

# *International Ice Dance and Figure Skating Course 27 till 31 may 2019 Eindhoven – The Netherlands*

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

## Time table \*

Monday to Friday

Time	Description
08.00 – 09.30	Basics and Edges
09.45 – 11.15	Course 1
11.30 – 13.00	Course 2
13.00 – 13.30	Lunch time
13.30 – 16.30	Patch Ice – Possibility for private lessons

## Programme \*

<b>BASICS &amp; EDGES</b>		<b>FOR ALL SKATERS</b>	
Every day	The 4 basic edges, Cross-rolls, Runs/Cross-over, Swing-rolls		
Monday	Mohawks and Choctaws		
Tuesday	3-Turns and Brackets		
Wednesday	Twizzles		
Thursday	Rockers & Counters		
Friday	Edges and Steps sequences		
<b>ICE DANCE</b>	<b>COURSE 1 (dance elements)</b>	<b>COURSE 2 (dance elements)</b>	
Monday	Prelim Foxtrot and Dutch Waltz	European Waltz and Blues	
Tuesday	Rhythm Blues, Golden Skaters Waltz	Rocker Foxtrot and Starlight	
Wednesday	Fiesta Tango, Swing Dance	Tango and Quickstep	
Thursday	Fourteen Step	Viennese Waltz and Silver Samba	
Friday	Willow Waltz	Argentine Tango and Rhumba	
<b>FREE SKATING</b>	<b>COURSE 1 (basics for elements)</b>	<b>COURSE 2 (basics for elements)</b>	
	Single jumps (no axel) and sequences Basic spins	Single & double jumps and sequences spins and combi-spins	

## Who are your coaches on this course ?

### Sylvia Verschraege :

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

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 online coaching figure skating, ice dance and also inline figure skating.

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

### Mathias Timmermans :

Former non-competitive free skater and 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 (free) skating in Belgium.

In Ice Dance he's Silver test medallist in Belgium, Pre-Gold in the Netherlands, and Gold in the UK (skated in tests with Sylvia Verschraege and Helen Prior).

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

## Prices :

Prices are calculated on a minimum participation of 15 full-time skaters in each course.  
Part-time registration is possible on special conditions.

## Courses :

Per course Minimum 15, maximum 35 full-time participants  
Courses include 5 days with each 1h30/day/course/discipline on ice group lessons  
(total 4h30 per day group lesson time on ice)

Courses	Basics & Edges only (1h30/day)	Course 1 OR 2 only	Basics & Edges + Course 1 or 2	All courses (Basics & Edges + Courses 1 & 2)
5 days	100	100	170	235
4 days	85	85	145	195
3 days	70	70	120	155
2 days	50	50	85	115
1 day	30	30	50	75

## Practice ice :

Practice possibilities on patch ice  
5 days with each 3h/day free practice time on patch ice (total 15h practice)  
Private lessons available on patch ice

70,-€ for patch unlimited to be paid in advance at registration, together with the course fee

30 min :	8,-€	- Prices are per single slot (unless patch unlimited)
1h :	13,-€	- A slot cannot be divided (2h is not = to 4x30min)
1h30 :	17,-€	- Slots are to be paid for each day before the patch

## Private lessons :

These lessons are for singles (1 solo skater) and couples (1couple only)  
Lessons are to be paid for each day after the lessons  
The price for lessons does NOT include the patch fee (to be paid separately)

Price for lessons :	15,-€/15min with Sylvia
	13,-€/15min with Mathias

## **Registration & Payment** (both before 30th April 2019 (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](mailto: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 your payment of the full amount**

## **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 or transferred to another coach or to a small group lesson, but this will be communicated by email in due time.

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 (minimum 30minute patch) to the organiser.

## **Accommodation**

The nearest hotels at walking distance (about 1km) of the rink are the HOTEL VAN DER VALK or HOTEL BASTION

Hotel van der Valk has possibility of rooms with 3 beds, Hotel Bastion doesn't offer this possibility.

### **Hotel van der Valk**

Aalsterweg 322

5644 RL Eindhoven, The Netherlands

Phone : +31 40 211 6033

Housed in a contemporary building, van der Valk is a classy hotel.

It is at a 10-minutes 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 Bastion Eindhoven**

Laan van Diepenvoorde 30,

5582 LA Waalre, Pays-Bas

Phone +31 40 209 2055

This 4 stars hotel opened in July 2017 on an ideal location along the motorway A2/A67.

It has 156 Deluxe rooms of each 30m2. A large restaurant (350m2) will offer you nice dishes.

Easy to reach from the airport, the hotel has it's own parking area.

The hotel offers free access to a fitness area.

You'll get the opportunity to relax in a beautiful lounge with an open fire, or at the bar.

More information is available on [www.booking.com](http://www.booking.com)

## Travel

Eindhoven has an airport at only 10km from the ice rink and the hotels van der Valk and Bastion

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.

If participants do not agree, they should tell the organizer who will not publish those particular images.

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 15 april 2019, 50% of the course price will be deducted from the refund.

For cancellations after the 15 April 2019, 75% of the course will be deducted from the refund.

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

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

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

The organizer will not refund travel, hotel or any other costs involved.

- 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.

- Skating skills

It is expected from the skaters who will attend this seminar that they at least can skate forwards and backwards and feel comfortable on one foot in both directions and on all edges, this course is not meant for beginners.

- Level of the courses

Depending on the skating skills and knowledge of the participants about specific edges, steps and dances, the courses could be adapted so that each participant would have the opportunity to get personal attention and coaching at his/her own level of skating.

\* Subject to last minute changes decided by the organizer.

**It is recommended to take out insurance to cover cancellation costs as well as injuries.  
Organizer will only refund registrations fee in case of cancellation.**

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## Registration Form

Please send your form completed to [skate-academy-online@net-c.com](mailto:skate-academy-online@net-c.com)

I undersigned confirm hereby that I'd like to register for the courses as follows.

Name of course	Choice	I will attend the courses on the following days				
		Monday 27/05	Tuesday 28/05	Wednesday 29/05	Thursday 30/05	Friday 31/05
Basics & Edges						
Course 1 – Dance						
Course 1 - Free Skating						
Course 2 – Dance						
Course 2 - Free Skating						

My registration will be validated upon receipt by the organizer of the total payment of participating fees

Name skater \_\_\_\_\_

Date of birth \_\_\_\_\_

Address \_\_\_\_\_

Mobile Phone \_\_\_\_\_

Email \_\_\_\_\_

### Private Lessons and Patch Ice

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

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

I'd like to book \_\_\_\_\_ 15min lessons with Mathias (13,-€/15min) = \_\_\_\_\_ €

I'd like to pay the fee for unlimited patch sessions = 70,-€ 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)