

Summer of Champions 2020 In Linköping, Sweden

We offer a figure skating summer school for all levels in the following periods:

Period 1: 22-26 of June 2020 (Week 26)

Period 2: 06-10 of July 2020 (Week 28)

Period 3: 13-17 of July 2020 (Week 29)

Coaches:

Andras Szaraz: (English, Swedish and Hungarian speaking)

1994-1998 Hungarian Physical Education University

An experienced coach with a Master's Degree, he coaches skaters at the Europeans, Worlds and Olympics. He is responsible for the ice practices including jump, step and stroking technique.

Coach of Diana Poth between 1998-2000, Europeans 4th in Praha, 11th in Wien..

Coach of Julia Sebestyen between 1994-1997 and 2000-2006, Europeans 3rd in Malmö, European Champion in Budapest, 6th at Worlds in Dortmund, 8th Olympics in Salt Lake City.

ISU Camps head coach and coordinator between 2004-2007.

2012-16 head coach of Trelleborg KK, 2016-17 head coach of Tyresö KK, 2017- head coach of Linköping KF

Edit Szaraz: (English, Swedish and Hungarian speaking)

Off-ice specialist. She is responsible for condition training and coordination developing practices. She is a former Rhythmic Gymnast who has been working with gymnastics as a coach for many years on the highest level in Hungary. Special stretching, power training and dance classes will be conducted by her for the specific needs of modern figure skating.

She has been working with figure skaters in USA, Holland, Sweden, Belgium, Hungary for many years. Condition training coach for the Hungarian Kajak-Kenu Olympic Champion Team for 2 years.

Education in Sport: Academy of Fitness Budapest – Hungary, Aerobic and Fitness Personal Trainer

2012-16 off-ice coach and choreographer of the Trelleborg KK, 2016-17 Tyresö KK, 2017- coach and choreographer, off-ice specialist of Linköping KF.

Attila Soós (English speaking) **only week 28-29!**

ISU Championship Technical Controller and Judge. He is responsible for monitoring of the technical elements according to the ISU rules. Summary of the most important changes for the season. Presentation about program Components, GOE and Levels

Lisen Hogner (English and Swedish speaking) Assistant coach of Linköping KF. She is a former elite figure skater who

has been coaching figure skaters on various levels since her own career ended in 2017. Her young age is a strength which allows her to reach out and empathize with skaters within her own generation. She currently works both on and off ice to help skaters improve their skating skills, strength and endurance. Education in sport: SISU Sport Educators Introductory Course. Swedish Coach Education Level 2.

Program: we recommend to attend at least 2 weeks to be able to create progress.

30 minutes warming up before each ice training. Instruction will be held in English and Swedish. Extra ice is available for private lesson (extra costs). You can book private lessons with Andras, Edit or Tifani: contact Andras for details.

1. Package: Prize for a week 4900,- SEK including:

5 days (Monday-Friday) – 3 x 50 minutes ice/day (jump classes, skating skills classes, spin classes), 2 x 50 minutes off-ice practices, coaching, lunch in the ice rink, fruit

2. Package: Prize for a week 3700,-SEK including: 5 days (Monday-Friday) – 2 x 50 minutes ice/day (jump classes, skating skills classes, spin classes), 1 x 50 minutes off-ice practices, coaching, lunch in the ice rink, fruit

How to sign up for the camp:

- **Fill in the form for registration and send it by e-mail or post to the address below before 10th of May 2020 . We accept registration together with the payment of the registration fee until 10th of May 2020. Registration fee is 50% of the total amount for the camp. The registration fee is including 600 SEK administration fee which can not be paid back in case of injury or sickness. NB: A doctor's certificate is needed in order to get money back two weeks before the starting date of the camp. Within 2 weeks before the camp starts there is no way to get the money back .**
- **Please pay the registration fee to the Andras Szaraz Bankgiro: 5484-5375**
- **Please pay the rest (50%) 14 days before the camp start**

Questions, information, registration: soc.telfs.2018@gmail.com or +46723760853

There are limited spaces available. First come, first served!

Registration form: Summer Of Champions 2020 Linköping

Skater's Name:

Package 1.

week 26

week 28

week 29

Package 2.

Week 26

week 28

week 29

Category you compete in:

Date of birth:

Address:

Telephone nr:

Mobile/Cell phone:

E-mail:

Parent's mobile number:

I am interested in private lessons with Andras: 650 SEK/50 min or 350 SEK/25 min:

I am interested in private choreography with Edit: 650 SEK/50 min:

I am interested in private choreography with Tifani: 300 SEK/50 min:

Special diet/medical information:

Send this form to: **soc.telfs.2018@gmail.com** or to:

Andras Szaraz

Gränsliden 144 Linköping, Sweden

Informations:+46 72 376 0853