



ISU Beijing Centre of Excellence presents:

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

ISU Beijing Centre of Excellence announces an initiative supported by the ISU Development Program: International Pair Skating Development Tryout for Skaters and Coaches on May 21-22, 2023, in Xining Citizen Ice Hockey Arena, Qinghai Province (address: No. 158, Nanchuan West Road, Chengzhong District, Xining City, Qinghai Province).



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 Olympic Champion and ISU Technical Specialist will moderate the Seminar, will help guiding the beginners to the new discipline in the safest way.

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

- Female Skater: not up to Nineteen (19).
- Male Skater: not up to Twenty-one (21).

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 three girls per ISU Member (for a total of max 12 boys and 12 girls). If there are too many skaters entered, the CoE coordinators will reduce the number, using age and level as the criteria.

- The Seminar is also open to Coaches wishing to attend without Skaters.

- The Seminar will be conducted in English and Chinese.
- Participants need to bring their general sports clothing with them.
Coaches also need to bring their skates with them.

Entries

REGISTRATION

The deadline for registration is May 14th, 2023.

Please send the attached application form to: seminar@cfsa.com.cn

Travel & Accommodation

Skaters and Coaches will be responsible for the travel expenses. The hotel expense for the night of May 21 will be borne by the Organizing Committee.

Hotel: Qinghai Hotel

Address: No. 158 Huanghe Road, Chengxi District, Xining City, Qinghai Province

Tel: 0971-6148991, 6148999

Website: <http://qinghai.hotelxining.cn/>

Distance: 12 mins of driving

CATERING

The breakfast is included in the hotel expense. The participants can have lunch and dinner in the hotel. The meals expenses are borne by the Organizing Committee.

Participants should arrange to arrive before **the night of Sunday May 21, 2023**, and depart in the evening of **Monday May 22, 2023**.

In order to ensure high-quality and to be fair to others wishing to participate, capacity will be limited to **12 female Skaters and 12 male Skaters**, but a waiting list will be created for those who cannot be accepted in the first instance.

Importance

Skaters are supervised only during trainings and the presence of a responsible adult outside these times is therefore mandatory.

Moderators:

Head Coordinator:

Feng HUANG (CHN)

ISU S&P Technical Committee Athlete Representative / Beijing 2022 OWG Pairs Champion:

Cong HAN (CHN)

ISU Technical Specialist:

Yang DING (CHN)

Approx. Schedule:

Sunday, May 21, 2023

18:00 - 20:00 Accreditation at the hotel

Monday, May 22, 2023

09:00 - 09:30 Opening and welcome

09:30 - 10:10 Warm up off ice ALL

10:30 - 12:00 Basic pair skating skills and movements

12:00 - 12:50 Lunch Break

13:00 - 13:50 Basic Pairs elements off Ice

14:00 - 16:00 Basic Pairs elements on ice

16:10 - 17:30 Pairs Technical Rules Seminar