



Summer of Champions 2015

In Telfs, Austrian Alps

**We offer a summer school for all levels, from 5th of July to 1st of August, 2015.
Elite level figure skaters from different countries intend to participate this year again.
The summer school staff is made up of 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 Sebestyén 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 and Hungarian speaking)

Off-ice specialist. She is responsible for conditioning, coordination developing practises.

She is a former Rhythmic Gymnast who has been working with gymnast as a coach for many years on the highest level in Hungary. Special stretching and power training will be conducted by her for the specific needs of modern figure skating. She has been working with figure skaters in Holland, Sweden, Belgium, Hungary for many years.

Conditioning 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 off-ice coach and choreographer of the Trelleborg KK

1. Package:

Prise for a week 630,- Euro including 6 days full service:

- 3 hours ice/day Monday to Friday (jump classes, skating skills classes, spin classes)
- coaching
- official hotel: **Gasthof Lehen** (classic Alpern hotel) first of all for those skaters who attend by herself
- food (breakfast, lunch and dinner)
- off-ice practises

2. Package:

Prise for a week 430,- Euro including 5 days training with lunch

- 3 hours ice/day Monday to Friday (jump classes, skating skills classes, spin classes)
- coaching
- off-ice practises
- lunch with the other skaters from Monday-Friday (not optional)

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 (conditioning, 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: contact Andras for details.
- There are limited spaces available. First come, first served.

We have planned optional programs for the week ends (extra cost).

Questions, informations, registration:

soc.2015telfs@gmail.com
+46723760853

Travel information:

1. by car from Trelleborg 950 km

2. by flight to Innsbruck. Flygbokningar får gärna ske via mail till AOB Travel och Helene Mattsson (Emmas mamma) helene@aobtravel.se

Registration no later than 2015.03.30. For details read the registration form!