



MEZINÁRODNÍ LETNÍ ŠKOLA KRASOBRUSLENÍ OSTRAVA 2021
INTERNATIONAL FIGURE SKATING SUMMER SCHOOL OSTRAVA 2021

XXIII. ročník, Místo konání: RT Torax Aréna, Čkalovova 6144/20, Ostrava-Poruba, www.skateostrava.eu, zidekstanda@seznam.cz
XXIII. years, Venue: RT Torax Aréna, Čkalovova 6144/20, Ostrava-Poruba, www.skateostrava.eu, zidekstanda@seznam.cz

Date: 19. 7. - 31. 7. 2021 2 programs (6 days each)

19. 7. - 24. 7. 2021 1st program

26. 7. - 31. 7. 2021 2nd program

Venue: RT TORAX ARENA, Čkalovova 6144/20, CZ708 00 Ostrava-Poruba
www.sareza.cz/rt-torax-arena/

School Leaders:

- IFSSS Manager and Coach: **Stanislav Zidek (CZE)**
zidekstanda@seznam.cz, mob.: +420 603 211 675
- Foreign Coach and Consultant: **Vladimir DVOJNIKOV (SVK)**
- Skating Skills **Matej Novak (CZE)**
(Skating Technique – One of the best former Ice Dance skaters, participant of World J FS Championships, European FS Ch and World FS Ch)
- Ballet and gymnastics instructors, fitness and recuperation instructors, dance instructors
- Personal coaches of the participants

Practice content:

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

- a) Two on-ice practices daily, plus a third practice on three specific days. Morning practices for skating technique. (All skaters practice with the consultant coach and skating skills/technique coach.)
- b) Remaining time should be used for individual on-ice practices with personal coaches or with other chosen coaches

(Other coaches services 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 practices daily, plus a third practice on two specific days. Morning practices for skating technique. (All skaters practice with the consultant coach and skating skills/technique coach.)
- b) Remaining time should be used for individual on-ice practices with personal coaches or with other chosen coaches

(Other coaches services are not included in the course price, coaches have to be arranged for in advance.)



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

- a) Two on-ice practices daily, plus a third practice on one specific day. Morning practices for skating technique. (All skaters practice with the consultant coach and skating skills/technique coach.)
- b) Remaining time should be used for individual on-ice practices with personal coaches or with other chosen coaches

(Other coaches services are not included in the course price, coaches have to be arranged for in advance.)

All Groups („A“, „B“, „C“)

Off-Ice: Approximately two practices daily:
Fitness, dance, ballet, gymnastics, stretching, massage if requested

All of the above is included in the course price.

Accommodation:

1) SAREZA HOTEL (this hotel is a part of RT Torax Arena)

www.sareza.cz/sarezahotel

Due to limited capacity, IFSSS participants staying both programs have priority accommodation at Sareza Hotel.

2) Clarion Congress Hotel

Zkrácená 2703, 700 30 Ostrava-Zábřeh

www.clarioncongresshotelostrava.com

Wi-fi is available in both offered accommodation. Breakfast is also included in both hotel prices. Additional single lunches will not be arranged.

Prices:

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

11 000,- CZK (approx. **440,-EUR**, according to actual exchange rate) / program (1 week)
- Including accommodation and full board in Hotel SAREZA)

Group „B“ (Junior and Novice Skaters)

9 900,- CZK (approx. **395,-EUR**, according to actual exchange rate) / program (1 week)
- Including accommodation and full board in Hotel SAREZA)



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

9 300,- CZK (approx. **370,-EUR**, according to actual exchange rate) / program (1 week)
- Including accommodation and full board in Hotel SAREZA)

Accompanying persons

5 800,- CZK approx. **230,- EUR** / 1 program (1 week)
Accommodation + full board in Hotel SAREZA.

4 300,- CZK approx. **170,- EUR** / 1 program (1 week)
Accommodation in Hotel SAREZA (Breakfast included)

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

Participation and Payment Conditions:

- a) Applications must be sent to the following e-mail addresses by **May 25, 2021**:
zidekstanda@seznam.cz
Cc: radmila.vyskocilova@seznam.cz

Each application must include participant's name and date of birth, accommodation request, the desired practice group ("A", "B" or "C"). The day you submit your application may play a role in the division of the skater into a particular group. This is due to the limited number of participants in each group.

- b) *Payment*
Bank transfers must be done before June 26, 2021. All bank charges including wire transfer fees must be paid by the payer! Potential cancellation fees are 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:

*Every IFSSS participant **must have** a valid health insurance for the Czech Republic. All participants of the IFSSS acknowledge that the school organizer is not responsible for any potential injuries, losses and/or damages. All participants are taking part in the IFSSS at their own risk.*