

INGZI

ING. STANISLAV ŽIDEK

Ostrava, 18. 4. 2022

To the Participants of the International Figure Skating Summer School Ostrava 2022

Dear friends,

on behalf of the whole IFSSS Ostrava 2022 team, I would like to sincerely thank you for the favour you dedicate to our traditional event. After difficult years of Covid-19 pandemics also this year is marked by unexpected international issues. For this reason, deciding on the organization of the event was not easy. The problem in Ukraine is so serious, that it is having an impact on almost everything, including the economic aspects of the event. As you probably know, the Czech Republic is experiencing an unprecedented level of inflation, a dramatic increase in energy prices, and a related increase of prices of goods and services, heavily impacting also sports sector. Rents are expensive, prices of food services increased and due to a high number of refugees from Ukraine, accommodation capacities of hotels are limited.

The IFSSS team strongly condemns brutal aggression against Ukraine, which is impacting the organization of summer school. Despite all the above-mentioned problems, we are humbly announcing that XXIV. annual IFSSS will take place, however, with some significant changes in the organization. Despite this, we believe that changes will lead to the increased comfort of the participants and will lead to keeping the high quality of the program.

The event will take place in Ostrava Aréna. The dressing room areas improved significantly, however; a very challenging issue is finding accommodation in nearby areas. Hotel PULS and other hotels around the area are providing accommodation for refugees from Ukraine. This fact is supported by the organizers who are also willing to help in the provision of accommodation and food for the participants from Ukraine.

After great effort, our team managed to book accommodation in the Clarion Congress Hotel, which is suitable to provide sufficient capacity and full board meals while keeping 4* quality.

However, there is still a probability of releasing the Hotel PULS for the purposes of MLŠ, but now it cannot be 100% guaranteed. For those who are commuting, lunches and dinners will be available.

Contrary to all initial challenges we strongly believe, that contemporary XXIV. The annual summer school will take place in Ostrava Aréna in a very comfortable environment and in a very positive atmosphere. A modern athletic hall will be available for off-ice exercises.

Please note that just now we can provide you accommodation only in the Clarion Congress Hotel****.

The event will be under the supervision of high-quality experts under the leadership of trainer **Vladimir Dvojniov** who always provides quality guarantees and a fully responsive professional approach. You will meet also a successful Czech representative in ice dances **Matěj Novák** who is a specialist in technical ice skating and who will lead ice dancing in the individual lectures.

An inherent part of the event providing many inspiring movements into the everyday practice is off-ice activities. Movement variety is also this year provided by skilled experts including **Libor Hlaváček** and **Šárka Cenková**. Regeneration is necessary and regular programme provided for the participants.

IFSSS is taking place in Ostrava in the following dates: **I. cycle from 18. to 23. 7. 2022**
II. cycle from 25. to 30. 7. 2022

Due to requests from the previous events, there are some changes regarding schedules and levels: there will be only groups A, B1-B4 and dancing pairs.

We are looking forward to meeting you and we believe in your full satisfaction.

On behalf of the IFSSS team: Ing. Stanislav Židek





MEZINÁRODNÍ LETNÍ ŠKOLA KRASOBRUSLENÍ OSTRAVA 2022 INTERNATIONAL FIGURE SKATING SUMMER SCHOOL OSTRAVA 2022

XXIV. ročník, Místo konání: OSTRAVAR ARÉNA, Ruská 3077/135, Ostrava-Zábřeh, www.skateostrava.eu, szidek@skateostrava.eu
XXIV. years, Venue: OSTRAVAR ARÉNA, Ruská 3077/135, Ostrava-Zábřeh, www.skateostrava.eu, szidek@skateostrava.eu

- Dates:** 1st course: 18. 7. - 23. 7. 2022
2nd course: 25. 7. - 30. 7. 2022
- Venue:** OSTRAVAR ARENA, Ruska 3077/135, 700 30 Ostrava-Zabreh
<http://www.arena-vitkovice.cz/en/ostravar-arena/>
- Accommodation:** Clarion Congress Hotel **** (next to OSTRAVAR ARENA,
full board)
Zkracena 2703, 700 30 Ostrava-Zabreh
(rooms for 2, exceptionally 3 guests),
<https://www.clarioncongresshotelostrava.com/en/>
- IFSSS Manager :** Stanislav Židek
- Hosting Coach and Consultant:** Vladimír Dvojník
Skating Technique Expert: Matěj Novák
- Realization team of experts
Ballet and dance: Libor Hlaváček (Guest: Patrick Ulman),
Gymnastics and compensation exercise: Šárka Cenková
Massages: Bernard Baránek
Medical supervision: RZP – RESCUE Ostrava
- Prices:** Group A = CZK 6.500,- (trainings only)
CZK 15.800,- (includes accommodation and full board at Clarion CH in a shared room)
(senior skaters and top juniors)
- Group TP = CZK 6.500,- (trainings only)
CZK 15.800,- (includes accommodation and full board at Clarion CH in a shared room)
- Group B = CZK 5.500,- (trainings only)
CZK 14.800,- (includes accommodation and full board at Clarion CH in a shared room)
(juniors and all younger skaters)
- Coaches and chaperons:** CZK 7.320,- accommodation at Clarion CH and full board in a shared room

However, there is still a probability of releasing the Hotel PULS for the purposes of MLŠ, but now it cannot be 100% guaranteed. For those who are commuting, lunches and dinners will be available.

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

ALL THE PRICES PROVIDED ABOVE ARE FOR 1 COURSE ONLY.



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Price of each one-week course includes:

- Monday – Friday: 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)
 - Full board for those with accommodation (always from Sunday to Saturday – 6 nights)
- 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 on Monday (**only applies to those with accommodation**)
- Detailed schedule will be sent out to all participants in advance
- Departure – Saturday 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 Saturday; 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*)
- For participants of both courses it is **necessary to cover accommodation from Saturday to Sunday (add CZK 900,- to the total price for an extra night at Clarion CH)**
- **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 20, 2022: 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 15, 2022**
- **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.