

International Easter Camp

Vienna | Austria
1.4.-8.4.2023

Figure skating workshops





Invitation for trainers & athletes

Building strong training partnerships!

We are inviting skaters to take part on their own or especially together with their trainers.

The goal is to set up the details of the training for the athletes together with the trainers of the skaters as well as to integrate the trainers into the training, if they have time during the summer camp.

We will for instance support with training planning and video analysis as well as a video archive with exercises and more material in the future for trainers and their athletes.





Easter Camp Highlights

Top international trainer team

Health oriented training methods for long term athlete development

Short and long term jump improvement and rotational methods

Intensive skating skills training

Video analysis based training with individual recommendations of exercises

Integrated rules training for skaters





Easter Camp Highlights

Athletic preparation for 2023/2024 including training planning on request

Video archive for athletes and their trainers

Rotational training including vestibular rotation machines

Jump training with harness/longe for Axel, doubles, triples or quads with very experienced trainers





Easter Camp Highlights

Training groups working on Axel and double jumps

Training groups working on double Axel and triple jumps up to 3A and quads

Spin check and spin development, spin consistency training

Special exercises for strength and athletic training for health oriented athlete long term development

Check of components and GOE of the elements by an international judge





Easter Camp Information

1.4. - 8.4.2023

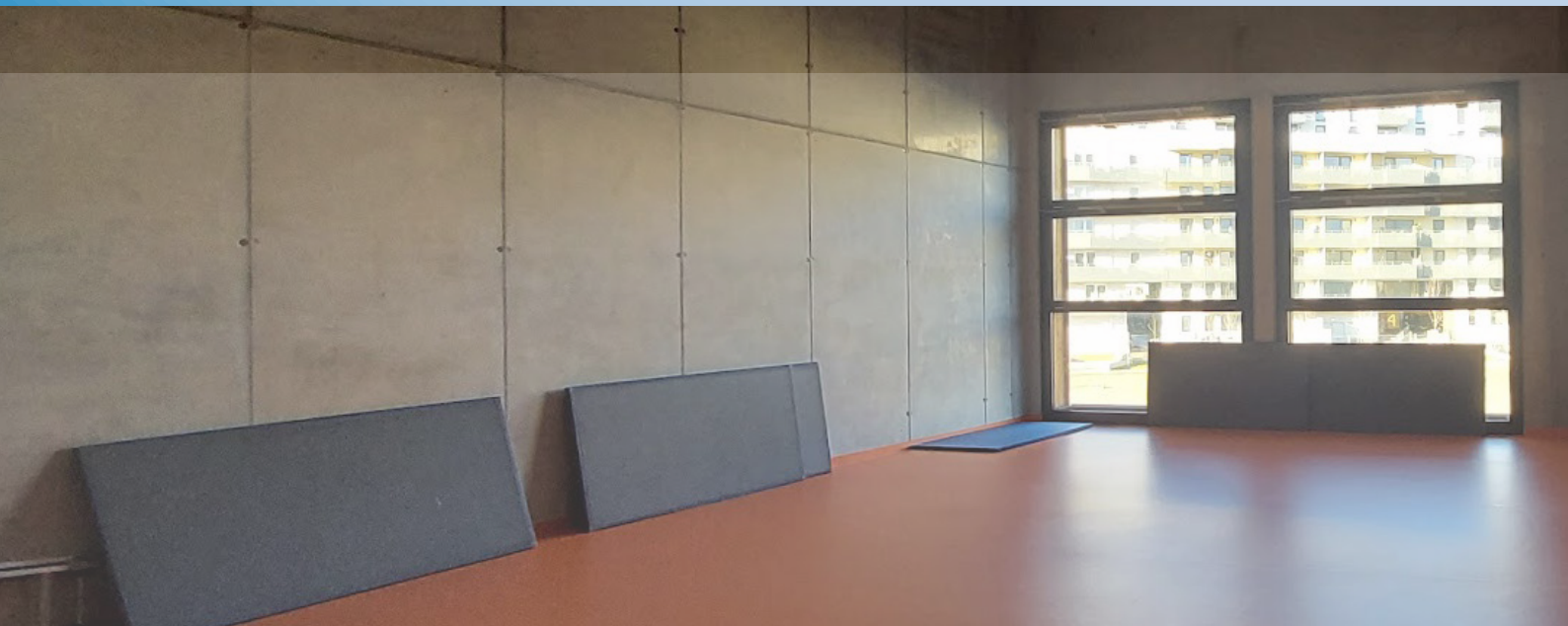
Intensive workshops 3-7 days

Daily organized training

2-3 ice sessions (50-60 minutes) available

2-3 off ice sessions including jumping, choreo/flexibility, strength, rotational training, rotational machine training, off ice longe, stamina, lacta
Video analysis, rules training, training planning session

On request: training planning for ice- and off-ice training including health oriented performance improvement, strength training, stamina training





Easter Camp Information

Registration & Training costs

Registration till 3.3.2023
as only few skaters can take part,
please let us know soon

Costs/training day including ice training as well as
off-ice training

EUR 60,- (2 hours ice/2 hours off-ice)

EUR 80,- (2,5-3 hours ice/2,5-3 hours off-ice)

EUR 10-12,-/hour ice patch costs including off-ice
gym costs

Minimum of 2 days depending on availability.





Skating Center Team Vienna

Dmytriy Dmytrenko

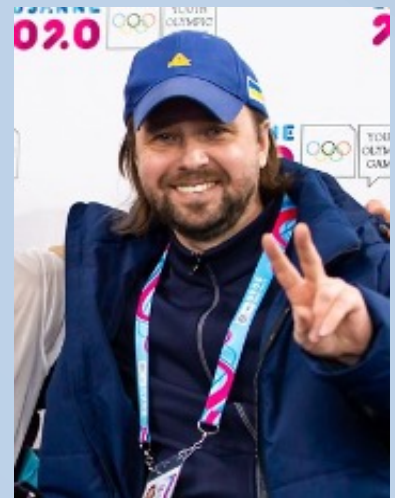
(figure skating - head coach)

European figure skating champion
from Ukraine
ISU International Technical Specialist

Coach for single skating,
off-ice training, analysis as a
technical specialist

Specialities

Jumping technique, skating
skills, choreography, spins,
rules training



We are very happy that Dmytriy Dmytrenko is taking over the head coach position of the skating center we are establishing in Vienna sharing his big experience in competitive skating and longterm athlete



Skating Center Team Vienna

Neil Chesterton

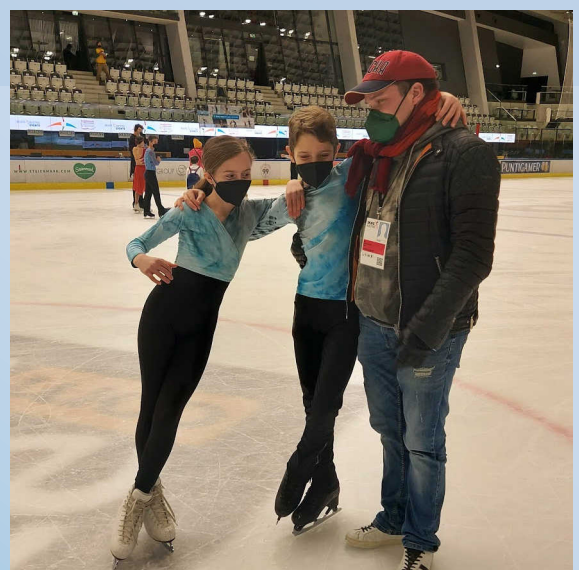
(figure skating - singles/pairs/ice dance)

More than 20 years of coaching experience, 6 years of show experience, ice dance worked in places like Austria, Moscow, Egna.

Coaching experience in single skating, pair skating, ice dance and off ice training

Specialities

Jumping technique, harness/longe for Axel, double jumps, triples and quads, skating skills, choreography, spins



Skating Center Team Vienna

Galina Churilova

(ice dance and skating skills)

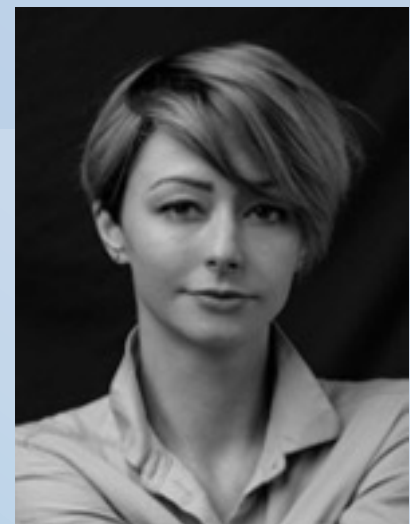
Well known ice dance and skating skills coach from Charkiw training skaters in Vienna. Responsible for a large number of successful ice dance pairs coming from Charkiw also competing internationally at Olympic Games and World Championships.



Oksana Dolgopolova

(Int. ISU judge, medical consulting)

Dr. Dolgopolova will share her experience in analysis of programs, components, elements and in skating development topics as well as rules and GOE related topics. She will also help as a doctor of medicine specialized on injury prevention and nutrition to prepare in these topics.



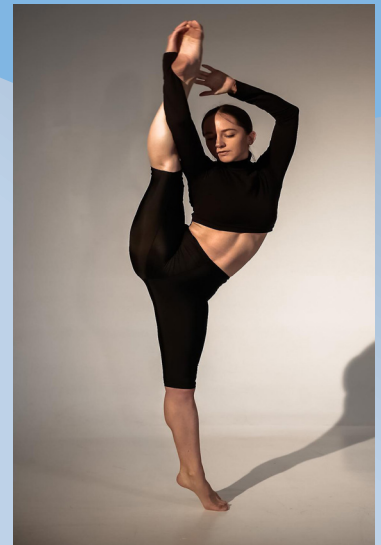


Skating Center Team Vienna

Natalia Galych

(choreography and dance training)

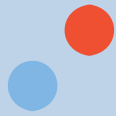
Choreographer and dancer from Kiev already long term working in Vienna with figure skaters. Very passionate ballet- and dance technique teacher for athletic base dance training and stretching.



Michael Ruis

Coach for health oriented long term athlete development in figure skating, off ice training, pair skating, athletic training, video and motion analysis. Specialized on technical tools for trainings efficiency and trainings planning, rotational training, stamina, flexibility and strength training.





Contact & Registration

Location

Eisringsüd | Favoriten
Windtenstraße 2, 1100 Wien
<https://eisringsued.at>

Contact & Registration

Registration through email including information about the the jump and spin level of the skater

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