



## **SLOVENE SKATING UNION**

Celovška 25, 1000 Ljubljana, Slovenija

Phone: + 386 1 43 91 540

Fax: + 386 1 43 91 541

E-mail: [drsalna.zveza@siol.net](mailto:drsalna.zveza@siol.net)

and

## **SKATING CLUB CELJE**

Partizanska 3a, 3000 Celje,

Phone: ++ 386 41 563 643

E-mail: [marjan.kaligaro@eduit.si](mailto:marjan.kaligaro@eduit.si)

invites you to

# **SKATE CELJE 2019**

## **COMMON TRAININGS and COACHES SEMINARS**

**(Celje, November 19<sup>th</sup> and 20<sup>th</sup> 2019)**

**SLOVENE SKATING UNION and the Organizer SKATING CLUB CELJE invites you to the common trainings and coaches seminars in the time of "SKATE CELJE 2019".**

### **COMMON TRAININGS AND SEMINARS:**

Common training will be organize for young groups: CHICKS, CUBS and BASIC NOVICES.

#### **Common trainings will include:**

- trainings by age groups (Chicks, Cubs and Basic Novices ) in the morning and
- afternoon individual conversations with recognized moderators.

This year, we really emphasize the importance of common training, as they are a natural continuation of Summer Development Training before great competition. So at these joint common trainings and seminars the same moderators will be: **Natalia Popova** , moderator on ice and off ice.

Joint training will contribute to the understanding and socializing of young skaters, understanding and common work approaches and the functioning of the various coaches.

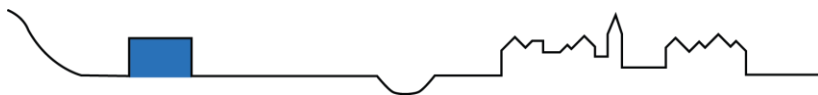
#### **Seminars for coaches will contain:**

- evening seminars for Coaches with topics:

Lectures will help facilitate the cooperation and exchange of expert opinions in the preparation of coaches, trainings and competition for young skaters, and helping to train the organizers and officials to provide excellent organizational skills at major international competitions. We organize two themes:

1/ Spins from difficult entries and Jumps from difficult entries, moderator **Natalia Popova** , she was already a moderator on te ISU camp in Celje from 22.7.-3.8.2019 and





2/ Topic of warming up, moderator **Mirela Anić**, ( International certified instructor of Stott pilates), she was a moderator already last year on Skate Celje 2018.

a-Warming up routine before training and before competition?

We would talk about the proper implementation of warming up with kids. Which exercise figure skaters must include in the warming up routine, about different warming up routine depends on the training the coaches intend to do it on ice. Is there any difference how to do the warm up before training or competition?

b-Periodization of perspective skaters?

What is the periodization? When should we start to do the periodization and how to do it. What we have to include in the periodization.

## **ENTERING THE COMMON TRAININGS AND SEMINARS:**

Each participant ( ISU Members or Club) must send to e-mail organizer: [ivan.pfeifer@celje.si](mailto:ivan.pfeifer@celje.si) the entry for common trainings and seminars not later (deadline for entries) than November 10<sup>th</sup> 2019.

## **ENTRY FEE FOR COMMON TRAININGS, SEMINARS AND EXPENSES:**

**NO entry fee!**

**The organizer covers the costs of accommodation for competitors and coaches in the amount of 30 EUR/person/day, from November 18<sup>th</sup> to November 20<sup>th</sup> ( two days). An invoice from hotels is requested.**

**ORGANIZING COMMITTEE:** The Office of the Organizing Committee will be located on the ice-rink and will be on disposal from Tuesday to Wednesday 19<sup>th</sup> and 20<sup>th</sup>, November in the time common trainings and seminars.

**ACCOMODATION:** All participants except members of Technical Panel and Panel of Judges must cover their accommodation expenses by themselves.

Official hotels of the event:

**1/ HOTEL EVROPA \*\*\*\***, Krekov trg 4, 3000 Celje. Website: [www.hotel-evropa.si](http://www.hotel-evropa.si), E-mail: [info@hotel-evropa.si](mailto:info@hotel-evropa.si). Distance from the ice-rink: 500 m, shuttle transfers will not be provided.

**2/ HOTEL CELEIA\*\*\***, Mariborska c. 3, 3000 Celje. Website: [www.hotel-celeia.si](http://www.hotel-celeia.si), E-mail: [info@hotel-celeia.si](mailto:info@hotel-celeia.si). Distance from the ice-rink: 800 m, shuttle transfers will not be provided.

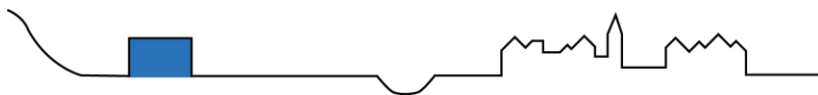
**3/ HOTEL CELJSKA KOČA \*\*\***, Pečovnik 31, 3000 Celje, Website: [www.celjska-koca.si](http://www.celjska-koca.si), E-mail: [prodaja@celjska-koca.si](mailto:prodaja@celjska-koca.si). Distance from the ice-rink 7 km, shuttle transfers will not be provided.

**4/ THERMANA LASKO\*\*\*\***, Zdraviliska cesta 6, 3270 Lasko, Website: [www.thermana.si](http://www.thermana.si), Email: [info@thermana.si](mailto:info@thermana.si). Distance from the ice-rink: 10 km, shuttle transfers will not be provided.

**5/ HOTEL FARAON \*\*\***, Ljubljanska c. 39, 3000 Celje. Website: [www.hotel-faraon.si](http://www.hotel-faraon.si), E-mail: [hotel.faraon@siol.net](mailto:hotel.faraon@siol.net). Distance from the ice-rink: 800 m, shuttle transfers will not be provided.

**6/ HOTEL GRANDE\*\*\***, Bezigrajska c.7, 3000 Celje. Website: [www.hotelgrande.si](http://www.hotelgrande.si), E-mail: [hotelgrande.celje@siol.com](mailto:hotelgrande.celje@siol.com). Distance from the ice-rink: 3000 m, shuttle transfers will not be provided.

**7/ MCC HOSTEL** (Youth hostel), Mariborska c. 2, 3000 Celje. Website: [www.mc-celje.si](http://www.mc-celje.si), E-mail: [hostel.vodja@mc-celje.si](mailto:hostel.vodja@mc-celje.si). Distance from the ice-rink: 700 m, shuttle transfers will not be provided.



## SKATE CELJE 2019

**8/ YOUTH HOSTEL**, Kosovelova ulica 2, 3000 Celje, Website: [www.dijaski-dom.si](http://www.dijaski-dom.si), Email: [ales.brod@sstg.si](mailto:ales.brod@sstg.si). Distance from ice-rink: 400 m, shuttle transfers will not be provided.

**9/ HOTEL A\*\*\*\***, Mala Piresica 20, 3301 Petrovce, Website: [www.hotel-a.si](http://www.hotel-a.si), E-mail: [info@hotel-a.si](mailto:info@hotel-a.si). Distance from ice-rink: 9 km, shuttle transfers will not be provided.

**Accommodation in hotels and hostels must be booked and paid by each ISU Member or Club directly .**

**Since the organizer covers the accommodation costs of 30 EUR / person / day for the participants of the joint training and seminars, the participants must submit a bill for them to the Ice Rink Office, which reads to the DRŠALNI KLUB CELJE, Partizanska 3a, 3000 Celje, DŠ: 68610572.**

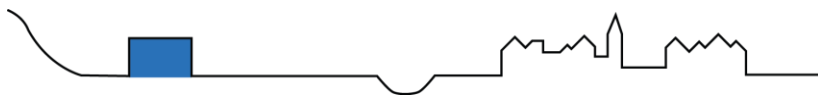
**ARRIVAL:** Celje is located at the highway A1/E57. It also has a direct train connection to the neighbor countries (Austria, Croatia, Hungary, Italy). The closest airports are Ljubljana Airport, Graz Airport, Zagreb Airport. Organizer can arrange transportation from Airports to Celje on the cost of participant team.

**TRANSFERS:** Each member and club itself regulates the carriage from and to the airport in Slovenia for their own account. Transport from and to the airport may be carried by Sportno društvo RIS [transportskate1@gmail.com](mailto:transportskate1@gmail.com).

Contact person for all further information is Mr. Ivan Pfeifer, President of Skating Club Celje, can be contacted by phone GSM ++ 386 41 684 411 , fax: ++386 3 4282668 or E-mail [ivan.pfeifer@celje.si](mailto:ivan.pfeifer@celje.si)

**See you in Celje and accept our sincere regards!**

**Ivan PFEIFER**  
**President of OC**



## **PRELIMINARY TIMETABLE OF COMMON TRAININGS AND SEMINARS:**

### **Tuesday, November 19<sup>th</sup>, 2019**

08:00-09:00	- common training Group I.(Cubs )
09:00-10:00	- common training Group II.( Chicks)
10:00-11:00	- common training Group III.(Basic Novice)
11:00-12:00	- coaches meeting about experience working on ice
15:00-16:00	- individual training Group I.(Cubs )
16:00-17:00	- individual training Group II.( Chicks)
17:00-18:00	- individual training Group III.(Basic Novice)
20:00	- seminar for coaches

### **Wednesday, November 20<sup>th</sup>, 2019**

07:00-08:00	- common training Group I.(Cubs )
08:00-09:00	- common training Group II.( Chicks)
09:00-10:00	- common training Group III.(Basic Novice)
10:00-11:00	- coaches meeting about better working on ice
13:00-13:30	- individual training Group I.(Cubs )
13:30-14:00	- individual training Group II.( Chicks)
14:00-14:30	- individual training Group III.(Basic Novice)
15:00-17:00	- seminar for coaches
18:00	- coaches opinion about common training and seminars