



INTERNATIONAL FIGURE SKATING SUMMER CAMP 2020

16 - 25 AUGUST

NEDERLAND / DORDRECHT

BEGINNERS – HIGH LEVEL – ADULT SKATERS

www.hollandiceacademy.nl

PROGRAM

DESCRIPTION

The Figure Skating Camp in Holland is designed all Skaters. Its lasts 10 days and it is full of intensive training with high professional Coaches.

Every day we will do a lot of activities on and off the ice, to improve skating skills, lot of time together but above all, we will share our passion for figure skating.

DAILY PROGRAM

- Off ice Training (Legs, Warm-up, Stretching, Jumps)
- Ice Warm-up (The basis of figure skating, Steps and jumps)
- Coaching in group lessons. Daily activity (2 ice sessions + 2 off ice sessions).
- Dance Room and Creativity Laboratories
- Video Analysis (Possibility of work in private with top skilled coaches regarding video analysis.)
- Rotator – Vestibular Stimulator (HIA own vestibular stimulator, one manual and one electric. Possible to work extra in private with rotator specialists, please contact us for more details.)
- Evening Seminars about Figure Skating and Rule (Technic specialist)
- Private Lessons (Our professional coaches are available for private lessons in extra: jump Technic spins Techni harness work, Skating skills work, Choreographic work)
- Physical Therapist- Physio
- Tour and fun activities on the area (optima)

Tool and Equipmen

HIA Provide

Coaches and assistance

Skaters Bring OWN

Skating Boots 😊
Stretch Resistance Bands (1,5mm)
Mat and other staff



COVID-19 MEASURES

This is subject to Government restrictions at the time of publication.

General rules

- It is MANDATORY during the duration of your stay in The Nederland to stay between the official house and ice rink.
- Keep 1,5-meter distance from each other, except athletes when they are on the ice. if you have health issues, even as small as a sore throat or nose cold.
- Please cough and sneeze in your elbow, not your hands.
- If you have been in contact with someone carrying the COVID-19 virus you are not welcome to come to the ice rink, and you must go into self-quarantine for a period of 10 days.
- If you have had the COVID-19 virus yourself you must be at least 24 hours free of complaints before you can come to Nederland.
- Encouraging athletes through shouting is not allowed. No high fives will be given.
- Wearing a mouth mask is MANDATORY for all persons in the ice rink, bus and hotel.

Solely the use of a face shield is not sufficient. We have strict protocols and safety and hygiene measures for skaters, officials and organization. The final COVID-19 protocols will be sent separate from this camp

OVERVIEW

Goal of the Course

The goal of this figure skating summer camp in NEDERLAND, is sharing our passion for figure skating. We want to help you learn or improve your skills but most of all have a whole lot of fun in one of the most beautiful parts of NEDERLAND.

Perfect For

- Young Skaters
- Performance Skaters
- Adult Figure Skaters
- People interested in Learning Figure Skating

Requirements for Participants

- Basic Level of Figure Skating
- Over 18 years old.



CAMP DETAILS

- Den Haag / Nederland
- 10 Day / 09 Nights
- Group of up to 34 Skaters.
- English, Dutch, Romania, Russia, Turkish

CAMP SCHEDULE

Trainings start begins at 16 August Monday and ends at 25 August Wednesday

10 days: 16.08. - 25.08. 2021

(Arrival day 15.08. 2021)

CAMP INCLUDES

- 2 hours on ice / per day
- 2 hour off - ice / per day

PRICE AND PAYMENT

ADDITIONAL PRIVATE LESSONS

Skaters will also be able to take private lessons with all official camp coaches. Price for **1 lesson (45 min.) is 50 EUR**

PROGRAM, CHOREOGRAPHY

1. Short Program 2:30- 2:50 Price: 125 EUR
2. Free Program 2:50- 3:30 (+- 10 sec.) Price: 175 EUR
Music is not included

VESTIBULAR SIMULATOR

New training apparatus Vestibular Simulator Price for 20 minute is 25 EUR

PROFFESIONAL SHARPERING & BLADE MOUNTING

1. Sharpening- 15 EUR
2. Blade Mounting- 30 EUR



TRANSPORT

Buss transport

-Group 4 and more persons: 27 EUR / per person / one way

Car transport

- 3 persons: 31 EUR / per person / one way

- 2 persons: 46 EUR / per person / one way

- 1 person: 93 EUR / one way

PRICE FOR CAMP

1. Skater / Adult Skater (10 day) - 440 EUR

2. Parent / Accompanying person (10 day) - 420 EUR

Price for Holland Ice Academy included

1. Training session - 22 lessons on ice / per week
 - 19 lessons off-ice / per week (**Dance, Actin Class, Ballet Class**)

REGISTRATION FEE - DEPOSIT- REST PAYMENT

To participate to the camp, you must pay **190 EUR 15 July 2021** (by bank transfer), The rest of the payment no later than **28 July 2021** (by bank transfer). Advance payment is required for ensuring a place in the camp and is not refundable.

GENERAL CONDITIONS

This application does not guarantee the participation to Holland Ice Academy Camp until we receive advance payment on our bank account. Everyone has to pay a registration fee, including parents or accompanying persons. Please, send the registration form and confirmation of the deposit payment to our e-mail address:

hollandiceacademy@gmail.com

The registration is open until 28 July 2021. Each camp week begins with welcome dinner on the day of arrival.

The dinner takes place at 18 o'clock. Therefore, we recommend buying the flight tickets with respect to the time the welcome dinner.

BANK DETAILS

Bank: **ABN-AMRO**

Account name: **HOLLAND ICE ACADEMY**

Swift Cod / Bic: **ABNANL2A**

IBAN: **NL 15 ABNA 0246 8298 85**

Address: **Luitstraat 20 2287 TP Rijswijk / Netherlands**

Please make sure to mark in the message skaters full name

Please note: no bank costs for the receiver

In case of payment by transfer

Transfer fee for sender and receiver has to be paid by sender. (+ **20 euros by transfer in addition**) **During the bank transfer, please indicate the invoice number issued for payment**, the name of the skater, weeks concerned and if it is all include or without accommodation formula.



OUR CAMP TEAM



Artur Andreyevich Gachinski (RUS)

- Coach

- Jumps, spins,
- Steps technique
- Speaks English, Russian,

is a Russian figure skater. He is the 2011 World bronze medalist, the 2012 European silver medalist, the 2010 World Junior bronze medalist, and a Two-time Russian national silver medalist.



Mikaylov Nikita (RUS)

- Coach

- Technical specialist
- Jumps, spins, steps technique
- Choreographer
- Speaks English, Russian,

Former Russian international junior and senior skater, Nikita Miklaylov skated as professional skater before becoming coach. He had a strong experience as Professional skater, Russian, Bulgaria, Romania, Kazakhstan and Israel. Nikita did many camps with Tatyana Tarasova, Alexei Mishin.



Samsa Emre Yunus (TR)

- **Coach and the Leader of Camp**
- jumps, spins, steps, technique
- Off-ice expert
- Physical Preparation
- Speaks Turkish, English, Romanian, Moldavian,

Specialty

- Vestibular Stimulator expert (Electric Spinner)
- Technical Pole Harness Specialist

Bachelor to physical education and sports sciences, Samsa is figure Skating Coach since many years. He works as off-ice expert with the skaters of Holland ice Academy. Samsa organizes strength, stamina, coordination, rotator and mental trainings.



Lapshin Dmitry (RUS)

- Coach
- Technical specialist
- Jumps, spins, steps technique
- Choreographer
- Speaks English, Russian,



Physical Therapist- Physio

Holland Ice Academy is really pleased to welcome **Marloes KOP**, our physical therapist. She will be there during the camp. She uses multiple approaches, including exercises, stretches, soft tissue manipulations and manual techniques, massage and taping. Former dancer, Marloes always been interested in working with professional athletes, especially dancers, skaters and gymnasts. It will be her first year with the Holland ice Academy

COACHING AND LESSONS

We offer the highest quality instruction possible in all areas of figure skating. Our coaches are among national, international and world professionals. They used to training skaters from beginners to elite level in many different countries. Our coaching team acquired the necessary knowledges to provide an enriching experience. All instruction focused on the needs of each skater. Private lessons are arranged during the camp with our coaches and provided for an additional fee.

LOCATIONS

Optisport Address:

<https://www.google.com/maps/place/Optisport+Sportboulevard+Dordrecht/@51.7932752,4.6765573,17z/data=!4m13!1m7!3m6!1s0x47c428dbb206b343:0xcc17192ca6aeb403!2sFanny+Blankers-Koenweg+10,+3318+AL+Dordrecht!3b1!8m2!3d51.7932752!4d4.678746!3m4!1s0x47c428db47c0c835:0xea427ac7abd65a1e!8m2!3d51.7932672!4d4.6789074>



<https://www.optisport.nl/dordrecht>



ABOUT THE ACCOMMODATION

https://www.tripadvisor.com/Attraction_Review-g3341104-d21209994-Reviews-Optisport_Sportcentrum_Groene_Woud-Kapelle_Zeeland_Province.html

HEALTH & INSURANCE

Please note that every skater has to take care about a medical insurance for the period of the camp. Don't forget to take your blue EU card or international traveling insurance. Water: It is safe to drink a tap water in Netherlands, which is the country with one of the best quality tap water in the world.

RESPONSIBILITY

We as organizers take not charge of you and your health. We ask all minor skaters to travel with their parents or a responsible person. If there will happen something to you during practice session, we will care about to bring you to doctor or hospital. Out of practice hours it is your personal responsibility. For injuries and illnesses all skaters have to have a health-insurance for the camp. Participants must provide their own insurance. The organizations are not responsible for damages caused by the Holland ice Academy Camp participants to a third party. Participants will be responsible for any damage caused to third party and will cover any costs due by the damages caused.

REFUND POLICY

Cancellation of your registration is possible in this condition

It is possible to cancel the camp with full restitution of the fee until 30 days before the beginning of the camp. Between 30 and 21 days, we will return 60% of the paid sum. Between 21 and 11 days, 40% of the paid sum. 7 days before the beginning of the camp, no restitution of fee.

GENERAL RULES OF THE CAMP

According to many years of summer camp, we fixed some big lines regarding behavior during the camp. This line is a guideline on the way to harmony and perfect training ambient. Thanks, by advance to apply. Thanks, you for reading and taking it like a life moto during your stay.

- Being respectful with all members of the camp (Coaches, skaters or other people in the center)
- Giving the best every day at every training session to reach my personal goals
- No tobacco, no drugs, no doping products and no alcohol in any case in the center
- No entertainment communication allowed in the rooms between 22:00 and 7:30 for a better quality of work on and off-ice and to prevent injury due to bad quality resting time.

Entertainment communications mean laptop, tablet or smartphone communications like messenger, skype or equivalent and SMS phone communications. The phone could stay switch on for only important use Vestibular simulator a new training apparatus! Vestibular Simulator new training apparatus is intended for training vestibular stability and increases the athlete's ability level to multi-turn jumps. The number of places is limited so be sure to register early!

WELCOME!

We look forward to seeing you on camp!

Holland Ice Academy

E-mail: hollandiceacademy@gmail.com

Web: www.hollandiceacademy.nl

FB: <https://www.facebook.com/icesportsacademy/>

IG: <https://www.instagram.com/hollandiceacademy/>

Mobile: +31650841135



FIGURE SKATER

Name.....

Date of birth

Address

Club/Country

Camp week(s)

- 10 days (arrival 16 August – 25 August 2021)

Skating level

- Working on 2 Axel and triple jumps
- Working on double jumps
- Working on Single jumps and 1 Axel

Phone number.....

Email.....

Allergies.....

Interest of creating a program choreography YES - NO

Interest of a vestibular simulator YES - NO

Interest of transport from the airport (arrival) YES - NO

Interest of transport to the airport (departure) YES - NO

I have read and agreed with the terms and conditions YES

I understand that the deposit of 190 € is an integral part of the application YES

I agree with the processing of personal data for the purpose