

**Project Title**

***Figure Skating Summer Training Camp for Novices and Juniors and Coaches Seminar, supported by the ISU Development Commission, for the East European Region***

***Brasov, ROMANIA, August 14<sup>th</sup> – 28<sup>th</sup>, 2011***

***Responsible persons:***

***Prof. Adrian CIOBANU – PRESIDENT***

***Ms. Oana FISCA SEBE – Treasurer***

***Ms. Adriana ORDEANU – Figure Skating Coordinator***

**Description of the objective(s) of the project**

The purpose of this project is to give the young skaters the opportunity to develop their skills, enrich their skating experience, in order to assure them a continuity in their trainings and be more and more prepared for International Competitions, which, lately, have been starting very early, yearly (end of August already) and also be considered a reliable future echelon.

**Description of the expected results of the project and how these results will be measured**

For increasing the coaches level, they will take part in the planned seminar, they will be updated with the last changes in the GOEs, Levels and SOV of the elements, according to the last ISU Communication.

The skaters will have the possibility of comparing their skating level, they can improve the quality of the Components of their programs, from Skating Skills to Interpretation/Choreography. The skaters will be advised about how to chose the music for their programs, they will select it, then it will be “mixed and cut”, they will get new programs, improve their physical condition and will learn new jump, using the Pole harness. The Pole harness coach will prepare an individual plan for each skater.

**Outline of a clear timeline (start, completion)**

The training camp is scheduled to start effectively on August 15<sup>th</sup>, 2011, the day of 14<sup>th</sup> being the arrival day with housekeeping and will end on August 28<sup>th</sup>, 2011.

## **Description of the complete project in as much detail as required**

The participating countries, which are eligible for the contribution from the ISU funds:

BOSNIA & HERZEGOVINA  
BULGARIA  
GREECE  
HUNGARY  
ROMANIA  
SERBIA  
TURKEY  
UKRAINE

They are expected to enter 8 skaters and 1 coach. The skaters will be divided into groups. The skaters will have, daily, 2 on-ice sessions, plus 1 extra, for working on the programs, and 2 off-ice training sessions.

The other countries will have to pay the following costs:

- accommodation with full board, in Hotel Ramada, ice, moderators and local transportation (from the Hotel to the ice rink and back, the distance is of 15 minutes) – 1800 Eur/pers., for the 2 weeks of staying
- accommodation and full board for coaches and chaperones – 70 Eur/day
- transfer from Otopeni to Brasov and back, for skaters, coaches and chaperones – 50 Eur.

During the free Sunday, a trip to Dracula Castle (in Bran) and to Peles Castel ( the residence of the Romanian Royal family) will be organized. The participants in the camp will have these trips free of charge, the extra number of participants will have to pay 30 Eur for Dracula Castle and 50 Eur for Peles Castel.

### **On-Ice Program for Skaters**

#### Technical Session

*Goal:* To offer the skaters the necessary technical knowledge for the skills required in the upcoming skating season, according to the new changes in the light of the last Regulations and ISU pertinent Communications. The sessions will include edges (for a better understanding of the concept of balance, glide, lean, posture, body positions, so necessary for good “marks” in the 5 Components), strokings, spins, jump, jump combinations, “Moves in the Field” steps, step sequences on various musical skating rhythms.

### **Off-Ice Program for Skaters**

#### Flexibility:

*Goal:* the skaters must know how important flexibility, warming up and cooling down are, before and after each practice.

### Movement/Ballet/Dance

*Goal:* to provide skaters with the understanding of movement, with a focus on good posture, along with head and arm positions. Music of different rhythms (classic & modern) will be the background, to help the skaters to understand how it influence and affect movement. Performance/Execution and Interpretation can be much improved by music understanding and easy movement on any kind of rhythm.

### Sport Physiology/Fitness

*Goal:* to help skaters to be more acquainted with their body, to provide them with the most important physiological functions of their body and their influence on the skaters development through the sport. Skaters must also understand the principle of strength, power and flexibility.

### Seminar for the Coaches

A seminar for the coaches will be organized, both from the Technical Panel and Judges point of view, to inform both skaters and coaches how they assess their programs, which are the requirements according to the new Special Regulations for Figure Skating.

### **List of all resources as required for the project (describing detail or background of an individual, project manager, coach, etc.)**

Moderators, ISU Technical Specialist and Doctor:

Coordinator of the Camp: *Mr. Igor PASHKEVICH* (jumps, spins, steps, off-ice training)

Coach: *Ms. Nataliya POPVA* (jumps, spins, steps, off-ice, choreography, selection and arrangements of music for new programs)

Choreograph: *Mr. Igor LYUTIKOV* (choreography, work on Skating Skills and the other Components, modern dance, stretching)

Pole Harness: *Mr. Sergey DUDAKOV* (improvement of jumps technique, self confidence)

ISU Technical Specialist: *Ms. Greta MARTON*

Doctor: *Ms. Sanda MARCHIAN*

### **Indication of how the results of the project will be evaluated**

All skaters will have a test at the beginning and at the end of the camp.

Special Off ice tests will be done for each skater, so everybody will see improvement which they will get during the camp.

On ice test will be done for jumps and jumps combinations difficulty and quality, all spins and footworks will be checked by ISU technical specialist for levels and GOE.

To see how skaters improve in artistic and skating skills on ice SHOW will be done at the end of the camp.