



## Summer of Champions 2017 In Telfs, Austrian Alps

**We offer a figure skating summer school for all levels, from 3rd of July to 28th of July, 2017. 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 Education University

An experienced coach with a Master's 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 Wien..

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.

2012-16 head coach of Trelleborg KK, 2016-17 head coach of Tyresö 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

2012-16 off-ice coach and choreographer of the Trelleborg KK, 2016-17 Tyresö KK.

**Claudia Houdek:** (English, German speaking)

ISU senior and junior & junior worlds competitor coach, national 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, coach of the Austrian National Federation.



**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.

**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 and 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 and dinner.)

- 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 31<sup>st</sup> of March. Registration fee is 50% of the total amount for the camp.
- The registration fee is including 100 Euro administration fee which cannot be payed back in case of injury or sickness. Doctor's certificate is needed to be sent to us latest 2 weeks before the camp starts. In this case we will pay back the prepayment except the administration fee. Within 2 weeks before the camp starts there is no pay back of the prepayment possible.
- Please pay the registration fee to the Andras Szaraz Bank account: Handelsbanken, Clearingnr: 6821 Euro Kontonummer: 46 827 129 IBAN: SE 09 6000 0000 0000 4682 7129 BIC: HANDSESS or you can pay cash also.
- Please pay the rest (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).
- Transportation from the airport is extra costs. You'll be personally informed about the price later on.
- Optional programs on the weekends are extra costs. Detailed list will be send to the participants later on.

\*On 15th (Saturday) and 28th (Friday) of July 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 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 one 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: andras.szaraz66@gmail.com or +46723760853

There are limited spaces available. First come, first served!

**Registration before 2017.03.31. For details read the registration form!**

## Registration form: Summer Of Champions 2017 Telfs

Skater's Name: (First & last Name) [Klicken Sie hier, um Text einzugeben.](#)

Package 1.

1week     2weeks     3weeks     4weeks

Package 2.

1week     2weeks     3weeks     4weeks

Package 3.

1week     2weeks     3weeks     4weeks

Arrival: [Klicken Sie hier, um ein Datum einzugeben.](#)

Departure: [Klicken Sie hier, um ein Datum einzugeben.](#)

Category you compete in:     Senior                       Junior  
                                          Novice (10-15)             Youngsters (<10)

Date of birth: [Klicken Sie hier, um ein Datum einzugeben.](#)

Address: [Klicken Sie hier, um Text einzugeben.](#)

Telephone nr: [Klicken Sie hier, um Text einzugeben.](#)

Mobile/Cell phone: [Klicken Sie hier, um Text einzugeben.](#)

E-mail: [Klicken Sie hier, um Text einzugeben.](#)

Parent's mobile number: [Klicken Sie hier, um Text einzugeben.](#)

If you are interested for private lessons please fulfil with yes, we will contact you in this case for all details personally.

I am interested in private lessons with Andras: 65,- Euro/60 min:     yes                       no

I am interested in private choreography with Edit: 65,- Euro/60 min:     yes                       no

I am interested in private lessons with Claudia: 65,- Euro/60 min:     yes                       no

Special diet/medical information:

(please indicate if there are medical/health or diet issues which we have to take care of.)

[Wählen Sie ein Element aus.](#)

Send this form to: **andras.szaraz66@gmail.com** or to:

**Andras Szaraz**

**Sommarliden 3., 13561 Tyresö, Sweden**

**Informations:+46 72 376 0853**

By sending back this form, we confirm the terms and conditions of the summer of champions 2017 in Telfs. We confirm that we got the announcement, read and understand it.

.....  
Signature of parents

(the signature is replaced by sending this registration form as an email to Andras Szaraz)