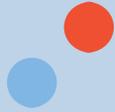


# International Summer Camp

Telfs | Austria  
25.7. - 6.8.2022

Figure skating & Ice dance





# 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 provide a video archive with exercises and also more material in the future for trainers and their athletes.





# Summer 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 development  
training

Video analysis based training with  
individual recommendations of  
exercises

Integrated rules training for skaters





# CIW Skating Highlights

High altitude off ice training >2000 meter

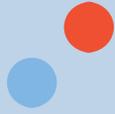
Video archive for athletes and their trainers

Rotational training including vestibular rotation machines

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

Intensive skating skills training





# CIW Skating 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 up, class to develop the own spins, spin consistency training

Individual ice dance training seminar

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





# Summer Camp Information

Week 1: 25.7. - 30.7.2022

Week 2: 1.8. - 6.8.2022

## Daily organized training

3 ice sessions (50-60 minutes) available

2 off ice sessions including jumping,  
choreo/flexibility, strength, rotational training,  
rotational machine training, off ice longe,

Video analysis, rules training, training planning session

Optional 1-2 hours of high altitude training (outdoor  
above 2000 meter, in good weather conditions)





# Summer Camp Information

## Registration & Training costs

Registration till 31.5.2022

6 days of training including all sessions: EUR 420,-  
6 days ice costs for all external skaters: EUR 90,- (2h/day) to  
EUR 130,- (3h/day)

Special packages for teams

Family discount: 50% from the 2nd child (EUR 210,-)

## Apartments (example)

Harry's home Telfs (Studio including kitchen)

2/persons/EUR 128,-/night

Apartments around Telfs starting at EUR 50,-/night



# Summer Camp Team

## Neil Chesterton

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



# Summer Camp Team

## Dmytriy Dmytrenko

(guest coach)

European figure skating champion  
from Ukraine  
ISU 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 part sharing his big experience in competitive skating and longterm athlete development.

# Summer Camp Team

## Galina Churilova

(guest coach 25.7.-30.7.2022)

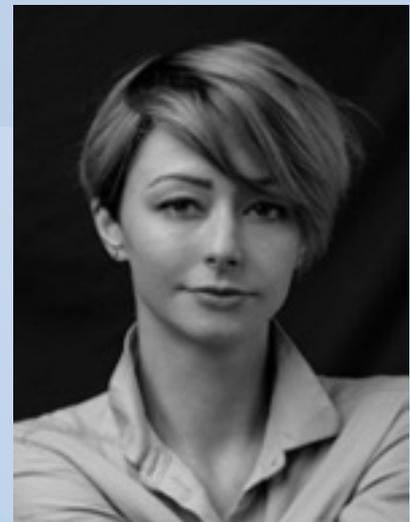
Well known ice dance and skating skills coach from Charkiw training at the moment in Vienna. Responsible for a large number of successful ice dance pairs coming from Charkiw also competing internationally at Olympic Games and World Championships.

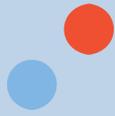


## Oksana Dolgoplova

(International judge, lecturer)

She 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 to analyse programs and elements of the skaters during the training.





# Summer Camp Team

## Georg Mrkvicka (guest coach and lecturer)

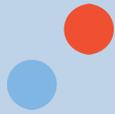
Graduated in sport science, great lecturer and trainer within the official Austrian sport trainer education programs at the BSPA Wien. Main focus on health oriented athlete training and long term development.



## 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 training efficiency and training planning, rotational training, stamina, flexibility and strength training.





# Contact & Registration

## Location

Sportzentrum | Icesportarena Telfs  
Franz-Rimml-Straße 4 6410 Telfs  
[www.icesportarena.com](http://www.icesportarena.com)  
[www.telfs.at/sportzentrum-telfs.html](http://www.telfs.at/sportzentrum-telfs.html)

## Contact & Registration

Registration through email including information about the jump levels, spin levels and skating skill levels

CIW Skating  
Mag. Michael Ruis

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