

## **INTERNATIONAL FIGURE SKATING SUMMER CAMP - OSTRAVA 2009**

**Date:** 25. 7. – 2.8. 2009, 1 course (8 days)

**Place:** SAREZA OSTRAVA-PORUBA (Ice Hall)

Camp leaders

- Camp Manager and Coach: **Stanislav Zidek (CZE)**

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- Foreign Coaches and Consultants: **Vladimir DVOJNIKOV (SVK)**  
**Ivetta REITMAYEROVÁ (SVK)**

- Camp Guest **Anastassija Novozhilova (RUS)**  
2 times World Latin-American Dances Champion  
(Motion training, dances)

- coaches from Moravian-Silesian region; ballet and gymnastics instructors, keep-fit and regeneration instructors
- personal coaches of the participants

### **Group „A“ (Senior and Top Junior Skaters including Pairs)**

#### **Content of the practices**

ON-ICE:

- a) up to three-phase practices daily
  - morning practices: skating technique (all skaters together led by Consultants);
- b) a remaining time should be used for individual on-ice practices with personal coaches or with other chosen coaches  
*(not included in the course price, coaches have to be arranged for in advance)*

### **Group „B“ (Junior and Novices Skaters)**

#### **Content of the practices**

ON-ICE:

- a) two-phase practices daily, up to three-phase practices at two specific days
  - morning practices: skating technique (all skaters together led by Consultants);
- b) a remaining time should be used for individual on-ice practices with personal coaches or with other chosen coaches  
*(not included in the course price, coaches have to be arranged for in advance)*

## **Group „C“ (Pre-Novices and younger Skaters)**

### **Content of the practices**

#### **ON-ICE:**

- a) two-phase practices daily, up to three-phase practices at one specific day  
- morning practices: skating technique (all skaters together led by Consultants);
- b) a remaining time should be used for individual on-ice practices with personal coaches or with other chosen coaches  
*(not included in the course price, coaches have to be arranged for in advance)*

## **All Groups („A“, „B“, „C“)**

**OFF-ICE:** approximately two-phase practices daily:  
keep-fit, dance, ballet, gymnastics, regeneration, stretching

**REGENERATION:** available within the ice hall (sauna, whirlpool,...)  
*included in the course price*

**ACCOMMODATION:** *Hotel Sport Club (the hotel is a part of the ice hall)*  
(Two levels of quality accommodation - limited capacity)

- twin bed rooms with bathroom, toilet and TV
- or 3-5 bed rooms with bathroom and toilet

**BOARD:** Full board, meals served at the Ice Hall restaurant  
(starting with dinner on July 25<sup>th</sup> and closing with lunch on August 2<sup>nd</sup> )

## **PRICES:**

### **Group „A“ (Senior and Top Junior Skaters including Pairs)**

- a) 360,-EUR / course  
- including accommodation (Hotel Sport Club) and full board
- b) 330,-EUR / course  
- including accommodation (lower quality) and full board

### **Group „B“ (Junior and Novices Skaters)**

- a) 330,-EUR / course  
- including accommodation (Hotel Sport Club) and full board
- b) 300,-EUR / course  
- including accommodation (lower quality) and full board

### **Group „C“ (Pre Novices and younger Skaters)**

- a) 310,-EUR / course  
- including accommodation (Hotel Sport Club) and full board
- b) 280,-EUR / course  
- including accommodation (lower quality) and full board

### ***Participation and Payment Conditions:***

- a) *Applications must be sent to the above-mentioned e-mail address before May 29, 2009. Each application must include the name and date of birth of the participant, accommodation demands including the level of quality of the hotel room and application for the practice group (“A”, “B” or “C”).*
- b) *Payment*  
*Transfer the due sum before June 30, 2009 to the below-mentioned bank account.*  
***All banking charges including wire transfers fees must be paid by the payer!***  
*Potential cancellation fees based on the date of cancellation (5 – 10 %)*

### ***Bank Account details for international payments:***

*IBAN:* CZ38 0300 0000 0003 7623 3013  
*SWIFT:* CEKOCZPP  
*Bank Name:* ČSOB a.s., Ostrava  
CZECH REPUBLIC  
*Account holder:* Stanislav Židek, Zámecká 104 / 8, 733 01 KARVINÁ

### **Health Insurance:**

***All participants of the International Figure Skating Summer Camp (IFSSC) acknowledge that the organizer of the camp is not responsible for any potential injuries. Each and every IFSSC participant MUST have a health insurance valid in the Czech Republic. All participants taking part in the IFSSC at their own risk.***