

INGZI ING. STANISLAV ŽIDEK

Ostrava, February 10, 2019

FOR THE PARTICIPANTS OF THE INTERNATIONAL FIGURE SKATING SUMMER SCHOOL IN OSTRAVA 2018, CZECH REPUBLIC

Dear Figure Skating Friends,

I would like to thank you on behalf of the organizing team of the International Figure Skating Summer School (IFSSS) for your interest in our sports event with a long tradition. We are celebrating our 21st season anniversary this year.

IFSSS 2019 will take place at OSTRAVAR ARENA in Ostrava. This is the venue of many sport events (incl. European FS Championships 2017). All IFSSS participants will have an excellent opportunity to train in the same ice rink and a newly built athletic hall.

Our professional and experienced team led by the coach **Vladimir Dvojnikov** is always a guarantee of a top quality. As usually, you will have a chance to practice with **Matej Novak**, the former representative of the Czech Republic in Ice Dancing. He'll lead lessons focused on skating technique.

Off-ice activities are an inseparable part, with many inspirational tips for everyday training sessions. Physical exercises will be taught and supervised by our professional team of co-workers.

Our ballet and dance class instructor **Libor Hlavacek** is a teacher with considerable experience from abroad (Special guest Mr. Patrick Ulmann will be some inspiration for participants). We are sure that **Dominik Spavelko** will also have a lot to offer in your training schedule.

As always, the IFSSS schedule includes training aimed at muscle imbalance, muscle toning as well as regeneration with professional physiotherapists and a massage therapist.

Dates of IFSSS in Ostrava:

1st course: 22. 7. - 27. 7. 2019

2nd course: 29. 7. - 03. 8. 2019

The entire organizing team looks forward to welcoming you.

On behalf of the organizing team: Stanislav Zidek

INGZI
Ing. Židek Stanislav
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XXI. MEZINÁRODNÍ LETNÍ ŠKOLA KRASOBRUSLENÍ OSTRAVA 2019 INTERNATIONAL FIGURE SKATING SUMMER SCHOOL OSTRAVA 2019

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

Date: 22. 7. - 03. 8. 2019 2 courses (6 days each)

22. 7. - 27. 7. 2019 1st course

29. 7. - 03. 8. 2019 2nd course

Venue: OSTRAVAR ARENA, Ruska 3077/135, Ostrava
www.arena-vitkovice.cz/en/ostravar-arena

School Leaders:

- IFSSS Manager and Coach: **Stanislav Zidek (CZE)**
szidek@skateostrava.eu, mob.: +420 603 211 675
- Foreign Coach and Consultant: **Vladimir DVOJNIKOV (SVK)**
- Skating Skills **Matej Novak (CZE)**
(Skating Technique – former one of the best Ice Dancing Competitors, participant World J FS Championships, European FS Ch and World FS Ch)
- ballet and gymnastics instructors, keep-fit and regeneration instructors, dance instructors
- personal coaches of the participants

Content of the Practices:

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

- a) Two on-ice phase practices daily; up to three-phase practices at three specific days; morning practices: skating technique (all skaters together led by Consultant and Guest);
- b) remaining time should be used for individual on-ice practices with personal coaches or with other chosen coaches
(their 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 phase practices daily, up to three-phase practices at two specific days morning practices: skating technique (all skaters led by Consultant and Guest);
- b) remaining time should be used for individual on-ice practices with personal coaches or with other chosen coaches
(their services are not included in the course price, coaches have to be arranged for in advance)

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

- a) two on-ice phase practices daily, up to three-phase practices at one specific day morning practices: skating technique (all skaters led by Consultant and Guest);



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- b) remaining time should be used for individual on-ice practices with personal coaches or with other chosen coaches
(their 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-phase practices daily:
keep-fit, dance, ballet, gymnastics, stretching, massage if needed

All above is included in the course price.

Accommodation:

1) HOTEL PULS (this hotel is a part of OSTRAVAR ARENA)

<http://www.arena-vitkovice.cz/en/hotel-puls/>

Limited capacity, IFSSS participants staying both courses have a priority of being accommodated there.

2) Clarion Congress Hotel (next to OSTRAVAR ARENA)
Zkrácená 2703, 700 30 Ostrava-Zábřeh

www.clarioncongresshotelostrava.com

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

Prices:

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

10 100,- CZK (approx. **396,-EUR**, according to actual exchange rate) / course (1 week)
- including accommodation and full board in Hotel PULS)

11 600,- CZK (approx. **456,-EUR**, according to actual exchange rate) / course (1 week)
- including accommodation and full board in Clarion CH)

Group „B“ (Junior and Novice Skaters)

9 100,- CZK (approx. **357,-EUR**, according to actual exchange rate) / course (1 week)
- including accommodation and full board in Hotel PULS)

10 600,- CZK (approx. **416,-EUR**, according to actual exchange rate) / course (1 week)
- including accommodation and full board in Clarion CH)



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

8 550,- CZK (approx. **335,-EUR**, according to actual exchange rate) / course (1 week)
- including accommodation and full board in Hotel PULS)

10 050,- CZK (approx. **395,-EUR**, according to actual exchange rate) / course (1 week)
- including accommodation and full board in Clarion CH)

Accompanying persons

5 000,- CZK approx. **196,- EUR** / 1 course (1 week)
Accommodation + full board in Hotel PULS.

6 500,- CZK approx. **255,- EUR** / 1 course (1 week)
Accommodation + full board in Clarion CH

3 600,- CZK approx. **142,- EUR** / 1 course (1 week)
Accommodation in Hotel PULS (incl. Breakfast)

5 100,- CZK approx. **200,- EUR** / 1 course (1 week)
Accommodation in Clarion CH (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 **April 19, 2019**:

szidek@skateostrava.eu

Cc: stepanka.vyskocilova@gmail.com

Each application must include participant's name and date of birth, accommodation the practice group request ("A", "B" or "C"). The day you submitted your application may play role in division of 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 **May 31, 2019**.*

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 %)



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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 health insurance valid 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.