlažje zmagati na domači tekmi. Marsikdo je pričakoval in veliko napovedoval pred domačo tekmo, pa se potem ni izšlo. V takšnih trenutkih vidim, da sem res morda dosegla nekaj pomembnega. Tudi da premagaš vse te pritiske in pričakovanja medijev ter gledalcev. Zelo dobro in rada se spomnim tistih občutkov in si samo želim, da bi lahko to še kdaj ponovno doživela."

ŠPELA: "Stopničk doma sem si vedno želela, lani pa so bile res nepričakovane. Skakala sem dobro na treningu, kvalifikacijah, ampak trening in kvalifikacije ne pomenijo še nič. Ko sem videla, da bom na stopničkah, da bova dve na stopničkah, je bilo to res »vau«! Vsi so to pričakovali, odkar smo začeli s tem, da bodo pa doma stopničke ... Ves čas smo bile blizu, a ne čisto tam. Takrat pa je bilo res tisto nepričakovano, spontano in vsi smo bili zadovoljni, veseli.

To je najboljše, da lahko svojim navijačem podariš stopničke doma. Osebnost mi zelo veliko pomeni lanski dosežek, skoraj več, kakor moja zmaga, zato ker je bilo to doma, bil pa je tudi nekakšen obliž na celotno sezono, saj sem se lovila sem in tja, potem pa te stopničke, ko si res rečeš: »To sem čakala vso sezono.« Vse tiste bolečine in vse ostalo je bilo vredno tega – takrat res pozabiš na vse pretekle težke trenutke."

Last year, the girls fulfilled the dreams of us all and stood on the podium on the renovated ski jump in Ljubno. How do you see last year's competition and what place do those medals have in your heart?

MAJA: "This was the most important competition in my career, a breaking-point competition, where I finally won for the first time – quite decisively if I may add – with really great jumps, which were not a result of coincidence or luck. Even though I know it is tough to win at home, I proved to myself that I could do it. Many athletes have expected and some even predicted great results in front of the home crowd, but failed. In such moments, I see that I truly did something special. Overcoming all the pressure, the expectations of the media and the fans. I remember those feelings well and very fondly, and I only wish I was able to repeat them again."

ŠPELA: "I always wanted to stand on the podium at home, but the podium placement last year was really unexpected. I was jumping well in trainings, in qualifications, but that does not mean much. When I realised that I will be standing on the podium, that there will actually be two Slovenians on the podium, I was just amazed. People were expecting these results ever since we started to compete. We were always close but never on the podium. Until last year – it was rather unexpected, spontaneous; we were all pleased and happy. It is a great feeling to say thanks

to your wonderful fans with a podium spot at home. Personally, last year's result means a lot to me, maybe even more than my first victory, because I reached the podium at home and because this result was a true blessing after a season in which my results were fluctuating. Then, this podium came. I said to myself that I was waiting for it the entire season and that all the pain and everything that comes with the trainings was worth it. I forgot all the tough moments that preceded this result."

Maja, v pretekli sezoni si zasedla tretje mesto v skupnem seštevku svetovnega pokala. Špela, ti si se uvrstila med 10 najboljših na svetu – je to spodbuda ali pritisk v letošnji borbi za točke in stopničke?

MAJA: "Oboje. Spodbuda je, ker vidiš, da si sposoben dobrih rezultatov. Da ti tudi zagon za naprej, za treninge, želiš se še bolj pripraviti, narediti še dodaten napredek, iščeš, kje so še kakšne možnosti za izboljšanje. Po drugi strani je pa tudi pritisk. Posebej v trenutkih, ko ti ne gre, te zagotovo zaskrbi, kaj to pomeni. Želiš ponavljati rezultate, saj vsak, ki naredi korak naprej, želi iti še kakšnega naprej oziroma predvsem ne nazaj. Malo pritiska si ustvariš sam, po drugi strani pa tudi mediji. Saj vidimo – ko so dobri rezultati, se hitro razvadijo, in potem že če si uvrščen »samo« nekje v deseterico, ni več nekega zadovoljstva. Čeprav meni je recimo uvrstitev med

prvih deset še vedno super rezultat."

ŠPELA: "Za letošnjo sezono res nisem čutila nekega bremena, ker nisem bila najboljša od naših, tako da se to breme prenese bolj na ostale. To je bil lani zastavljen cilj, ki je tudi bil izpolnjen, kljub temu, da se sezona ni zelo dobro začela. Cilj ostaja tudi za letošnjo sezono, ker če si med najboljših deset, to pomeni, da si med desetimi na svetu in to je tisto, kar iščeš. Zdaj smo tudi tako skupaj, kar pomeni, da če si med 10, imaš tudi zelo vrhunske rezultate."

Maja, in the past season you were 3rd in the final World Cup standings. Špela you were ranked among the top 10 in the World Cup. Does that encourage you or does it add to the pressure in this season's fight for the points and the podium?

MAJA: "Both. It is encouraging to see that you are able to have great results. This gives you the motivation for the future, for trainings, as you are trying to be in the best shape possible, always seeking new possibilities of improving. When you're not at your best, you feel the pressure, you get worried about what you're doing wrong, and you only want to repeat your best results. We are always trying to improve. When we make a step forward, we want to make another one, and another ... You put yourself under pressure, while the media adds to that pressure. It is obvious that when your results are good, the media

quickly becomes spoiled and craves for more. And when you are "only" among the top 10, they are not satisfied anymore. Personally, I believe that top 10 results are still great.

ŠPELA: "I didn't feel any additional burden this season, since I was not the best in our team. The burden fell on other girls. The goal for the previous season was set and achieved, even though the season was not off to a good start. The goal for this season remains the same, to be among the top 10 in the world, something that we are all working towards. We are pretty even when it comes to our achievements, which means that if you're among the top 10, you have top results."

Na kakšen način se spopadate z izzivi pred seboj?

MAJA: "Nimam nobenega posebnega rituala, enostavno se soočim s tem, verjamem, da mi bo uspelo, da sem se recimo dobro pripravila na tekmo in da mi bo uspel dober skok, zaupam vase."

ŠPELA: "Po navadi z jezo sama nase. (smeh) Če vidim, da za trening nisem pripravljena ali da sem utrujena, se moram nekako »resetirati«, to je moje delo, da se tam pojavim in naredim svoje. Enostavno sem jezna sama nase, da se mi to sploh lahko zgodi, po drugi strani si pa rečem: »Si človek, to se vsakemu zgodi, ampak zdaj bodi tam, naredi svoje, potem se pa zapri v sobo in bodi tiho ali pa kriči nase, če lahko.« (smeh)"

How do you tackle challenges?

MAJA: "I have no special ritual. I simply take on a challenge. I believe that I will succeed, knowing that my preparations for the competition were good and that I will make a good jump – I believe in myself."

ŠPELA: "Mostly by being angry with myself. (laughs) If I see that I'm not prepared for training or that I'm

feeling tired, I try to "restart" myself. It is my job to show up at training sessions and train. I get angry for letting something like that even happen to me, while on the other hand I always tell myself that I am only human and that everyone has their bad moments. I say to myself – be there, do your job, then shut the door of your room, be quiet or yell and let your anger out if you can. (laughs)"

Se strinjata s trditvijo "cilj je preseči vse cilje" in zakaj?

MAJA: "Kot športnik v bistvu delaš za to, da bi vsak cilj nadgradil oziroma vsak rezultat nadgradil še z boljšim rezultatom. Vedno stremiš k temu, da boš boljši, ne slabši – s tem se moram strinjati. Doseganje ciljev za vsako ceno, to pa ... jaz pravim tako – če sebi in drugim ne škodiš, potem ja."

ŠPELA: "Se strinjam, ker ti si postaviš cilj, ga presežeš in si spet postaviš nov cilj. In vedno jih presegaš. Če jih ne bi presegal, tudi ne bi napredoval."

Do you agree with the statement "the goal is to surpass all goals" and if so, why?

MAJA: "As an athlete, you train for situations like that, you try to upgrade and improve on your previous best results. We always strive towards achieving better results and not worse ones. I agree that you should try to reach your goals even if the price is steep, but only without harming yourself or others."

ŠPELA: "I agree with this statement, because it is you – the athlete – who sets the goals. You surpass a goal and set a new one. If you don't surpass your goals, you are not successful, you are not improving."

Vsa dekleta, vaša trenerja, celo Mednarodna smučarska zveza ste enotni, da je tekma na Ljubnem nekaj posebnega tudi zaradi navijačev. Kaj pa

sporočata njim?

MAJA: "Predvsem to, naj nadaljujejo tradicijo, da pridejo na Ljubno, ker je to najboljše obiskana tekma oziroma tekma, ki ima najboljše vzdušje nasploh v svetovnem pokalu pri ženskah. Želim si, da bi prišli mogoče še v večjem številu kot do zdaj, tako da se res postopno približamo fantom. V to, da bodo naredili super vzdušje tako kot vedno do zdaj, pa tako ali tako ne dvomim."

ŠPELA: "Vsem se prav zelo lepo zahvaljujem, vedno naredijo najboljše vzdušje v celotni karavani svetovnega pokala. Čeprav tam nisem doma, se počutim kot doma, in ob podpori BTC-ja, ki nam stoji ob strani že vsa ta leta, je veliko lažje nastopati doma. Ni nikakršno breme, ker vemo, da nas naši navijači podpirajo stoddotno, tudi če se zgodi kakšna napaka. Prav posebej pa bi se zahvalila svojemu sponzorju Kobal Transporti, ki mi tako kot BTC vedno stoji ob strani in tudi pomaga BTC-ju, da se tekma lahko izpelje."

All the girls, both coaches, and even the FIS agree that the competition in Ljubno is truly something extraordinary because of the fans. What message do you have for them?

MAJA: "Mainly that they should continue with the tradition of coming to Ljubno, which is the World Cup event that attracts the most visitors or at least

the event that boasts the best atmosphere on the FIS Ski Jumping World Cup Ladies circuit. That's my wish – even more fans in Ljubno, which would mean that we are gradually nearing the popularity of men's ski jumping. I have no doubt about our fans creating an excellent atmosphere. They always do."

ŠPELA: "I want to thank all the fans, since they always create the best atmosphere on the World Cup circuit. Even though I am not from Ljubno, it feels like home. With the support of the BTC Company, which has been our sponsor for all these years, it is much easier to compete at home. I don't feel any burden, since we all know that our fans support us unconditionally, even if we make a mistake. I would especially like to thank my personal sponsor Kobal Transporti, which has been by my side since the beginning, and which helps the BTC Company in the organisation of the competition."

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Naš cilj je preseči vse cilje

Our goal is to surpass all goals

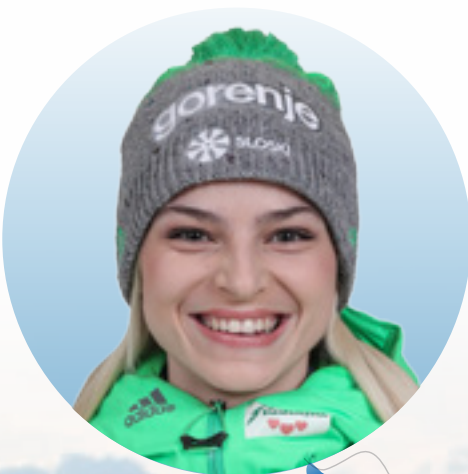
Pravljica, ki so jo preteklo sezono spisale slovenske smučarske skakalke, je bila čudovita, a čeprav dekleta z veseljem pomislijo na lanske dosežke na Ljubnem, so odločno zazrta v prihodnost in predvsem v doseganje čim boljše športne forme ter s tem tudi rezultatov. Slovenske orlice nedvomno tudi letos letijo z visokimi cilji in ne skrivajo svojih ambicij, razkrile pa so tudi nasvete za doseganje in preseganje zastavljenih ciljev.

The fairy tale written last year by the Slovenian women's ski jumping team was full of wonders. Although the girls look fondly on their previous season's success in Ljubno, they also gaze into the future determined to get at the top of their game and achieve the best

possible results. They do not hide their ambitions and there is no doubt that the Slovenian eagles are once again flying to reach high goals. Here, they give some advice on how to reach and even surpass them.

Špela Rogelj

Imam visoke cilje. Sicer se sezona ni najbolje začela, ampak cilji ostajajo enaki. Vrhunec sezone sta zagotovo Lahti in Ljubno. Če bo na Ljubnem enako,



kot je bilo lani, bo super. Glede zastavljanja ciljev pa je odvisno, za katero stvar gre. V športu predvsem s tekme na tekmo. Do kdaj bom trenirala, je odvisno od moje motivacije. Če si zelo na tleh, je včasih zelo težko, saj bi najraje kar zaključila, ampak vseeno najdeš neke trenutke, ki te spet povlečejo nazaj. Glede na šport se tudi vsi življenjski cilji predstavljajo, zato je težko gledati daleč v prihodnost, če imaš šport še vedno na prvem mestu. Za zdaj je še vedno zame šport na prvem mestu in bo zagotovo do olimpijskih iger, potem bomo pa videli kako naprej. Sicer pa je za doseganje ciljev nujna zelo močna volja, neka stvar, ki te vleče naprej, mogoče kakšen dogodek ali pa nekaj, kar si vsak predstavlja kot neko svetlobo, ki te vleče naprej, pa trdo delo.

I set my goals high. The season has barely started, but the goals remain the same. The highlights of the season are definitely Lahti and Ljubno. If the event in Ljubno is as good as last year, it will be fantastic. As far as setting goals goes, it depends on the area of interest. In sports, I tend to set them from one event to the next. The length of my training session depends on my motivation. If you're feeling down, it can be very hard to go on, there are times when all you want to do is stop, but you still find moments that push you forward. Other life goals also depend on the sport you're devoted to, so it's hard to look far into the future if sport is your priority. For me, sport still comes first. It will definitely stay that way until the Olympics, and then we'll see. To reach your goals, you need a lot of willpower, something to pull you forward, maybe a specific event or something you perceive as a beam of light that keeps you going, and hard work.

Nika Križnar

Moji cilji so predvsem čim boljše skakati in ciljati med top 10 v svetovnem pokalu, čim boljše »odskakati« letošnje mladinsko svetovno prvenstvo, letos bomo

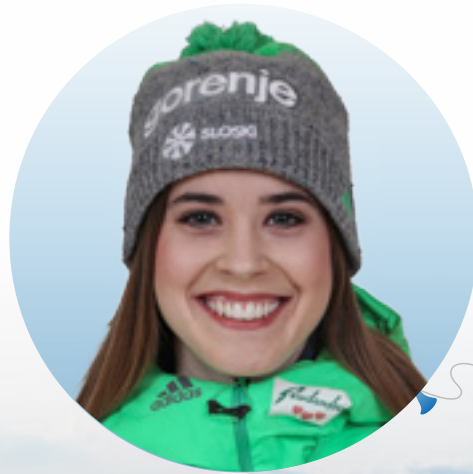


prvič imele žensko ekipno tekmo v Park Cityju in to je spodbuda zame, ker lahko s puncami skupaj tekmujejo. Že od malih nog so moje sanje, da bi prišla do olimpijskih iger in čim boljše skakala. Ni mi pomemben rezultat, pomembno mi je, da nastopim na Ol. Mogoče nadaljujem še po olimpijskih naprej s puncami v svetovnem merilu, upam pa, da ne bo kakšnih hujših poškodb, da varno pridem do konca sezone. Moj pristop za preseganje ciljev pa je, da na treningih sproti vidim napake, kaj moram odpraviti, si zastavim manjši cilj in tega najprej uresničim, potem pa so cilji sčasoma večji, nekateri dolgotrajni in tiste skušam tudi na daljši rok uresničiti. Najprej naj vsakdo doseže tiste svoje najmanjše cilje v določenih drugih stvareh, ne samo v športu, tudi na primer v šoli, pri kakšnem delu doma, kaj takega.

My main goals are to make the best jumps possible, aim for the top 10 in the World Cup, and do my best at the Junior World Championships. This year marks the first time we'll compete in a team event in Park City and it motivates me to train together with the girls. My dream has always been to make it to the Olympics and jump as far as possible. The result is not important, what's important to me is that I take part in the Olympics. After the Olympics, I might continue to compete alongside the girls on the international level. I hope to make it safe to the end of the season and that I don't get severely injured. I surpass my goals by quickly spotting mistakes that have to be rectified at training sessions as well as setting smaller goals and reaching them one by one until I reach bigger goals. Some of them are long-term goals, which I try to reach in a longer period of time. Everyone should first try to reach even the smallest of goals not only in sports, but also elsewhere, for example in school, at home, and so on.

Urša Bogataj

Moja želja je izboljšati to sezono. Sicer v začetku ni šlo



vse po načrtih, lani mi je uspelo priti med prvih deset, letos pa bom videla sproti, kaj bo. Grem iz sezone v sezono, želim se vsako leto izboljšati. Včasih uspešno, včasih ne, sicer pa sproti vidim približno, kje sem, zato ne načrtujem veliko dolgoročno. Vsakomur, ki želi presegati svoje cilje, pa bi rekla, naj vztraja in uživa v vzponih ter naj bo močan ob padcih. Jaz sama sebe skušam motivirati in zdržati takrat, ko mi ne gre. Sicer je težko, ampak je treba. Pomaga mi, da se umirim, mogoče kakšen dan tudi pride prav, če malce odklopiš glavo.

My wish is to improve my performance this season. Not everything went according to plan in the beginning. Last year, I managed to make it among the top ten, this year we'll see what happens. I take it one season at a time and always want to improve as an athlete. Sometimes I'm successful, sometimes I'm not, but I tend to see where I'm at as I go along, so I don't make any long-term plans. To all those who want to surpass their goals I would say the following: be persistent, enjoy the highs, and don't let the lows bring you down – be strong. I try to motivate myself and keep pushing when nothing goes as I envisioned it. It is hard but it must be done. It helps me to calm down, perhaps even completely disengage for a day or two.

Katja Požun

Meni je izraz »letimo z visokimi cilji« vseh, saj če si postaviš visoke cilje, pomeni, da hočeš napredovati,



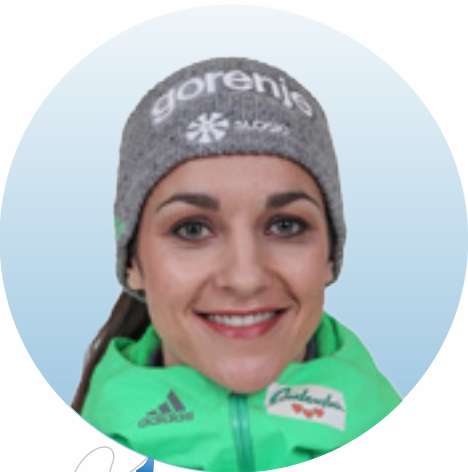
da hočeš biti boljši. Prav je, da si postavimo višje cilje vsako leto, da se napreduje in da imamo cilje, ki jim sledimo. Pri meni je vedno tako, da počakam na prvo tekmo, ker imam po navadi nekaj težav, ko se sezona začne, in si potem zastavim cilje do konca sezone. Najbolje je iti iz dneva v dan, ker pri skokih ni vedno »toliko, kolikor daš, toliko dobiš«. Jaz sem svojo kariero, stara sem šele 23 let, že enkrat zaključila, postavila smuči v kot in se posvetila šoli, potem pa je splet okoliščin napeljal na to, da se spet profesionalno ukvarjam s skoki. Bom pa skakala, dokler bom v tem uživala, dokler bom lahko sproščena in mi bo šlo tudi s finančnega vidika. Letošnji cilji so predvsem, da konstantno prihajam med dobitnice točk, ena izmed večjih želja je tudi udeležba na svetovnem prvenstvu v Lahtiju in pa seveda domača tekma na Ljubnem. Glede na to, da je Ljubno moja skoraj najljubša skakalnica in da je bila moja forma lani precej klavrna, na Ljubnem pa se mi je odprlo, pričakujem od Ljubnega še največ,

nikoli nisem imela težav dobro skakati na tej skakalnici. Za doseganje ciljev pa bi rekla, da je pomembno, še posebej v našem športu, da sam verjameš, da si dal vse od sebe, ker pri skokih je veliko v glavi. Pravzaprav nikoli ne moreš narediti čisto vsega, ker ima dan samo 24 ur. Moraš se odločiti, katere stvari so ti pomembne, moraš pa tudi zaupati vase, biti samozavesten in verjeti v to, kar delaš.

I love the expression "flying with high goals". Because if you set your goals high, it means you want to improve, to become even better. It's good if you keep raising the bar and have an objective you can aspire to. Since I tend to have some difficulties at the beginning of each season, I always wait for the first race to see where I'm at and then set my goals for the rest of the season. It is best to take it one day at a time when it comes to ski jumping, because it's not always the case that you "reap what you sow". In the course of my career – and I'm only 23 – there was a time when I quit, said goodbye to ski jumping, and focused on school, but circumstances led me back into professional ski jumping. I want to continue with the sport as long as I can enjoy it, be relaxed, and also financially set. This year's main goals and wishes are to get points at competitions on a steady basis, take part in the World Championships in Lahti, and of course to do my best at the home event in Ljubno. Given that Ljubno is my favourite ski jumping hill – even last year, when I was in quite a bad shape, Ljubno was my success – that is where I expect to get my top result of the season. I never had any trouble jumping well in Ljubno. To reach your goals, I would say it's important, especially in our sport, to believe that you did your best, because with ski jumping, a lot comes down to your state of mind. You can never do absolutely everything, because there are only 24 hours in a day. You have to decide what's important to you, have trust in yourself, be confident, and believe in what you do.

Maja Vtič

Vsi imamo nekako višje cilje, višja pričakovanja, ampak naj bodo, tako bom rekla, v okviru zmogljivosti. Jaz skušam ne letati previsoko, ampak predvsem visoko z realnimi cilji. Sezono za sezono, ko se sezona začne, pa iz tekme v tekmo oziroma iz treninga v trening, da se skoki nadgradijo. Vsaka tekma mi je pomembna, da se nanjo dobro pripravim, da dobro »odskačem«, želja letos pa je pripeljati skoke na najvišji nivo do



Ljubnega in potem do svetovnega prvenstva. Vem, da se lanski rezultati lahko še nadgradijo, a ostalih punc ne gre podcenjevati, ker so vse dobre in se je treba res dobro pripraviti in dobro skakati, da bomo te višje cilje dosegli. Vemo, da je veliko dejavnikov, ki vplivajo na tekmo oziroma na končni rezultat, tako da ni vse odvisno samo od mene. Upam, da se bodo poklopile ostale stvari, ki spadajo k dobremu rezultatu. Sama bom dala vse od sebe, da bodo skoki čim boljši. Zmagati vsakokrat ni ravno mala malica, še posebej doma. Zato je neprijetno napovedovati rezultate. Lani nisem imela visokih pričakovanj, ničesar nisem napovedovala in na koncu se je vse super poklopilo. Tudi letos ne bi rezultatsko ničesar napovedovala, želim si samo, da bom skoke pripeljala do takega nivoja, kot

sem sposobna, in mislim, da bodo tudi rezultati lepi. Vsem bralcem te brošure pa sporočam, da moramo v življenju nasploh biti predvsem vztrajni, delavni, ne smemo se predati ob prvi oviri ali prvem neuspehu, temveč moramo vztrajati, verjeti vase in zaupati v delo, ki ga opravljamo.

Somehow we all have high goals and high expectations, but let me put it like this: keep them within the realm of your abilities. I try not to fly too high. Although I do fly high, I do so first and foremost with realistic goals – from one season to the next, from one event to the next, and from one training session to the next in order to build increasingly better jumps. Every single competition is important, I have to be prepared for it and jump well. I wish to bring my jumps to the highest performance level until Ljubno, and then build on that until the World Championship. I know that we can achieve better results than last year, but the other girls are not to be underestimated. All of them are great athletes. We will truly have to be well prepared and make great jumps in order to reach these higher goals. We know that there are many different factors that can impact a race and the final results, so not everything is up to me. I'll do my best to jump as far as possible and I hope that everything else goes well, too. It is not exactly easy to keep winning, especially at home. That's why I'm not comfortable predicting any kind of outcome. Last year, I had no high expectations, I made no predictions, and everything went great in the end. This year, I won't make any predictions either, I just want to bring my jumps to the level I know I'm capable of. If I do that, I think my results will be good as well. To all the readers of this brochure I want to say this: life in general demands persistence and hard work. You can't give up at the first obstacle or failure you encounter, you have to keep going, believe in yourself and your work.

Ema Klinec

Cilji so pomembni. Zdi se mi, da je to nekaj, kar te vsak dan vleče naprej, da greš na trening. Je pa res – ko cilj

dosežeš, se s tem ne smeš zadovoljiti, ampak si moraš postaviti novega oziroma se truditi biti vsak dan boljši. Sama konkretno rezultatskih ciljev nimam, sta pa v letošnji sezoni kar dve tekmi zame zelo pomembni. Prva je mladinsko svetovno prvenstvo, druga, če se uvrstim v ekipo, pa člansko prvenstvo, kjer si želim



skakati po svojih zmogljivostih, saj vem, da lahko visoko posežem. Od vseh tekem v sezoni, si prav na tekmi na Ljubnem želim najbolj uživati. Na Ljubnem pričakujemo največ navijačev in mislim, da se bo veliko lažje sprostili kot na kakšni drugi tekmi. O želji po stopničkah pa najbrž ni treba govoriti naglas. Treba pa je dobro skočiti in potem se vidi, ali je to dovolj za stopničke. Sicer pa, ko se enkrat sezona začne, smo bolj »natempirani« na kakšen dan, dva za vnaprej, tako da ni časa za razmišljanje o velikih načrtih. Je pa res, da se mi, ko se sezona konča oziroma je že proti koncu, začnejo vedno bolj porajati želje oziroma pričakovanja za naprej, ali lahko kaj izboljšam, kaj je bilo slabo, kaj je bilo dobro. Zdi se mi tudi, da sem v takih letih, ko to mogoče pride včasih malo bolj na plano in se mi počasi malo razjasnjujejo stvari. Sem v tretjem letniku srednje šole, počasi se bo treba odločiti za naprej. V bistvu ves čas spoznavam tudi sebe, vidim, kaj mi paše, kaj mi ne, in to mi je zelo všeč. Je pa seveda bolj kot ne vse vezano

na šport, kar odražata tudi stavka, ki si ju skušam čim večkrat ponavljati in ki mi pomagata do dobre pripravljenosti: v samih skokih biti dober ni dovolj, ko sanjaš, da bi bil najboljši, oziroma nikoli nisi tako dober, da ne bi mogel biti še boljši.

Goals are important. I believe they are what keeps you training every day. It's also true that you shouldn't get complacent once you achieve a given goal, but instead set a new one and strive to be better every day. As far as results go, I have no specific goals, though there are two races that are very important to me this season: the Junior World Championships and, if I qualify for the team, the World Championship. That is where I want to show my best effort – If I do so, I know I can reach pretty high. What I want most for the competition in Ljubno is to enjoy it to the fullest, because I think the atmosphere there will be conducive to very good results. That is where we're expecting the largest number of our fans to show up and I think it will be much easier to relax in Ljubno than at any other race. There's probably no need to talk about podium ambitions, but there is a need to make a good jump – and then we'll see if it's enough to secure a podium placement. In any case, once the season starts, we tend to think only a couple of days in advance, so there is no room for huge plans. However, it is true that once the season comes to a close, I start having expectations for the future, thinking about what I can improve, what was bad and what was good about the last season. I think I've reached an age when these things are becoming clearer to me. I'm in my third year of high school, so soon I'll have to decide about my future. I keep getting to know myself better, seeing what I like and what I don't like, which is great. But more or less, everything in my life is tied to sports, which is also reflected in the sentences I keep repeating to myself and which help me get in good shape: it is not enough to be good at ski jumping when you're dreaming about being the best; you're never so good that you couldn't be even better.

Kako naprej? Where do we go from here?

Glavni trener Stane „Sten“ Baloh

in njegov pomočnik Primož Peterka

sta moža, ki stojita za in ob

slovenskih smučarskih skakalkah,

z njimi trepetata in snujeta načrte,

kako dekleta pripeljati tja, kamor

po njunem mnenju spadajo, v vrh

ženskih smučarskih skokov. Tudi

njiu se je zgodovinski dosežek

pretekle sezone močno dotaknil in ju

zaznamoval, dal pa jima je ogromno

elana za novo poglavje v knjigi

uspehov ženske smučarske skakalne

reprezentance.

Head coach Stane “Sten” Baloh and

his assistant Primož Peterka are the

two men supporting and standing

by Slovenian women ski jumpers.

Together with the girls they tremble

and try to bring them to the level they

deserve – the mere top of women's

ski jumping. Both of them have been

touched and marked by the last

season's historic event. At the same

time, they are enthusiastic about

writing a fresh chapter in the book of

success of the Slovenian women's ski

jumping team.

Kako visoki so cilji slovenske ekipe ženskih smučarskih skakalk?

STEN: Cilji so vedno visoki, a je dobro, da niso previsoki, ker je takrat učinek lahko ravno nasproten. V letošnji sezoni bi se radi približali lanskim



Stane Baloh
Glavni trener · Head coach

rezultatom, ki so bili zelo dobri tako zame kot za dekleta in Smučarsko zvezo pa mislim, da tudi za javnost. Sem bolj kot ne previden, zato ne obljubljam ničesar vnaprej, delamo pa na tem, da bi te visoke cilje izpolnili.

PRIMOŽ: Osredotočil se bom bolj na Ljubno, a velja tudi na splošno. Peto leto sem že zraven, vsako leto je bilo boljše, rezultati so bili boljši, lani smo dosegli prvo zmago v Sloveniji, tudi dvojne stopničke. Ne bom rekel, da je to vrhunec, ampak prav višje se pa ne da. Ostajamo tam, cilj je tako ali tako čim bolje skakati, cilj doma so tudi kakšne stopničke, zagotovo, kljub temu, da mogoče trenutno zgleda,

da so to malce drzne napovedi. Cilji morajo ostati visoki in na to se moramo v prihodnje osredotočiti, ne samo na tekmo na Ljubnem, ampak na vse tekme. Realno pa, če se vse „poklopi“, če bodo pogoji pravi, če bo malo sreče in če bo dan pravi, je to povsem dosegljivo.

How high are the goals of Slovenian women ski jumpers?

STEN: The goals are always set high. However, you have to be careful not to set them too high. Otherwise, that could result in an opposite effect. This year, we would like to achieve similar results as last year. In my opinion, they were very good, and the girls, the Ski Association of Slovenia, and the public thought so as well. I like to be careful when making predictions, so I wouldn't want to promise anything in advance. However, I can tell you we are working hard to achieve these high-set goals.

PRIMOŽ: I would like to comment on the Ljubno competition, but the same goes for the season in general. For five years now, I have been a part of this story, each year we have improved and have achieved better results. Last year, we won for the first time in Slovenia and we even had two podium placements in the same competition. I won't say we can't do better, but this is very close to the best that can be achieved. We remain close to our goal – making the best jumps we can. Naturally, the plan is to place among the top three in home competitions, even though this looks like a bold idea at the moment. Our goals must remain high and we should focus on that – on all the competitions and not only on the one in Ljubno. But realistically, if everything falls into place, if the conditions are right, if we get just a bit lucky on the right day, all our goals can be achieved.

Lani so dekleta izpolnila sanje vseh in osvojila zgodovinske stopničke na prenovljeni skakalnici na Ljubnem. Kako gledata na lanske leto tekmo in osvojitve odličij, kaj vama to pomeni?

STEN: Že na sami skakalnici sem pokazal, kaj mi pomeni, in mislim, da bi bile vse besede odveč, saj sem tam pokazal čustva in ni me bilo sram. Pa tudi danes me ni, ker ko doma uspeš, ko doma zmagaš pred tolikšnim občinstvom na Ljubnem, je to res nekaj – ne vem, kako bi rekel – nekaj takega, kar človek mogoče kdaj samo sanja, nam vsem skupaj pa se je to dejansko izpolnilo.

PRIMOŽ: Nazaj bom tako ali tako gledal s ponosom, to so bile prve stopničke tudi zame v vlogi trenerja, ko nam je končno uspelo v Sloveniji stopiti tja gor, ne le tik pod njih. Mislim, da tudi ekipa nima nobenega razloga, da ne bi gledala nazaj s ponosom na to, kar smo dosegli, saj je to zgodovinski uspeh, to je bilo prvič, to je zdaj zapisano. Zraven je ogromno emocij, nekaj takšnega si v trenutni karieri želim, ne samo še kdaj, ampak čim večkrat. Delamo tudi za to, če se pa slučajno kakšno sezono ali pa kakšno leto ne bo izšlo, se bo pa naslednje leto.

Last year, the girls fulfilled our wishes and achieved historic podium placements on the renovated ski jump in Ljubno. How do you see last year's competition and the girls winning all those medals? What does that mean to you?

STEN: I think you saw how emotional I was on the ski jump and what that meant to me. I believe no words were needed; I was not embarrassed to show my emotions. When you are so successful at home, in front of the home crowd in Ljubno, that is truly something – how should I put it – special, something one only dares to dream. However, these dreams came true for all of us.

PRIMOŽ: I will look back on those competitions with pride. This was also the first podium for me as a

coach and on top of it all we secured it in Slovenia! The team should also look back on those results with pride, since what we achieved was truly a historic moment – it was the first time ever and it is written in gold letters. The memory of this amazing achievement is filled with emotions. I would like to repeat it as often as possible and not just once in a while. We are working towards this goal. If one season is not as successful, then the next one will surely be.

Sten, vsi, ki smo spremljali tekmo lansko sezono, smo videli vaš čustven odziv na dosežke deklet in znamenito lasuljo – si jo še nadenete ob doseženih stopničkih deklet?

STEN: Ne vem še, mogoče si jo bom velikokrat, mogoče pa jo bom nosil samo kot talisman, ker jo zdaj že tretje leto nosim na vse tekme. Bom videl, to bo trenutek navdiha oziroma trenutek emocij, sicer pa vedite, da je ta lasulja vedno z mano. Če bo na glavi, bomo pa videli.

Sten, all of us who attended or watched the event in Ljubno last year saw your emotional response to the girls' results and also your famous wig – do you still put it on when the girls step on the podium?

STEN: I'm not sure. Maybe I'll put it on often, maybe I'll wear it as a good luck charm, since I've been bringing it to all the races for the third year in a row. Let us wait and see – it will have to be a moment of inspiration or emotions. Be sure – this wig is my companion to all the races. We will see if it appears on my head.

V letošnji sezoni so se dekleta pripravljala tudi na veliki skakalnici v Planici. So morda že pripravljena tudi za letalnico?

STEN: To je v narekovajih stara Bloudkova velikanka, preden je bila zgrajena Goriškova. Dekleta uživajo na

večji skakalnici, ker je tam več adrenalina, dalj časa si v zraku, bolj čutiš upor zraka, če skačeš daleč, pa so ti užitki še toliko večji. Kako daleč smo od letalnice, ni toliko odvisno od nas, ampak od Mednarodne smučarske zveze, tako da bomo počakali. Ko bodo dovolili skakati dekletom, upam, da se bodo najboljša spustila tudi po planiški velikanki, res pravi velikanki.

PRIMOŽ: Letos je prvič, da imamo dve tekmi na veliki, 120-metrski napravi, kar je prav tako zgodovinski premik. A vseeno zaradi tega do zdaj nismo prav veliko trenirali na teh večjih napravah. Mislim, da bo še morala biti kakšna tekma več na 120-metrski skakalnici, pa ne samo to, tudi krog skakalk, ki so sposobne skakati na tovrstnih napravah, se bo moral še razširiti. Pošteno povedano, se mi tekmovanje na velikanki za dekleta trenutno enostavno še ne zdi smiselno, čeprav si to nekatere želijo.

For this season, the girls were also preparing on the larger ski jump in Planica. Are they perhaps ready to take on the big ski flying hill already?

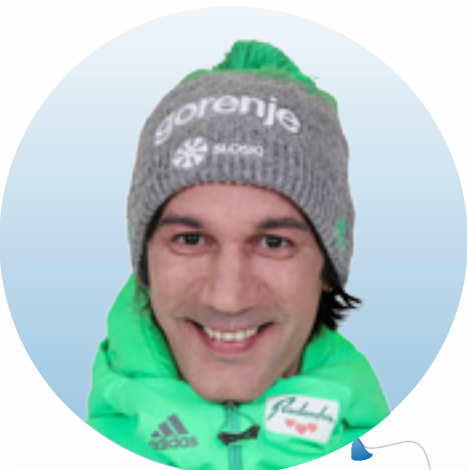
STEN: This is actually the old Bloudek's big ski jump before the one constructed by Gorišek was built. The girls really love jumping on larger ski jumps, since they give them even more adrenaline rush, they are in the air longer, the air resistance is bigger and the pure enjoyment is even greater if you are jumping farther. How close the girls are to jumping on the big ski flying hill depends on FIS. We just need to wait and see. When FIS allows the girls to jump on the big ski flying hills, I hope that the best among them will jump also on the big hill in Planica.

PRIMOŽ: This is the first season the girls have two races on a large, 120-metre hill. Even though this is a historic step, we are still miles away from training on larger ski jumps. I feel that more competitions on the larger hill are needed. Not only that, also the number of jumpers who are able to jump on larger

ski jumps will need to grow. In complete honesty, at this moment I don't see any sense in girls jumping on the big ski flying hills, regardless how much they want that.

Primož, kako z lastnimi izkušnjami pomagata dekletom pri na primer večjih skakalnicah in izzivih, ki jih zna dobro pojasniti le nekdo, ki je tudi sam skakalec?

PRIMOŽ: Še lansko leto sem šel sam poskusit nekaj stvari, saj zdaj kot trener drugače gledam na stvari kot včasih, ko sem bil skakalec. Takrat sem dobil navodila in sem si rekel, kaj bo to meni koristilo, saj to ni zame, jaz sem drugačen človek. Zdaj pa grem, poskusim in vidim, da se da. Ali se potem izkaže za dobro ali slabo, je odvisno od vsakega posameznika, ampak poskusiti se da pa čisto vse.



Primož Peterka
Trener pomočnik · Assistant to the coach

Primož, how are you able to help the girls with your experience, for example on larger ski jumps and with challenges that can only be explained by someone who was once a ski jumper himself?

PRIMOŽ: Last year, I went to try out a couple of things on the ski jump. Now, as a coach, I tend to look at things a bit differently than when I was an athlete and I received advice from my coaches. I questioned the benefit I would get from that and I thought, "I don't need it, I am different". Now, I go on the ski jump, try it out for myself and see if something is possible or not. If that ends up being positive or negative depends on every individual, but one can always try out new things.

Na začetku sezone so morala dekleta še nekoliko pridobiti prav na samozavesti, kako uspešni ste bili pri tem?

STEN: Letos smo v zaključni fazi priprav imeli nekaj smole z vremenom in snegom, tako da smo se zadnji trenutek odločili, da gremo na snežni trening na Norveško, v Lillehammer. Enostavno so vsi načrti, ki sva jih imela s Primožem, padli v vodo ali pa v toplo vreme. Opravili smo dober trening, ampak vedno je na prvih tekmah nek negotov občutek, ko ne veš, kje si, kje so ostale tekmovalke, to se je pokazalo tudi pri dekletih, čeprav so bili rezultati spodbudni. Vsaka tekma je sicer pokazatelj, kje si, koliko si pripravljen, a morda ne toliko tehnično. Kot sem videl na treningu pa tudi s Primožem sva se pogovarjala po tekmah, je bil trening boljši, kot pa so kasneje pokazali rezultati na tekmah. Tekma vedno da nek dodaten motiv in napetost in odvisno je, kako na to odreagiraš. Takrat, ko dobro skačeš, moraš s tem občutkom tudi na tekmo in rezultat se pokaže. Dekletom zaupam in vem, da znajo in zmorejo.

PRIMOŽ: Delamo in trudimo se tako ali tako vsi za to, mislim pa, da potrebujemo samo en vrhunski rezultat ene punce, ki bo potem potegnila vso ekipo za sabo pa tisto sproščenost vnesla tudi na tekmo, ne samo na trening, saj na treningu že pokažejo, da so prave.

At the start of this season, the girls needed to gain their self-confidence. How successful were you with this task?

STEN: The final stages of the preparations for this year's season brought us some bad luck with the weather and snow conditions. Thus, we made a last minute decision to go to Lillehammer, Norway, to train on snow. Simply put, all the plans Primož and I had made, crumbled into pieces. We trained well in Norway, but prior to the first competition in the season you can never really be sure about the shape you are in and how good your rivals are. This was clear after the first events, even though the results in trainings were good. Each competition reflects what shape you are in, how you compare to your rivals, but maybe not so much in terms of your technique. From what I saw from the girls in trainings, discussing it with Primož as well, training sessions promised better results than those achieved by the girls in the competitions. Each race gives you that extra motivation and adrenaline rush. It depends on the athletes how they react to that. When you are jumping well, you need to retain the feel for the jump in the race and the result will be good. I trust my girls and I know that they are well able and capable of making it.

PRIMOŽ: We are working hard and putting our hearts into achieving our goals. I feel that we need only one top result from one of our girls, which would then pull the entire team forward and bring ease to the team not only during the trainings but also during the races, since the girls are already showing what they are capable of doing in training sessions.

Lani so bili cilji, zastavljeni na Ljubnem, doseženi. Kako visoko letite s cilji letos, morda najvišje?

STEN: Seveda, skrite želje so vedno prisotne, pri dekletih in pri trenerjih, ampak če so skrite, potem bodo ostale skrite do Ljubnega. Če pa se bodo razkrile, bom tudi priznal, da so te skrite

želje izpolnjene.

PRIMOŽ: Bolj bom rekel želje, ampak jih bom zase obdržal. Tako mora biti.

Last year's goals for Ljubno were achieved. How high are you flying with your goals this year – maybe as high as never before?

STEN: Of course, hidden wishes always exist – with the girls, the coaches. But since they are hidden, they should remain hidden until Ljubno. If they are revealed, I will confirm that they were fulfilled.

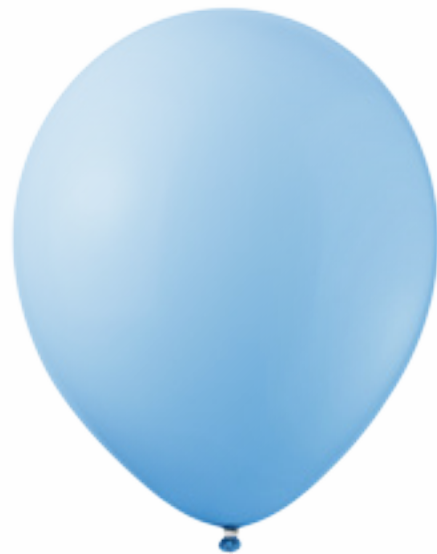
PRIMOŽ: I would rather say wishes than goals, but I want to keep them private. It is better this way.

Kakšen cilj pa želite doseči pri navijačih in obiskovalcih na Ljubnem?

STEN: Mislim, da zvestih gledalcev ni potrebno nagovarjati ali prositi, da obiščejo Ljubno. Zagotovo bodo prišli in upam, da bo še vreme naklonjeno, saj bo potem Ljubno polno ljubiteljev in navijačev ženskih smučarskih skokov, mi pa se jim bomo poskusili oddolžiti z dolgimi, lepimi skoki in tudi z rezultati.

What goals do you have regarding fans and visitors in Ljubno?

STEN: I feel that true fans should not be asked to come to Ljubno. They simply come and I hope that the weather conditions will be favourable, since that would mean that Ljubno would be full of fans of women's ski jumping. We will try to show our gratitude with great and long jumps and top results.



Mala skakalka Lana

Little ski jumper Lana

Navihana Lana Šikovec je smučarske skoke prvič odkrila prav na Ljubnem, pri sedmih letih pa je temu športu predana že leto in pol. Trenira v klubu SSK Alpina pod budnim očesom Gašperja Klinca in Matica Benedika. Kljub mladosti se Lana že zelo dobro zaveda odgovornosti do šole, ki je na prvem mestu, takoj za njo pa so skoki. Je perfekcionista, a tekmovalnost pri njej kljub temu ni na prvem mestu. Največja motivacija je pohvala trenerja, njen zdajšnji cilj pa je preskočiti čim večjo razdaljo, trenutni rekord znaša 10,5 metrov. Trenutno Lana zaseda 15. mesto v državi med deklicami do 9 let.

Zakaj so ti všeč smučarski skoki?
Skoki so mi všeč, ker so zanimivi in dobri.

Slišali smo, da o skokih celo sanjaš, kakšne so te sanje?
Sanjam, da zmagujem na tekmi. Da skočim najdlje.

Klubska oblačila in dres so tvoja najljubša oblačila. Zakaj?
To so moja najljubša oblačila, ker gor piše "Skačem jaz, skačeš ti, greva skakat v Žiri". Potem to berejo vsi v šoli.

Kakšni so tvoji cilji pri skokih?
Enkrat hočem skočiti 18 metrov.

Se vidiš tudi na zmagovalnih stopničkih, tako kot Maja, Špela, Ema?
Da.

Ema Klinec in Nika Križnar sta tvoji klubski kolegici, se po njiju tudi zgleduješ?
Da, zgledujem se po Emi in Niki. Všeč sta mi, ker prav tako skačeta v SSK Alpina Žiri.

Emin brat Gašper Klinec je skupaj z Maticem Benedikom tvoj trener, kako potekajo treningi?

Treningi potekajo dobro. Najprej imamo ogrevanje, igramo nogomet, se igramo "Jakec, reši me", potem imamo gimnastiko. Potem pa gremo končno skakat ali se spuščat po doskočišču.

Treniraš trikrat na teden, si morda kdaj zaželiš, da bi imela več časa, namenjenega igri in drugim aktivnostim?
Želim si, da bi imela več prostega časa. Vendar pa me čas, namenjen treningom, ne moti.

Starši te zelo podpirajo, kaj pa tvoji prijatelji, sošolci?

Vsi me podpirajo – prijatelji in prijateljice, sošolci in tudi učiteljci.

Boš obiskala Ljubno in navijala za vsa dekleta?
Tekme na Ljubnem se bom udeležila. Všeč mi je, ker tam gledam punce, kako skačejo. Tam je tudi naša Maja premagala Saro.

As a playful girl, Lana Šikovec first discovered ski jumping where else but in Ljubno. When she turned seven, she had already been ski jumping for a year and a half. Now she is a member of ski jumping club SSK Alpina, where she trains under the careful mentorship of Gašper Klinec and Matic Benedik. Despite her young age,

Lana is well aware of the importance of her schoolwork, which comes first, with ski jumping following soon after. Although she is a perfectionist, rivalry is not her priority. A word of praise from her coach motivates her the most, while her current goal is to jump as far as possible. Her present record is 10.5 metres. Right now, Lana is placed 15th among girls up to the age of 9 in Slovenia.

Why do you like ski jumping?
I like it because it's interesting and good.

We hear that you even dream about ski jumping. What are those dreams like?
I dream about winning a competition. About making the longest jump.

Club apparel and your ski jumping jersey are your favourite clothing items. Why?
These are my favourite clothes because they say "I jump, you jump, let's jump together in Žiri". Then everyone at my school can read it.

What are some of your ski jumping goals?
I want to be able to jump 18 metres far.

Do you see yourself standing on the podium like Maja, Špela, and Ema?
Yes.

Ema Klinec and Nika Križnar are your teammates. Are they also your role models?
Yes, they are. I like them, because they also compete for SSK Alpina Žiri.

Ema's brother, Gašper Klinec, is also your coach, together with Matic Benedik. What are your training sessions like?
Training is good. First, we have a warm-up session, where we play football and catch, and then we have a gymnastics session. After all that, we finally go ski jumping or descending on the in-run track.

You train three times a week. Do you sometimes wish you had more free time to play or just do nothing at all?
I wish I had more free time. But I have no problem with the time I devote to training.

Your parents offer you a lot of support. What about your friends and classmates?
My friends support me, so do my classmates and teachers.

Will you visit Ljubno and root for our girls?
Yes, I will attend the competition in Ljubno. I really like the event in Ljubno because I can watch girls as they ski jump. And that is also where our Maja beat Sara.



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Čarobna Ledena dežela Ljubno Magical Land of Ice Ljubno

Tekme na Ljubnem so posebno doživetje za vso družino, ne samo zaradi odličnega vzdušja med obiskovalci, temveč tudi zaradi številnih aktivnosti tako za otroke kot za odrasle. In če odrasli bolj uživajo ob spremljanju tekem ali glasbenega programa, otroci z velikim veseljem raziskujejo zanimivosti, se zabavajo ob številnih animacijah in snežnih vragolijah, se kot skakalci preizkušajo na mobilni skakalnici, sodelujejo v zabavnih igrah, in še bi lahko naštevali.

Letos bodo otroci in njihovi starši na Ljubnem doživeli tudi delček Ledene dežele, ki zaživi skozi ustvarjanje očeta večine ledenih skulptur, lednega mojstra Mira Rismonda in njegove ekipe.

Miro Rismondo je v začetku letošnjega leta že navduševal številne obiskovalce in tudi žirijo največjega od svetovnih festivalov skulptur iz ledu in snega v Harbinu na Kitajskem. Za skulpturo Plapolanje čipke v vetru, s katero je želel poudariti krhkost in hkrati moč ledenega kristala, je prejel nagrado za kreativnost, za čipko, čeprav skulptura ni značilnega videza idrijske čipke, pa se je odločil, saj z ženo Heleno motive za svoje skulpture vedno iščeta v domači zgodovini, kulturni dediščini, običajih

in mitih. Na Ljubnem bo ledni mojster v živo ustvarjal skulpturo skakalke, morda pa se bo skakalki pridružila še kakšna ledena atrakcija, ki jo bo vsekakor vredno videti na lastne oči.

Čarobna Ledena dežela, otroci in njihovi starši jo sicer lahko tudi obišejo v BTC City Ljubljana, ob Vodnem mestu Atlantis, letošnje obiskovalce popelje v čas slovanskih prednikov. V družbi staroslovanskih bogov, kot so Perun, Živa, Morana, Jaga Baba in Korant, bodo lahko raziskovali ledeni labirint ali drsli po najbolj gladkem ledenem toboganu, med tem ko bodo starejši verjetno z veseljem iz pravih ledenih kozarcev okušali ponudbo pravega ledenega bara.

Pohitite in se nam pridružite, toplo vas vabijo slovenske skakalke, Ljubenci in čudovita Zgornje Savinjska dolina!

Competitions in Ljubno present a special type of adventure for the entire family, not only for the excellent atmosphere among visitors but also for numerous activities that children and adults can participate in. And if adults find the thrill of paying attention to the competition or the music programme more enjoyable, children will surely be happy to

explore around, have fun participating in numerous animation activities and games in the snow, discover their skills as ski jumpers on a mobile ski jump, take part in fun games, etc.

This year, children and their parents will be able to enjoy a part of Land of Ice in Ljubno as well, since the father of the majority of ice sculptures, ice master Miro Rismondo, will be creating a women ski jumper sculpture live, possibly followed by other ice attractions.

At the very beginning of this year, Miro Rismondo already impressed not only the spectators but also the jury of the biggest ice and snow sculpture festival in the world in Harbin, China. He received the Creativity Award for his sculpture "Lace blowing in the wind", which emphasises both the fragility and the strength of the ice crystal. Although the sculpture does not have the distinct look of traditional Idrija lace, Mr Rismondo opted for this subject because he and his wife Helena always search for inspiration in the history, cultural heritage, customs, and myths of their home country of Slovenia.

This year, the magical Land of Ice, which can be visited by children and their parents in BTC City Ljubljana right next to Atlantis Water Park, will take the visitors to the time of Slavonic



Miro Rismondo
Avtor na desni, v ozadju nagrajena ledena skulptura "Plapolanje čipke v vetru"
Harbin, Kitajska
Artist on the right, award-winning ice sculpture "Lace blowing in the wind" in the back
Harbin, China

ancestors. Accompanied by Old Slavonic gods like Perun, Živa, Morana, Jaga Baba, and Korant, they will be able to explore the ice labyrinth or slide down the most slippery ice toboggan, while older visitors will probably find great pleasure in tasting drinks from real ice glasses at the ice bar.

Hurry up and join us – Slovenian ski jumpers, the people of Ljubno, and the wonderful Upper Savinja Valley invite you!

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Spektakularno Ljubno

Spectacular Ljubno

Chika Yoshida je direktorica tekem in glavna avtoriteta smučarskih skokov za ženske pri Mednarodni smučarski zvezi (FIS), Miran Tepeš, slovenska živa legenda smučarskih skokov, pa je od poletja leta 2016 njen pomočnik. Skupaj suvereno in uspešno držita v rokah škarje in platno svetovnega pokala v ženskih smučarskih skokih.

As Race Director, Chika Yoshida is the main authority in FIS Ski Jumping World Cup Ladies. Miran Tepeš, a living legend of Slovenian ski jumping, has been her assistant since the summer of 2016. Together, they shape the FIS Ski Jumping World Cup Ladies with confidence and success.

Lani je bila največja novost na Ljubnem prenovljena skakalnica, zaradi česar je bila ta tekma eden najbolj pričakovanih dogodkov v sezoni FIS svetovnega pokala v smučarskih skokih za ženske. Ali je izpolnila vsa pričakovanja?

CHIKA YOSHIDA: Absolutno. Dogodek je bil odličen, gledalcev je bilo veliko pa tudi nastopi športnic na prenovljeni skakalnici so bili na visoki ravni.



Chika Yoshida
Direktorica tekem ženskega svetovnega pokala smučark skakalk
Race Director Ladies Ski Jumping

MIRAN TEPEŠ: Prejšnja ljubenska skakalnica je bila že v letih, zato je lepo, da so se na Ljubnem odločili za njeno posodobitev. Prizadevni domačini imajo v načrtu tudi prenovno zaletne smučine, položitev plastične obloge za poletno skakanje in postavitev vzpenjače ob skakalnicah. S tem bo na Ljubnem nastalo lepo, sodobno skakalno središče. Veliko uspeha jim želim pri uresničitvi teh ciljev.

Last year, the biggest news in Ljubno was the renovated ski jump, which made that competition one of the most highly anticipated events in the FIS Ski Jumping World Cup Ladies last season. Did it meet those high expectations?

CHIKA YOSHIDA: Absolutely. The event was excellent, with a lot of spectators and high-level performances by athletes on the renovated hill.

MIRAN TEPEŠ: The previous ski jumping hill in Ljubno was getting old, so it is very nice that they decided to renovate and modernise it. The diligent locals are already planning to renovate the in-run track as well, lay down a plastic cover to make way for ski jumping in the summer, and install a ski lift leading up the hill. In this way, Ljubno will become home to a beautiful, modern ski jumping centre, and I wish the organisers all the best in reaching their goals.

Tekma za svetovni pokal na Ljubnem naj bi bila ena najbolj spektakularnih. Kako pa jo osebno in profesionalno vidite vi?

CHIKA YOSHIDA: Osebno sem spremljala dogodke na Ljubnem in pri njih tudi sodelovala vse od leta 2009. Naše sodelovanje se je pričelo, ko je bila tekma še del celinskega pokala. Ljubno je iz leta v leto razvijalo in izboljševalo raven organizacije ter svojo infrastrukturo. To dojemam kot nekaj posebnega. Lepo je videti zagnanost organizatorjev in voljo doseči tisto, kar so si zadali. Res jim iskreno čestitam.

MIRAN TEPEŠ: Tekmovanje v ženskih smučarskih skokih na Ljubnem se je tekom let razvilo v enega vrhuncev svetovnega pokala. Lepo je videti pisano dogajanje ob tekmovanjih na Ljubnem in veliko število gledalcev, ki pridejo uživati na tekmovanja deklet.

The FIS World Cup event in Ljubno is considered one of the most spectacular ones. How do you see it – both personally and professionally?

CHIKA YOSHIDA: I have personally followed and been a part of the events in Ljubno since 2009. Our cooperation started when the event was still a part of COC Ladies. Ljubno developed and improved their organisation and their facilities with each passing year. This feels special to me. It is nice to see their motivation and will to reach what they want. I would like to congratulate the organisers.

MIRAN TEPEŠ: Over the years, the women's ski jumping event in Ljubno has developed into one of the highlights of the World Cup season. It is nice to see all the vivid action accompanying the race and the large audience enjoying the event.

Vaš novi pomočnik je Miran Tepeš, znani slovenski smučarski skakalec. Kako poteka vajino sodelovanje?

CHIKA YOSHIDA: Miran je eden naših najizkušenejših profesionalcev v ekipi FIS za smučarske skoke. Ni prvič, da se ukvarja s smučarskimi skoki za ženske, že od nekdaj je bil zraven. Sodelovanje med Miranom in mano poteka brez težav.

MIRAN TEPEŠ: Že pred leti je med moje zadolžitve spadalo tudi sodelovanje pri vzpostavitvi in razvoju tekmovalnega sistema za ženske v okviru organizacije FIS. Prav takrat sva s Chiko Yoshida začela sodelovati. Z mojo novo zadolžitvijo na ženskih skakalnih tekmovanjih v okviru organizacije FIS se je najino sodelovanje le še poglobilo.

Your new assistant is Miran Tepeš, a renowned Slovenian ski jumper. How do you cooperate?

CHIKA YOSHIDA: Miran is one of the most experienced professionals in the FIS ski jumping team and this is not the first time that he takes care of female athletes. He has always been involved. The cooperation between Miran and me is running very smoothly.

MIRAN TEPEŠ: Years ago, part of my duties was also to help set up and develop a system for women within FIS, and that is when Chika Yoshida and I began to work together. With my new duties pertaining to FIS Ski Jumping World Cup Ladies events, our cooperation has only intensified.

Slovenski smučarski skakalci, tako moški kot ženske, se zelo dobro odrežejo v mednarodni konkurenci. Kako kot skakalec in oče mladih skakalcev ocenjujete slovenske skakalke?

CHIKA YOSHIDA: Slovenski smučarji skakalci so v samem vrhu svetovnega pokala tako v moški kot ženski konkurenci. Ženska ekipa ima tudi ogromno potenciala.

MIRAN TEPEŠ: Slovenske skakalke so bile med pionir-kami razvoja ženskih smučarskih skokov, zdajšnja generacija slovenskih skakalk pa zelo uspešno nadaljuje sicer kratko, a bogato skakalno tradicijo.

Slovenian ski jumpers, both male and female, have been doing excellent on the international scale. As a ski jumper yourself, and a father of young ski jumpers, how would you assess the Slovenian women's ski jumping team?

CHIKA YOSHIDA: The Slovenian ski jumping team is among the top ranking teams in the World Cup for both men and women. The ladies team is also a team with a huge potential.

MIRAN TEPEŠ: Slovenia's women ski jumpers were among the pioneers of women's ski jumping worldwide. The current generation continues this extremely successful, short but rich ski jumping tradition.

Kakšno prihodnost vidite za ženske smučarske skoke, še posebej za tekme na Ljubnem, in kakšni so vaši cilji?

CHIKA YOSHIDA: Smo v pričakovanju velikih dogodkov. Takšna sta na primer svetovno prvenstvo letos in zimske olimpijske igre leta 2018. Te tekme bodo pritegnile več pozornosti javnosti kot sicer ter tako pripomogle k priljubljenosti našega športa. Ponujajo nam priložnost, da šport predstavimo celotnemu

svetu. Tekmovanje za svetovni pokal v ženskih smučarskih skokih na Ljubnem pa poleg tega v šport vnaša še več zabave, je privlačno za navijače in televizijske gledalce ter pričara krasno vzdušje. Upam, da bodo organizatorji še naprej ohranjali svojo zagnanost in ljubezen do našega športa.

MIRAN TEPEŠ: Ženski smučarski skoki so mlada športna disciplina in imajo zato lepe možnosti za razvoj. Z veseljem bom pri tem še naprej sodeloval.



Miran Tepeš
Pomočnik direktorice tekem ženskega svetovnega pokala smučark skakalk
Assistant Race Director Ladies Ski Jumping

What future do you envision for women's ski jumping and, in particular, for ski jumping events in Ljubno? What are your goals?

CHIKA YOSHIDA: We are awaiting some big events, such as the World Championships this season and the Olympic Games in 2018. These events will help us gain popularity and interest from the wider public. The platform is perfect for showing our sport to the whole world. That said, the World Cup events in Ljubno bring more fun to women's ski jumping, attract spectators and TV viewers, and offer a great atmosphere. I hope that the organisers in Ljubno keep their passion and motivation for our sport.

MIRAN TEPEŠ: Women's ski jumping is still a young discipline and therefore has great opportunities for further development. I will gladly continue to support it and help it grow.

BTC od Slovenije do Silicijeve doline BTC from Slovenia to Silicon Valley

Družba BTC je vse bolj odprta za napredne ideje in dovzetna za globalne trende

Ko beseda nanese na kraje, ki se jih najbolj spleča obiskati, lahko ob bok New Yorku, Londonu ali Barceloni povsem suvereno postavimo tudi Ljubljano oziroma Slovenijo. Na najbolj znanih turističnih destinacijah se namreč zavedajo pomembnosti nakupovalnega turizma, ki velja za enega ključnih dejavnikov gospodarskega razvoja in je pogosto tudi pglavitni motiv za potovanja. Slovenijo na ta zemljevid vse bolj trdno umešča družba BTC. S pametnimi BTC Cityji, visoko razvito logistično ponudbo Logističnega centra BTC ter ABC pospeševalnikom in modernim zagonskim mestom ABC Hub pa je BTC tudi popolna lokacija za poslovne priložnosti in razvoj. Poleti 2016 se je ljubljanski ABC pospeševalnik z ABC Venture Gates razširil še v München, od septembra 2016 pa v Silicijevi dolini v ZDA deluje tudi ABC Global Home Silicon Valley, s čimer BTC sega krepko preko

slovenskih meja.

Privlačnost BTC Cityjev zagotovo povečujejo tudi trajnostni projekti, kot je Misija: Zeleno. V letu 2016, ko se je Ljubljana ponašala z nazivom Zelena prestolnica Evrope, je Misija: Zeleno spodbujala ljubljance k sajenju medovitega cvetja na okna in balkone v podporo mestnemu čebelarstvu, v okviru BTC Cityjev pa ponuja še številne druge zelene rešitve in lepše okolje za vsakogar.

Družba BTC že leta soustvarja tudi različne športne dogodke in aktivnosti ter podpira številne športnike in športnice. S kar 35-letno tradicijo se ponaša kolesarski Maraton Franja BTC City, iz katerega se je rodil tudi evropski projekt My Sport is Franja, ki združuje Slovenijo, Italijo, Hrvaško, Avstrijo in Slovaško. Tako sta se Maraton Franja in projekt Akademija Franja, ki združujeta šport z zgodovino znamenite bolnice Franja, razširila na evropsko raven.

V družbi BTC so v sodelovanju s partnerji prepoznali tudi potencial ženske energije in na

športnem prizorišču začeli ustvarjati dve edinstveni zgodbi – profesionalno žensko kolesarsko ekipo in ženske smučarske skoke. Obe sta prerasli nacionalne meje in Slovenijo umestili na mednarodni športni zemljevid.

Kolesarska ekipa BTC City Ljubljana je imela samo v letu 2016 in samo ob trasah svetovne turneje, kjer so jih spremljali v živo, ter ob trasah tekem za uvrstitev na UCI lestvico več kot 4 milijone gledalcev, o naših kolesarkah pa so poročali tudi številni mediji doma in po svetu. Na programu Eurosport je bila na primer blagovna znamka BTC City neposredno izpostavljena več kot 3 ure! Ekipa se ob bogatem naboru vrhunskih uvrstitev ponaša z zmago na tekmi svetovne turneje WWT v francoskem Plouayu, s 7. mestom na ekipnem kronometru na svetovnem prvenstvu v Katarju, imela pa je tudi kar 4 predstavnice na olimpijskih igrah v Riu.

Slovenske smučarske skakalke so v letu 2016 prav tako dosegale zgodovinske rezultate, saj so na prenovljeni skakalnici na Ljubnem ob Savinji osvojile dolgo zelene prve domače zmagovalne stopničke v ženskih skokih. Družba BTC jim stoji ob strani ves čas njihovega preboja na slovensko in mednarodno športno sceno. S ponosom spremlja njihove dosežke in vse večje uspehe, se skupaj z njimi veseli ter optimistično zre v prihodnost, poleg tega pa Ljubencem pomaga, da bo Ljubno čim prej dobilo enako veljavo, kot jo ima Planica v moških smučarskih skokih. Naziv najbolj atraktivne tekme svetovne turneje ženskih smučarskih skokov pa Ljubno že zdaj nosi več kot ponosno.

The BTC Company is progressively becoming open to innovative ideas and global trends

When talking about the most travel-worthy destinations, Ljubljana and Slovenia can easily be put in the company of New York, London, and Barcelona. Famous tourist destinations are well aware of the importance of shopping tourism, which is considered one of the key components of economic development, and is often also the main reason for a trip. In terms of shopping tourism, Slovenia has been put on the map ever more decisively by the BTC Company. In addition, BTC Company's smart BTC Cities, the BTC Logistics Centre with its highly advanced logistics services, the ABC Accelerator, and the modern start-up nexus ABC Hub are also perfect sites for new business opportunities and development. In the summer of 2016, the ABC Accelerator in Ljubljana branched out into Munich, Germany, with ABC Venture Gates, while in September 2016, USA's Silicon Valley became home to ABC Global Home Silicon Valley – with it, BTC has extended its reach far beyond Slovenian borders.

The appeal of each BTC City is heightened by BTC Company's sustainable projects, such as Mission: Green. In 2016, when Ljubljana was named the European Green Capital, Mission: Green encouraged the citizens of Ljubljana to plant melliferous flowers onto their windowsills and balconies in order to support urban

beekeeping. Apart from that, BTC provides numerous other green solutions for a better environment for all within the framework of its BTC Cities.

For many years now, the BTC Company has been co-developing different sports events and activities, and supporting a number of athletes. Marathon Franja BTC City, for example, which gave birth to the European project My Sport is Franja – a project that brings together Slovenia, Italy, Croatia, Austria, and Slovakia – boasts a 35-year-long tradition. With the support of BTC, the renown of Marathon Franja and the Franja Academy, both of which link sports with the historic Franja Partisan Hospital, has spread all across Europe.

In cooperation with its partners, the BTC Company has also recognised the potential of female energy and started to shape two unique narratives – one telling the story of a professional women's cycling team and the other of women's ski jumping. Both have grown beyond national borders and have put Slovenia on the international map in sports.

In 2016 alone, and counting only UCI and WorldTour races, where people could watch them live, cycling team BTC City Ljubljana had an audience of more than 4 million people. Media reports on our cyclists flourished not

only in Slovenia, but all over the world. On the Eurosport channel, for example, a live spotlight was shone on the BTC City brand for more than 3 hours. In addition to other elite results, the team won a WWT race in Plouay (France), got 7th place in the team time trial at the World Championships in Qatar, and had no fewer than 4 representatives at the Olympic Games in Rio.

Slovenian women's ski jumpers also achieved historic results in 2016. On the renovated ski jump in Ljubno ob Savinji they secured the long-desired first home podium placement in Slovenian women's ski jumping. The BTC Company has supported them ever since they first started to break into the Slovenian and international sports arena. It proudly follows their achievements, which keep growing by the year, celebrates with them, and is optimistic about the future. In addition, the Company helps the people of Ljubno in bringing their race to the level of renown already held by Planica in men's ski jumping – Ljubno is, after all, already proud to be called the most attractive race in FIS women's ski jumping.

✓ **475.000 m²** veliko območje
area

✓ **21 mio** obiskovalcev letno
visitors *(per year)*

✓ **8.500** brezplačnih parkirnih mest
free parking lots

✓ **3.000** domačih in tujih podjetij
companies *(local and foreign)*

✓ **450** trgovskih in storitvenih lokalov
(trgovine, tržnica, restavracije, bari, kino, vodno mesto, hotel, tenis, bowling, karting, teater ...)

trade & service shops
(shops, market, restaurants, bars & pubs, cinema halls, water park, hotel, tennis, bowling, karting, theatre etc.)

✓ **50** brezplačnih wifi točk
free wi-fi spots

✓ **3 km** oddaljenost od centra Ljubljane
from the centre of Ljubljana

✓ **25 km** od letališča Jože Pučnik
from the airport Jože Pučnik



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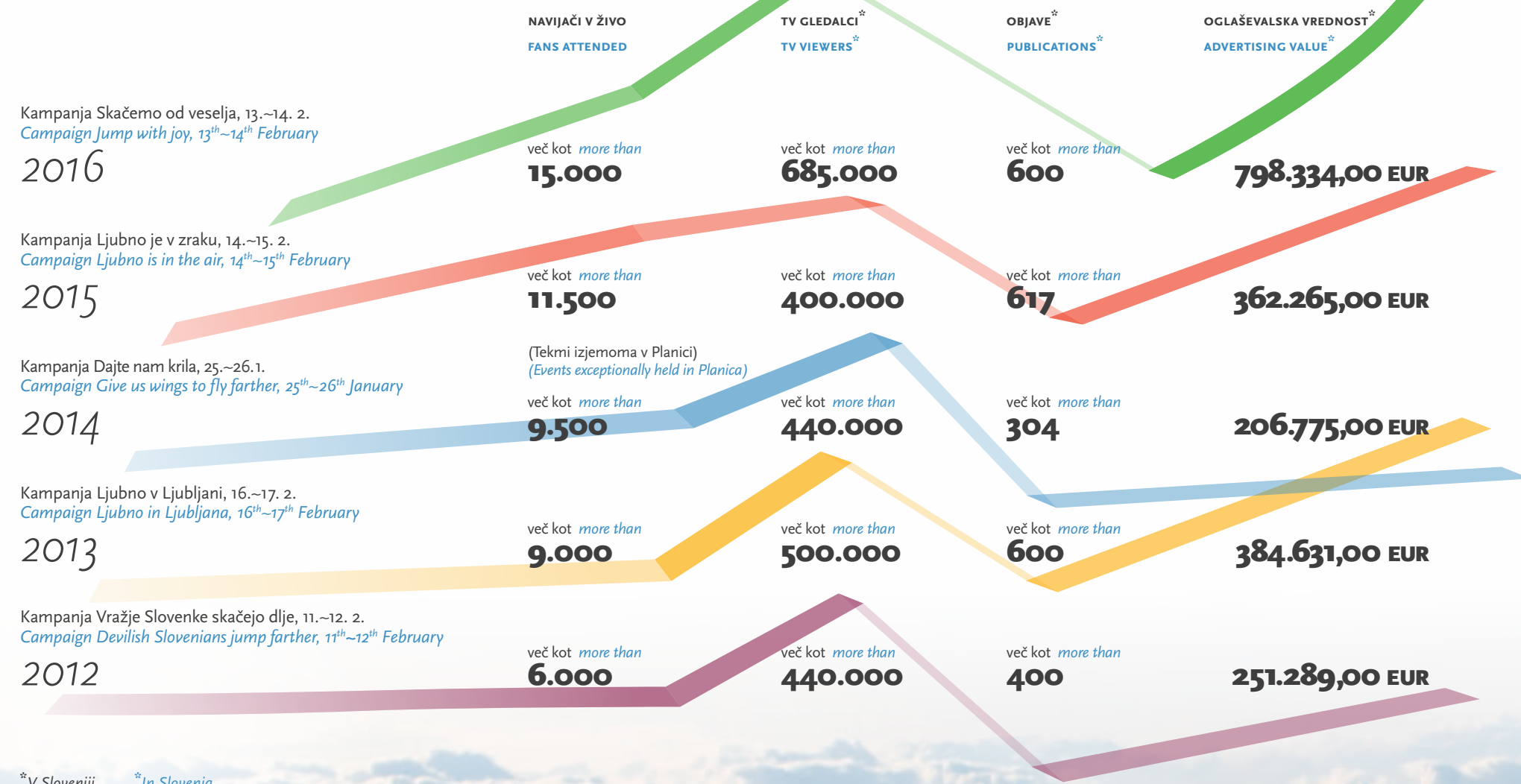
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