

INGZI

ING. STANISLAV ŽIDEK

Ostrava, 5. 4. 2024

TO THE PARTICIPANTS OF THE INTERNATIONAL FIGURE SKATING SUMMER SCHOOL OSTRAVA 2024

Dear Sports Friends,

on behalf of the whole team managing IFSSS in Ostrava, I wish to thank you for your favour you dedicate to our traditional event.

It is my great pleasure to inform you, that also this year we managed to find an agreement with the Vítkovice Aréna a. s. and thereby it is possible to **open registration for the XXVI. volume of the International Figure Skating Summer School in Ostrava Arena, which will be an opening event for the season 2024/2025.**

As in recent years, accommodation will be provided by the IFSSS management in the **Hotel PULS**. There will be also a full board served.

Unfortunately, the management of the summer school cannot offer you accommodation in the Clarion Congress Hotel, however, hotel management can provide you with some rooms. **Please kindly manage accommodation in the Clarion Congress Hotel individually** so the hotel can satisfy your individual needs according to your preference.

A high professional quality and responsible attitude of the expert team will be guaranteed by the head of training – **Vladimir Dvojniov**. You will meet the successful expert team from the previous events.

An inherent part of the IFSSS are off-ice activities dedicated to the movement diversity which is also this year taught by experienced experts, e. g. Libor Hlaváček, Šárka Cenková. Regeneration and massages are necessary and regularly used activities.

IFSSS in Ostrava will take place in Ostrava right after the end of World known festival Colours of Ostrava, which will take place from Sunday 21. 7. to Sunday 28. 7. 2024.

Dear friends, I am really looking forward to meeting you and I will do my best to fill your expectations. Moreover, members of the “A” group will be successful participants in the European Championships, World Junior Championships, and World FS Championships. A distinguished participant will be a bronze medallist from the World Junior Championships 2024 in Taipei Adam Hagara (in the picture below). Based on previous experience, you can meet in Ostrava participants from 5-6 countries.

On behalf of the management team: Ing. Stanislav Židek





MEZINÁRODNÍ LETNÍ ŠKOLA KRASOBRUSLENÍ OSTRAVA 2024 INTERNATIONAL FIGURE SKATING SUMMER SCHOOL OSTRAVA 2024

XXVI. ročník, Místo konání: OSTRAVAR ARÉNA, Ruská 3077/135, Ostrava-Zábřeh, www.skateostrava.eu, zidekstanda@seznam.cz
XXVI. years, Venue: OSTRAVAR ARÉNA, Ruská 3077/135, Ostrava-Zábřeh, www.skateostrava.eu, zidekstanda@seznam.cz

Dates: 21. 7. - 28. 7. 2024 (Sunday afternoon to Sunday midday)

Venue: OSTRAVAR ARENA, Ruska 3077/135, 700 30 Ostrava-Zabreh
<http://www.arena-vitkovice.cz/en/ostravar-arena/>

Accommodation: **Hotel PULS****** (next to OSTRAVAR ARENA, full board)
(double rooms, exceptionally 3 guests)

Clarion Congress Hotel***** (in this hotel, clients arrange accommodation individually)

IFSSS Manager : Stanislav Židek

Hosting Coach and Consultant: Vladimír Dvojníkov
Skating Technique Experts: Lukáš Ovčáček, Vilém Hlavsa

Realization team of experts
Ballet and dance: Libor Hlaváček (Guest: Patrick Ulman),
Gymnastics and compensation exercise: Šárka Cenková
Massages: Bernard Baránek
Medical supervision: LJ Ambulance Ostrava

Prices: **Group A = CZK 8.300,- (trainings only)**

CZK 16.850,- (includes accommodation and full board at Hotel PULS in a shared room)
(senior skaters and top skaters)

Group B = CZK 7.600,- (trainings only)

CZK 16.100,- (includes accommodation and full board at Hotel PULS in a shared room)
(juniors and all younger skaters)

Coaches and chaperons: **CZK 8.500,-** accommodation at **Hotel PULS** and full board in a shared room
CZK 9.900,- accommodation at **Hotel PULS** and full board in a Single room

CZK 5.300,- accommodation at **Hotel PULS** and Breakfast in a shared room
CZK 6.700,- accommodation at **Hotel PULS** and Breakfast in a Single room

For participants not requesting accommodation, (locals or those managing their own bookings), lunches and dinners for the full course can be arranged.

Price of each one-week course includes:

- Sunday – Sunday: daily 2-3 times on-ice practices (scheduled), Saturday 1 on-ice session
- Daily skating technique and element practice in each session
- 2 times a day off-ice trainings with focus on: motion and dance preparation, gymnastics, toning and stretching exercises (massages included in course price)



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Groups are divided based on quality of performance and number of skaters in each group.
Individual training possible on request.

Arrival and departure of participants and groups:

- Arrival – Sunday before the start of the course
- Detailed schedule will be sent out to all participants in advance
- Departure – Sunday after the last training of each group
(For those with accommodation and full board – you start with dinner on Sunday and end with lunch on Sunday; for those without accommodation regular meals on the premises can be arranged)

Organizational information:

- **Please be aware that expenses for your own coach are not included** (*training fee and other expenses*)
- **Make sure to write in an email, whether or not you wish to arrange a coach for your skater, or if a coach will accompany them**

Applications:

- **MUST BE SENT Electronically to the following e-mail address by May 31, 2024: zidekstanda@seznam.cz**

Due to limited number of skaters in each group, the date of submission of your application may play a role in the skater's placement in groups.

Clearly state the name and date of birth of the skater in the application for better payment identification purposes!

- **Payments must be made by June 14, 2024**
- **All bank charges including wire transfer fees must be paid by the payer!**
- **All participants MUST PAY in the appropriate CZK amounts (No other currencies!)**

IBAN: CZ38 0300 0000 0003 7623 3013
SWIFT: CEKOCZPP
ČSOB a.s., Ostrava
CZECH REPUBLIC
Stanislav Židek, Zamecka 104/8, 733 01 KARVINA

Organizer's Contact:

Ing. Stanislav Židek
Mobile phone: +420 603 211 675
E-mail: zidekstanda@seznam.cz

Health Insurance:

All participants of the IFSSS acknowledge that the school organizer 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 IFSSS at their own risk.