

# Summer of Champions 2019 In Telfs, Austria Alps

We offer a figure skating summer school for all levels, from 30th of June to 27th of July, 2019.  
Elite level skaters from 9 different countries intend to participate this year again. The summer schools staff is made up of 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, 2017- head coach of Linköping KF

**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, 2017- coach and choreographer, off-ice specialist of Linköping KF.

**Lina Landgren:** (Swedish and English speaking) **only week 29!**

Swedish Federation Education level IV, personal trainer and pilates instructor.

Assistant head coach of Solna Konståkning, one of Swedens most successful clubs. Have been in the club since 2006.

Coaches skaters on all level.

**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 private lessons with all our coaches: contact Andras for details.

### **1. Package: Prize for a week 670,- 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 470,-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, hobby and adult skaters)

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 2019 . We accept registration together with the payment of the registration fee until 31<sup>st</sup> of March 2019. Registration fee is 50% of the total amount for the camp.
- The registration fee is including 100 Euro administration fee which can not be paid back in case of injury or sickness. NB: A doctor's certificate is needed in order to get money back two weeks before the starting date of the camp. Within 2 weeks before the camp starts there is no way to get the money back .
- Please pay the registration fee to the Andras Szaraz Bank account: Handelsbanken,
- 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. An extra day with full pension costs 55,- Euro (including hotel, breakfast, lunch and dinner).
- Transportation from the airport is also an extra cost. 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.

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

\*Skate sharpening and maintaining is available as well.

Questions, information, registration: [soc.telfs.2018@gmail.com](mailto:soc.telfs.2018@gmail.com) or +46723760853

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

**Registration before 2019.03.31. For details read the registration form!**

## Registration form: Summer Of Champions 2019 Telfs

**Skater's Name:**

**Package 1.**

**week 27      week 28                      week 29                      week 30**

**Package 2.**

**Week 27      week 28                      week 29                      week 30**

**Package 3.**

**week 27      week 28                      week 29                      week 30**

**Arrival:**

**Departure:**

**Category you compete in:**

**Date of birth:**

**Address:**

**Telephone nr:**

**Mobile/Cell phone:**

**E-mail:**

**Parent's mobile number:**

**I am interested in private lessons with Andras: 65 €/50 min or 35 €/25 min:**

**I am interested in private choreography with Edit: 65 €/50 min:**

**Special diet/medical information:**

Send this form to: [soc.telfs.2018@gmail.com](mailto:soc.telfs.2018@gmail.com) or to:

**Andras Szaraz**

**Gränsliden 144 Linköping, Sweden**

**Informations:+46 72 376 0853**