

INGZI

ING. STANISLAV ŽIDEK

Ostrava, March 16, 2017

FOR THE PARTICIPANTS OF THE INTERNATIONAL FIGURE SKATING SUMMER SCHOOL IN OSTRAVA 2017

Dear friends,

I would like to thank you on behalf of the organizing team of the International Figure Skating Summer School for your interest in this traditional sports event. This year marks our 19th season.

For the first time, this year's camp will take place at OSTRAVAR ARENA in Ostrava. This is a venue of European Figure Skating Championships 2017. Participants of IFSSS will have an excellent opportunity to train in the same ice rink and a newly built athletic hall as the top European figure skaters did this year.

Our highly professional and experienced team led by the coach **Vladimir Dvojniov** is always a guarantee of a quality and responsible approach. This year you will again have a chance to meet **Matej Novak**, former representative of the Czech Republic in ice dancing, especially at lessons focused on skating technique.

Off-ice activities are inseparable part, with many inspirational tips for everyday training sessions. Physical exercises will be provided by our professional team of co-workers.

Ballet and dance will be headed up by **Libor Hlavacek** - a teacher with considerable experience from his work abroad. We are sure that our experienced coach **Alena Coufalova** will also have a lot to offer in your training schedule.

As usual our schedule includes training aimed at muscle imbalance, muscle toning and, of course, regeneration with experienced physiotherapists and a massage therapist.

Dates of IFSSS in Ostrava: **1st course: 17. 7. - 22. 7. 2017**
2nd course: 24. 7. - 29. 7. 2017

The entire organizing team looks forward to welcoming you.

On behalf of the organizing team: Ing. Stanislav Židek

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INTERNATIONAL FIGURE SKATING SUMMER SCHOOL, OSTRAVA 2017

Date: 17. 7. – 29. 7. 2017 2 courses (6 days each)

17. 7. - 22. 7. 2017 1st course

24. 7. - 29. 7. 2017 2nd course

Venue: OSTRAVAR ARENA, Ruska 3077/135, Ostrava
www.arena-vitkovice.cz/en/ostravar-arena

School leaders:

- IFSSS Manager and Coach: **Stanislav Zidek (CZE)**
szidek@skateostrava.eu, mobil: +420 603 211 675

- Foreign Coach and Consultant: **Vladimir DVOJNIKOV (SVK)**

- Guest **Matej Novak (CZE)**
(Skating Technique – former one of the best Ice
Dancing Competitor, participant World J FS
Championships, European FS Ch and World FS Ch)

- coaches from Moravian-Silesian region; ballet and gymnastics instructors, keep-fit
and regeneration instructors, dance instructors

- personal coaches of the participants

Content of the practices:

Group „A“ (Senior and Top Junior Skaters – Single)

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

Group „B“ (Junior and Novice Skaters)

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

Group „C“ (Pre-Novice and younger Skaters)

- a) two on-ice phase practices daily, up to three-phase practices at one specific day
morning practices: skating technique (all skaters led by Consultant and Guest);
- b) remaining time should be used for individual on-ice practices with personal coaches
or with other chosen coaches
(these are 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, stretching, massage if needed

All above is included in the course price.

Accommodation:

1)HOTEL PULS (this hotel is a part of OSTRAVAR ARENA)

<http://www.arena-vitkovice.cz/en/hotel-puls/>

Limited capacity, participants staying both courses have priority of being accommodated here.

2) Apartman BED (next to OSTRAVAR ARENA, breakfast served at hotel PULS)
Starobělská 461/103, 700 30 Ostrava-Zábřeh

www.apartmanbed.cz

(Three-bedded rooms with a little kitchen at your disposal.)

3) Guest House D. M. Z. Ostrava

Kollárova 3, 709 00 Ostrava - Mariánské Hory

www.dmz-penzion.cz

Luxurious accommodation, spacious and modern rooms equipped with an en suite bathroom, refrigerator, a high-speed Internet connection and TV. Car park is being monitored.

Wi-fi available in all types of the offered accommodation. Breakfast included in all accommodation prices. Additional single lunches will not be arranged.

Prices:

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

9 850,- CZK (approx. **380,-EUR**, according to actual exchange rate) / course (1 week)
- including accommodation and full board

Group „B“ (Junior and Novice Skaters)

8 800,- CZK (approx. **340,- EUR**, according to actual exchange rate) / course (1week)
- including accommodation and full board

Group „C“ (Pre-Novice and younger Skaters)

8 300,- CZK (approx. **320,- EUR**, according to actual exchange rate) / course (1 week)
- including accommodation and full board

Accompanying persons

4 850,- CZK approx. **188,- EUR** / 1 course (1 week)
Accommodation + full board.

3 650,- CZK approx. **140,- EUR** / 1 course (1 week)
Accommodation + full board.

Please be aware the prices in Euro are valid upon current exchange rate and should be seen as informative. The Organizer accepts payments in Czech Crowns (CZK) eventually in Euro (EUR) only.

Participation and Payment Conditions:

a) Applications must be sent to the following e-mail addresses by **April 20, 2017**:

radmila.vyskocilova@seznam.cz
Cc szidek@skateostrava.eu

Each application must include participant's name and date of birth, accommodation requests including the level of quality of the hotel room (or Guest House) and application for the practice group ("A", "B" or "C"). Please take into consideration that the day you submit your application may play role in division of skater into a particular group. This is due to the limited number of skaters in each group.

b) *Payment*

*Transfer the due sum to the below mentioned bank account before **May 31, 2017**.
All bank 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 School (IFSSS) acknowledge that the organizer of the camp is not responsible for any potential injuries, losses and/or damages.

*Every IFSSS participant **must have** a health insurance valid for the Czech Republic.*

All participants are taking part in the IFSSC at their own risk.