

# *International Ice Dance and Figure Skating Course*

## *4 till 7 may 2020*

### *Eindhoven – The Netherlands*

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

#### Time table \*

| Time Monday   | Time Tuesday<br>till Thursday | Description                                 |
|---------------|-------------------------------|---|
| 10.00 – 11.30 | 08.00 – 09.30                 | Basics and Edges                            |
| 11.45 – 13.15 | 09.45 – 11.15                 | Course 1 (1h) + Special course (30min)      |
| 13.45 – 15.15 | 11.45 – 13.15                 | Course 2 (1h) + Special course (30min)      |
| 15.30 – 16.30 | 14.00 – 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, Chassés, Swing-rolls          |   |               |
| Monday   | Mohawks and Choctaws   |   |               |
| Tuesday  | 3-Turns and Brackets   |   |               |
| Wednesday  | Rockers & Counters   |   |               |
| Thursday   | Twizzles   |   |               |
| <b>ICE DANCE</b>                                 | <b>COURSE 1 (dance elements)</b>   | <b>COURSE 2 (dance elements)</b>  |               |
| Monday   | Prelim Foxtrot, Dutch Waltz, Canasta   | European and American Waltz   |               |
| Tuesday  | Golden Skaters Waltz, Rhythm Blues   | Blues   |               |
| Wednesday  | Swing Dance  | Starlight Waltz   |               |
| Thursday   | Tango  | Argentine Tango   |               |
| <b>ICE DANCE</b>                                 | <b>SPECIAL COURSE 1<br/>Austrian Waltz</b>                                     | <b>SPECIAL COURSE 2<br/>Austrian Waltz</b>  |               |
| Monday till Friday<br>30 min per day<br>each day | For beginners<br>Adapted level of difficulties<br>Adapted tempo of the musique | For advanced dancers<br>Adapted level of difficulties<br>Adapted tempo of the musique |               |
| Monday   | Tuesday  | Wednesday   | Thursday      |
| Steps 1 to 9                                     | Steps 10 to 20   | Step 13a to 26  | Step 27 to 36 |
| <b>FREE SKATING</b>                              | <b>COURSE 1</b>  | <b>COURSE 2</b>   |               |
| Monday till Thursday                             | Moves In the Field<br>and<br>single jumps + basic spins                        | Moves In the Field<br>and<br>single & double jumps<br>+ basic & 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 months 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)

### Hana Naaktgeboren

Professional sports teacher and coach, and former Czeck free skating international competitor, several times national champin at junior and senior level, she also participated twice at the European Championships ending in the top 10 and got 3<sup>rd</sup> at the 1982 Winter Universiade.

She's expert since 1995 at the Dutch Federation KNSB and has the highest coaching degree (ST5)

She created the Figure Skating Academy Netherlands (FAN) and is a local coach at the Eindhoven IJssport Centrum.

Hana can fluently coach you in 5 languages (Dutch, English, Czech, Slovak and Russian)

## 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 4 days with each 1h30/day/course/discipline on ice group lessons  
(total 6h00 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) |
|---------|--------------------------------|--------------------|--------------------------------|--|
| 4 days  | 100                            | 100                | 170                            | 225  |
| 3 days  | 85                             | 85                 | 145                            | 190  |
| 2 days  | 70                             | 70                 | 120                            | 155  |
| 1 day   | 50                             | 50                 | 85                             | 115  |

Practice ice : Practice possibilities on patch ice  
4 days with each 2h/day free practice time on patch ice (total 8h practice)  
Private lessons available during these 2h

65,-€ 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 after the patch session |
| 2h :     | 20,-€ |   |

Private lessons : These lessons are for singles (1 solo skater) and couples (1couple)  
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  
13,-€/15min with Hana

Small Group Lessons : Maximum 4 free skaters, or 4 solo dancers, or 2 couples  
Skaters must be of the same level and have the same purpose  
Minimum lesson time = 30minutes  
Lesson prices to be divided between the skaters.  
Lessons fee are to be paid each day after the lessons  
The price for lessons does NOT include the patch fee (to be paid separately)

Price for lessons : 40,-€/30min with Sylvia (Dance)  
35,-€/30min with Mathias (Dance and Free skating)  
35,-€/30min with Hana (Free skating)

## **Registration & Payment** (both before 15 March 2020 (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 (ref sylvia@ice-dance.be)

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 before 15 March 2020 using the attached Registration Form and paid for, in cash each day after the lesson(s).

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)

## Sponsorship

To thank participants helping to promote this course, a special discount will be granted.

Only skaters who participated to a previous Eindhoven course can sponsor new participant(s) under the following conditions :

- Each sponsor will get a 10% discount on his/her own course fee for each new participant.
- Each sponsor can introduce several new participants, each for a 10% discount.
- The new participant may not have attended any other Eindhoven course organized by Skate Academy Online
- The sponsorship is only valid for full-time participants, so on this course 4 days minimum level 1 or level 2 Basics + Dance or MIF
- The discount will be granted only if the new participant doesn't cancel his/her registration
- The discount will be granted only if the new participant doesn't leave before the end of the course for any possible reason
- The discount refund will be paid about 2 to 3 weeks after the end of the course.
- The sponsorship to be validated must have been requested through the sponsorship form which should be sent back before the start of the course to [skate-academy-online@net-c.com](mailto:skate-academy-online@net-c.com)

## 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 1 January 2019, 50% of the course price will be deducted from the refund.  
For cancellations after the 1 February 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 organizer/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.  
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)

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

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

Name parent if skater is not 18 \_\_\_\_\_

Address \_\_\_\_\_

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

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 (15,-€/15min) = \_\_\_\_\_ €

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

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

I'd like to book \_\_\_\_\_ 30min small group lessons with Sylvia (40,-€/30min) = \_\_\_\_\_ €

I'd like to book \_\_\_\_\_ 30min small group lessons with Mathias (35,-€/30min) = \_\_\_\_\_ €

I'd like to book \_\_\_\_\_ 30min small group lessons with Hana (35,-€/30min) = \_\_\_\_\_ €

Please inform us here who would be the other skater(s) in your small group lessons.

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

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(signature)

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**Sponsorship Form**

Only for full-time participants

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

Name skater (sponsor ) \_\_\_\_\_

Name parent if skater is not 18 \_\_\_\_\_

Name new participant \_\_\_\_\_

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

Name parent is skater is not 18 \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_

