

International Summer Camp

Pilsen | Czech Republic
30.7.-12.8.2023

Figure skating season preparation





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.



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 training

Video analysis based training with individual recommendations of exercises

Integrated rules training for skaters





Summer Camp Highlights

Athletic and skating preparation for the next season including training planning

Video archive for athletes and their trainers

Rotational training including 4 vestibular rotation machines

Jump training with harness/longe on ice and off-ice for Axel, doubles, triples or quads with very experienced trainers





Summer Camp Highlights

Training groups working on Axel and double jumps

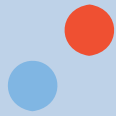
Training groups working on double Axel and triple jumps up to 3A and quads

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





Summer Camp Information

Week 1: 30.7. - 6.8.2023

Week 2: 6.8. - 12.8.2023

Daily organized training

Daily 3 ice sessions (50-60 minutes)

Daily 3 off ice sessions including jumping, one choreo/dancing session 6/week, flexibility, strength, rotational training, rotational machine training, off ice longe, stamina, lactat tolerance training, video analysis, rules training

On request:

- training planning for ice- and off-ice training including health oriented performance improvement
- new programs/choreo sessions, judge check-up





Summer Camp Information

Registration & Training costs

Registration till 30.3.2023
as only few skaters can take part,
please register soon. After 30.3. please send an
e-mail.

Costs for training for one week including ice training
as well as off-ice training

EUR 420,-/6 days (daily 3 hours ice/3 hours off-ice)

EUR 150,-/6 days (ice rink costs + off-ice gym)



Summer Camp Information

Accommodation

Beautiful 4* Parkhotel Pilsen
www.parkhotel-czech.eu

Situated at a big park. All skaters are in double or triple rooms with other skaters (we will find the right room mates) or accompanying persons. Skaters older than 10 years normally take part alone, as our team will take care on everything.

Costs including breakfast and buffet for lunch (also vegetarian, salads and some basic beverages). In every room there is an empty mini bar as a small fridge. For dinner one can also choose for 13 EUR/dinner including basic beverages always the day before.

30.7.-6.8.2023 including lunch	367 EUR/person
6.8.-12.8.2023 including lunch	312 EUR/person



Summer Camp Information

Pilsen / Plzeň

Travel to Pilsen

We will organize for all skaters together with the teams, skaters or parents the travel to and from Pilsen.

Side program - Leisure time in Pilsen

Beside the possibilities in the hotel (fitness, sauna, swimming pool, tennis, beach volleyball near by) we will organize the whole day for all skaters including doing some relaxing program in the park but also go to the nice center of Pilsen together.

Especially on Sunday, when there is more time, we will organize in different groups depending on the wishes a special Sunday program.



Summer Camp Team

Dmytriy Dmytrenko

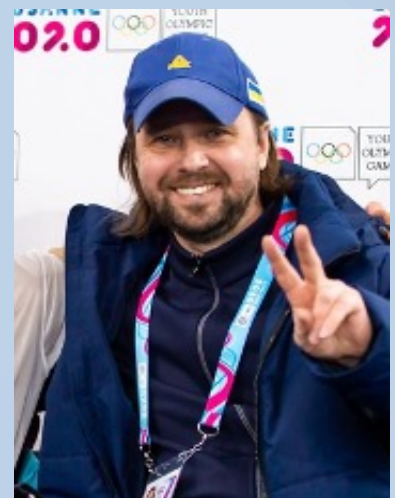
(figure skating - head coach)

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

Summer Camp Team

Neil Chesterton

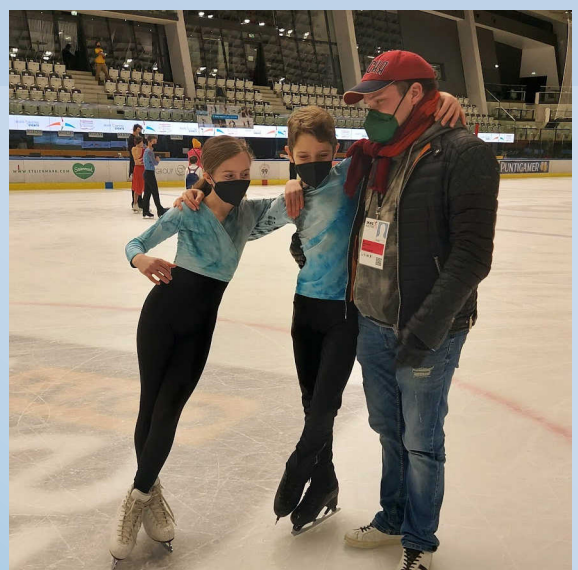
(figure skating - singles/pairs/ice dance)

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 Camp Team

Daniele Caprano

(guest trainer - singles and pairs)

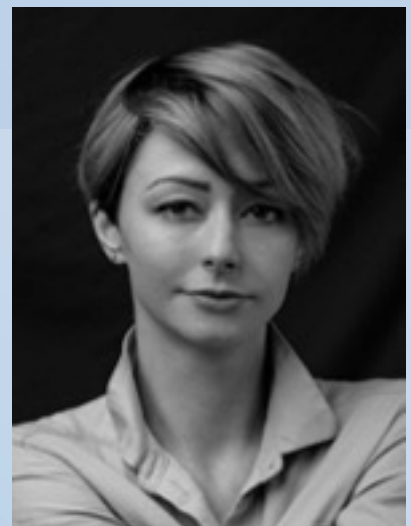
Former German champion and successful participant in international competitions like world championships. More than 30 years of trainer experience and trainer licences in Italy and Germany.



Oksana Dolgopolova

(Int. ISU judge, medical consulting)

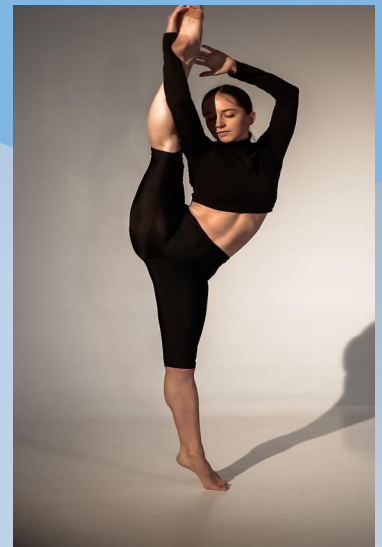
Dr. Dolgopolova will share her experience in analysis of programs, components, elements and in skating development topics as well as rules and GOE related topics. She will also help as a doctor of medicine specialized on injury prevention and nutrition to prepare in these topics.



Summer Camp Team

Dance and Ballet Team (choreography and dance training)

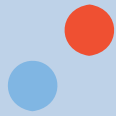
We are happy to have 2 experienced ballet and dancing trainers from Germany with us who are working a lot with figure skaters the whole year and will do a lot of contemporary and modern dance training beside stretching and base work.



Michael Ruis (head of athletic training team)

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

Pilsen | Czech Republic
www.icearenaplzen.cz
www.parkhotel-czech.eu

Contact & Registration

Registration through email including information about the the jump and spin level of the skater as well as additional wisshes (food, programs, judge program check-up)

CIW Skating Austria
Mag. Michael Ruis

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