



Summer of Champions 2016 In Telfs, Austrian Alps

We offer a figure skating summer school for all levels, from 4th of July to 30th of July, 2016. Elite level skaters from different countries intend to participate this year again. The summer school staff is made up on a professional team of experts.

Coaches:

Andras Szaraz: (English, Swedish and Hungarian speaking)

1994-1998 Hungarian Physical Educational University

An experienced coach with a Master Degree, he coaches skaters at the Europeans, Worlds and Olympics. He is responsible for the ice practices including jump, step and stroking technique.

Coach of Diana Poth between 1998-2000, Europeans 4th in Praha, 11th in Vienna.

Coach of Julia Sebestyen between 1994-1997 and 2000-2006, Europeans 3rd in Malmö, European Champion in Budapest, 6th at Worlds in Dortmund, 8th Olympics in Salt Lake City.

ISU Camps head coach and coordinator between 2004-2007.

Since September 2012 head coach of the Trelleborg KK

Edit Szaraz: (English, Swedish and Hungarian speaking)

Off-ice specialist. She is responsible for condition training and coordination developing practices. She is a former Rhythmic Gymnast who has been working with gymnastics as a coach for many years on the highest level in Hungary. Special stretching, power training and dance classes will be conducted by her for the specific needs of modern figure skating.

She has been working with figure skaters in USA, Holland, Sweden, Belgium, Hungary for many years. Condition training coach for the Hungarian Kajak-Kenu Olympic Champion Team for 2 years.

Education in Sport: Academy of Fitness Budapest – Hungary, Aerobic and Fitness Personal Trainer

Since September 2012 office coach and choreographer of the Trelleborg KK

Claudia Houdek: (English, German speaking)

ISU senior and junior & junior worlds competitor coach, ISU system specialist.

Coach in Ice Sport Arena Telfs & Olympia World of Innsbruck. Head coach of skating school of Innsbruck, coach of the Tyrolean Federation, former coach of the Austrian National Federation.

In cooperation with...

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FIGURE SKATING WEB SHOP

Your **EDEA** Specialist

MADE IN ITALY

1. Package: Prize for a week 660,- Euro including:

6 days full service, 3 hours ice/day Monday to Friday (jump classes, skating skills classes, spin classes), coaching, sleeping in the official hotel (Gasthof Lehen classic Alpen hotel, first of all for those skaters who attend by themselves) food (breakfast, lunch and dinner), 2 x 50 minutes off-ice practices.

2. Package: Prize for a week 460,-Euro including:

5 days training with lunch, 3 hours ice/day Monday to Friday (jump classes, skating skills classes, spin classes), coaching, 2 x 50 minutes off-ice practices, lunch with the other skaters from Monday to Friday (not optional)

(This package is not including hotel, breakfast, dinner.)

3. Package: Prize for a week 340,-Euro including: (recommended for chicks, beginners)

5 days training with lunch, 2 hours ice/day Monday to Friday (jump classes, skating skills classes, spin classes), coaching, 1 x 50 minutes off-ice practices, lunch with the other skaters from Monday to Friday (not optional)

(This package is not including hotel, breakfast, dinner.)

Program: we recommend to attend at least 2 weeks to be able to create progress.

30 minutes warming up before each ice training, 3 x 50 minutes ice training (jump classes, skating skill classes, spin classes)

2 x 50 min off-ice (condition, dance, stretching, power training), from Monday to Friday

Instruction will be held in English and Swedish.

Extra ice is available for private lesson (extra costs). You can book choreography lessons with Edit, private ice lessons with Andras and Claudia: contact Andras for details.

New from this year!

***Special Package: Prize for a week 540,-Euro including:**

special offer for adult skaters with their youngsters who wants to participate in the camp together, package including 1 adult skater and 1 youngster, 2 ice training and 1 off-ice for youngsters and 1 ice training and 1 body shape training for adults from Monday to Friday, lunch for both of them from Monday to Friday

(This package is not including hotel, breakfast, dinner)

***On 16th (Saturday) and 30th (Saturday) of July between 09:00-12:00 we will have a simulation competition with**

Technical Specialist - Claudia Houdek

ISU Championship Judge - Georg Ganner

Coaches - Andras Szaraz and Edit Szaraz.

After the competition you will receive a protocol of your program, including levels, GOE, PC score etc.

After the competition we will have theory lessons with the panel of judges. You'll get very important information on how you can improve your program and your total score. Only for skaters!

Costs for this event: 40,-Euro

***The ice rink is equipped with a roof harness and a hand held harness which can be use on private lessons.**

Skate sharpening and maintaining is available as well.

Questions, information, registration: soc.2016telfs@gmail.com or +46723760853

Travel information:

1. by car from Trelleborg 950 km

2. by flight to Innsbruck. AOB Travel / Helene Mattsson can help you with your flight bookings: helene@aobtravel.se

There are limited spaces available. First come, first served! We look forward to see you in Telfs!

Registration before 2016.03.30. For details read the registration form!

***Families have special offer from TirolerHof which is a one of the nearest hotel to the ice rink in city center. Contact us for details by mail or phone.**

Registration form: Summer Of Champions 2016 Telfs

Skater's Name:
Category you compete in:
Date of birth:
Address:
Telephone nr:
Mobile/Cell phone:
E-mail:
Parents mobile number:

- Fill in the form for registration and send it by e-mail or post to the address below before **31th of March** . We accept registration together with the payment of the registration fee until **31th of March**. Registration fee is 50% of the total amount for the camp.
- Please pay the registration fee to the Andras Szaraz Bank account: Handelsbanken, Clearingsnummer:6821 Euro Kontonummer:46 827 129 IBAN: SE 09 6000 0000 0000 4682 7129 BIC: HANDESS or you can pay cash also.
- Your registration is binding and will be confirmed 7 days after the deadline for registration
- Final payment of 50% on arrival at the camp.
- 1 week is including 6 days and 6 nights (full pension). If somebody stays more than a week extra night/nights and day/days has to be paid depending on arrival and departure. Extra day with full pension costs 50,- Euro (including hotel, breakfast, lunch and dinner).
- Optional programs on the weekends are extra costs. Detailed list will be send to the participants later on.

Arrival:
Departure:
I would like to attend Weeks: w.27. w.28. w.29. w.30. please mark the actual weeks
I am interested in private lessons with Andras: 65,- Euro/60 min:
I am interested in private choreography with Edit: 65,- Euro/60 min:
I am interested in private lessons with Claudia: 65,- Euro/60 min:
Special diet/medical information:

Send this form to: soc.2016telfs@gmail.com or to:
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Informations:+46 72 376 0853