

*International Ice Dance and
Figure Skating Course
Week-End 25, 26 and 27 May 2018
Eindhoven – The Netherlands*

Antoon Coolenlaan 3, 5644 RX Eindhoven, [Phone](tel:+31402180075) : +31 40 218 0075



Head coach

Sylvia Verschraege

Assistant Coach Ice Dance

Mathias Timmermans

Assistant Coach Figure Skating

Christine Schmidt

Bank Information

BNP Paribas Fortis

Montagne du Parc 3

1000 Brussels

IBAN

BE49 0016 45466671

BIC GEBA BEBB

Closing registrations on 31 March 2018.

Not for skaters who would receive this announcement after closing date when places still available on the course

Who are your coaches on this course ?

Sylvia Verschraege :

Professional sports teacher and coach, specialized in movement analysis, with a 18 years classical ballet background, she's now coaching only adults.

During a 25 years brilliant career in shipping and logistics (1983 – 2008), she decided in 2000 to turn back to her passion : Ice Skating and Dance.

As a child she competed in Belgium in figure skating (1967-1968), coached by Georges Henrotte. At that time she also spent a lot of time to practice in Switzerland, in Davos.

At the age of 18 she started Ice Dance. Later she competed with Adults in Dunkerque/F (2001-2002).

In her own words, she had the happiest moments of her coaching career with youth when teaching her son Mathias towards international Ice Dance competitions.

Inspired by Jimmy Young she's Gold test medallist Ice Dance as well in Belgium (with Corey Lapaige) as in UK (with Jason Blomfield).

Sylvia is the founder of the Skate Academy Online, which is an innovating concept of coaching figure skating and ice dance.

Sylvia can fluently coach you in 4 languages (French, English, Dutch and German)

Mathias Timmermans :

Former international Ice Dance competitor, Mathias has been a lot on practice in the UK with Helen Prior, he also spent several month in the USA on intensive practice.

During his first years of skating, he became Bronze test medallist figure skating in Belgium He's also Silver test medallist in Belgium, Pre-Gold in the Netherlands, and Gold in the UK in Ice Dance (skated in tests with Sylvia Verschraege and Helen Prior).

Mathias can fluently coach you in 3 languages (French, English and Dutch)

Christine Schmidt :

Former show skater in companies Ice Capades and Holiday on Ice, Christine has been coaching numerous competitors in figure skating, some of them at high level. She is a German gold test medallist in figure skating and French Vermeille ice dance test medallist.

Christine is working together with Sylvia at the Skate Academy Online.

Christine can fluently coach you in 4 languages (French, English, Dutch and German)

Time table and programme *

08.30 – 10.00 – Basics and Edges
10.15 – 11.45 – Basics Figure Skating and Dance Elements
11.45 – 12.45 – Lunch Break
12.45 – 14.15 – Patch ice for free practice and Private or Small Group Lessons
14.30 – 16.00 – Basics Figure Skating and Dance Elements
16.00 – 16.15 – Break
16.15 – 17.45 – Off-Ice

On Saturday 26 there's a possibility of a nice evening dinner all together.

Basics Figure Skating :

Exercises towards

- spins (also combination spins)
- jumps (up to double)
- steps and turns (together with dancers)

Dance Elements :

Exercises on edges and steps

- Cross-Rolls
- Steps (Mowhaks, Choctaws)
- Turns (3-turns, Twizzles)

Exercises towards dances

- European Waltz and Foxtrot
- 14-Step and Paso Doble
- Blues
- Austrian Waltz and Tango Romantica.

Prices :

Course :

Depending on participation, the more you'll be, the cheapest it could be
Minimum 15, maximum 35 participants

Including

- 3 days with each 5h/day on ice (total 15h lesson time on ice)
- 3 days with each 1h30/day off ice group lessons (total 4h30 off ice)
- 3 days with each 2h/day free practice time on private ice (total 6h practice)
- private lessons available during these 2h.

Participants	Pre-payment	Rest payment	Total Price
Minimum 15	100	95	195
16 to 20	100	65	165
21 to 25	100	35	135
26 to 30	100	15	115
31 to 35	100	00	100

Patch ice :

5,-€/half hour to be paid each day after the patch session
40,-€ for patch unlimited to be paid in advance together with the course fee
(Total value for all patches = 60,-€)

Private lessons :

These lessons are for singles and couples, to be paid each day after the lessons
14,-€/15min with Sylvia
12,-€/15min with Mathias
10,-€/15min with Christine

Small Group Lessons : Maximum 4 skaters or 2 couples (of the same level and with the same purpose)
Minimum lesson time = 30minutes
Lesson price to be divided between the skaters.
Lessons are to be paid each day after the lessons
32,-€/30min with Sylvia (Dance and Figure)
28,-€/30min with Mathias (Dance and Figure)
24,-€/30min with Christine (Figure)

Registration & Payment (both before 31 March 2018 for skaters who received the announcement in due time)

Please complete the attached registration form and email it to skate-academy-online@net-c.com

Payment is possible via Paypal. Charges are depending on your country, please ensure that you pay these along with your registration.

Payment is also possible through bank transfer to Sylvia Verschraege, IBAN BE49 0016 4546 6671, BIC GEBA BEBB.

Registration will be official only upon receipt of the pre-payment of 100,-€

Private Lessons and Small Group Lessons

Private lessons and/or Small group lessons should be booked using the attached Registration Form and paid for, in cash each day after the lesson.

The timetable for lessons will be decided by the organiser and will be sent per email to each participant 1 week before the start of the course.

In case of overbooking, the number of lessons requested by the skaters maybe reduced, but this will be communicated by email.

In case of small group lesson (max. 4 skaters or 2 couples, same level, same purpose), minimum lesson time will be 30min.

If a coach is not fully booked, extra lessons can be booked and paid for during the course.

All participants taking private lessons must also pay each their patch fees to the organiser.

Accommodation

The nearest hotel at walking distance(2km)of the rink is the VAN DER VALK HOTEL

Housed in a contemporary building, this is a classy hotel.

It is at a 10-minute walk from the ice rink.

The warmly decorated rooms and suites offer free wi-fi, flat-screen TVs and tea and coffee making facilities.

Some have a terrace or a balcony. Suites add separate sitting areas and/or whirlpool tubs. The hotel also offers duplex penthouse suites with white or black décor.

There's a chic restaurant with a terrace, a sushi bar and a buffet restaurant with show cooking. It also features a casino, a wellness centre and an indoor swimming pool

Hotel van der Valk
Aalsterweg 322
5644 RL Eindhoven, Pays-Bas
Phone +31 40 211 6033

More information is available on www.booking.com

Travel

Eindhoven has an airport at only 10km from the ice rink and the hotel Van der Valk

Eindhoven has a train station in the city centre at only 9km from the ice rink.

There is a bus connection between the station and the rink (25min travel time)

Video

All participants are permitted to film and take photographs provided that it does not interfere with the lessons. By accepting the terms and conditions of the course, the participant agrees to the taking of photographs/videos which may later be published on the internet. Participants will not claim image rights or image property for any possible reason. Please note that the videos made by the organizer (and the coaches) from the course might be used later for didactic purposes.

Terms and Conditions

- Cancellation

For Cancellations after the 1 April 2018, 50% of the course price will be deducted from the refund.

For cancellations after the 1 May 2018, 75% of the course will be deducted from the refund.

There will be no refund for cancellations after 15 May 2018 or if a participant would leave the course before the last day.

Any refunds for cancellation will be made latest 2 weeks after the course week-end.

If the course is cancelled by the organizer, each registered participant will receive a full refund.

- Responsibility

Each participant skates at his/her own risk.

The organiser/coach, the ice rink management and the employees cannot be held responsible for any damage or accident nor any losses or stolen belongings as well as the consequences of such occurrences.

* Subject to last minute changes decided by the organizer.

It is recommended to take out insurance to cover cancellation costs as well as injuries.



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Registration Form

Name -----

Address -----

Tel -----

Email -----

Private Lessons and or Small Group Lessons

Please indicate the number of 15/30 minutes lessons you would like to book, and with which coach.

I'd like to book _____ 15min lessons with Sylvia (14,-€/15min) = _____ €

I'd like to book _____ 15min lessons with Mathias (12,-€/15min) = _____ €

I'd like to book _____ 15min lessons with Christine (10,-€/15min) = _____ €

I'd like to book _____ 30min small group lessons with Sylvia (32,-€/30min) = _____ €

I'd like to book _____ 30min small group lessons with Mathias (28,-€/30min) = _____ €

I'd like to book _____ 30min small group lessons with Christine (24,-€/30min) = _____ €

Please inform me here who would be the other skaters in your small group lessons.

I'd like to pay the fee for the patch sessions = 40,-€ YES _____ NO _____

I'll send my payment together with my registration fee

I hereby declare that I accept the terms and conditions of the course.

(signature)