



ISU ICELAB Centre of Excellence presents:

1st Excellence Tryout Day for skaters interested in the discipline of Pair Skating

Icelab ISU Centre Of Excellence announces an initiative supported by the ISU Development Program: International Pair Skating Development Tryout for Skaters and Coaches on April 29-30, 2023, in Icelab ice rink, Via San Bernardino 141, Bergamo (Italy).



General

The aim of the Seminar is to develop the discipline of Pair Skating to all Skaters and Coaches who are willing to try and experience it in a new and fresh approach at a **beginner level**.

Experienced high level international Coaches will moderate the Seminar and experienced pair Skaters will help guiding the beginners to the new discipline in the safest way.

Daily off-ice including lifts and twist will be organized, as well as on ice classes.

For a more personal learning effect, the experts will be available for one-to-one contact with participating Coaches.

The 2023 Excellence Pairs Tryout is designed for Novice and lower Junior-aged Skaters with the following requirements:

- Female Skater: has reached the age of thirteen (13).
- Male Skater: has reached the age of fifteen (15).

Focus of this Seminar

- Develop new knowledge on Pair Skating for young Skaters.
- Increase the skill sets of skaters who already skated pairs at beginner level.

The number of Skaters and Coaches entered from each ISU Member is not limited but a general guideline has been established of a maximum of three boys and tree girls per ISU Member (for a total of max 16 boys and 16 girls). If there are too many skaters entered, the CoE coordinators will reduce the number, using age and level as the criteria.

Preference will be given to Skaters who can manage all double jumps and land 2A and have higher best FS personal score as single Skater.

- The Seminar is also open to Coaches wishing to attend without Skaters.
- The Seminar will be conducted in English.
- Participants need to bring their general sports clothing with them.
Coaches also need to bring their skates with them.

Entries

Entry fee: • 180 euro per Skater
• 120 euro per Coach

Entry fee must reach the organizers and be paid before Friday, April 7, 2023.

Copy of bank transfer payment and entry application form must be submitted to Icelab on email:

excellencepairstryout@gmail.com

Information contacts via WhatsApp:

- Head Coordinator Franca Bianconi: +393477151898
- Coach Luca Demattè: +393479123013

Bank details:

ICELAB SSD Srl

Bank: BANCO BPM – Bergamo (Italy)

IBAN IT84I0503411121000000044542

The entry fee will not be refunded in case of withdrawals for any reason.

Travel & Accommodation

Skaters and Coaches will be responsible for all travel expenses, and for the living expenses from beginning till the end of the Seminar.

Here some B&B and Hotels close to the ice rink, feel free to choose whatever suits you better even in different options.

Art &Hotel

Via Santuario, 43

24040 Stezzano (Bergamo)

Phone: +39 035 4379300

Website: <http://www.arthotel.it>

(4km from Icelab Icerink)

San Sisto Hostel

Via San Sisto 23

24126 Parco Colognola ai Colli - Bergamo

Phone: +39 035 321599

Website: <http://www.sansistohostel.com/>

(Walking distance)

Bes Hotel Bergamo West

Via Fausto Radici, 3, 24030 Mozzo BG

24030 Mozzo – Bergamo

Phone: + 39 035-611190

Website: <http://www.hotelbesbergamo.com/>

(5Km from Icelab Icerink)

Participants should arrange to arrive on **the morning of Saturday, April 29, 2023**, and depart on the late afternoon of **Sunday, April 30, 2023**.

The Organizing Committee will meet the Skaters upon arrival at Icelab skating rink in Bergamo.

In order to ensure high-quality and to be fair to others wishing to participate, capacity will be limited to **16 female Skaters and 16 male Skaters**, but a waiting list will be created for those who cannot be accepted in the first instance.

Moderators:

Head Coordinator:

Franca Bianconi (ITA)

Guest International Coach:

Stephanie Valois (CAN)

Icelab International Coaches:

Barbara Luoni (ITA)

Ondrej Hotarek (ITA)

Rosanna Murante (ITA)

Luca Demattè (ITA)

Approx. Schedule:

9.00 - 9.20	Accreditation in Icelab Ice rink
9.20 - 9.30	Opening and welcome
9.30 - 10.10	Warm up off ice (all Skaters and Coaches)
10.30 - 12.00	Skating Skills and pair movements
12.00 -12.50	<i>Lunch Break</i>
13.00 - 13.50	Off Ice Lifts and Twist
14.00 - 16.00	Pair elements on ice