

Figure Skating Skating

Ice Dancing
Ice Hockey
Rhythmic gymnastic
Dance Workshop
Tennis
Inline Skating
Fitness
Psychology / Mental Training

www.figureskatingcamp.com

www.sportzentrum-flims.ch

18 years



Figure Skating

Figure skaters from 41 countries are using the ice rink in the sports center Prau la Selva since beginning of the camp. Among them Top Skaters as **Ekatarina Gordeeva, Elena Sokolova, Victoria Volchkova, Alena Leonova, Ilia Klimkin, Ivan Bariev, Artem Grigoriev(RUS), Evan Lysacek, Deedee Leng (USA), Stefan Lindemann, Andrejs Vlascenko(GER), Daisuke Takahashi(JPN), Szabolcs Vidrai, Victoria Pavuk(HUN), Roman Serov(ISR), Laura Lepistö, Kiira Korpi, Cecilia Törn(FIN), Adrian Schultheiss, Kristoffer Berntsson, Victoria Helgesson, Linnea Melgren, Isabelle+Angelica Olsson(SWE), Karel Zelenka, Valentina Marchei(ITA), Roxana Luca, Gheorghe Chiper(RUM), Viktor Pfeifer, Julia Lautova, Miriam Ziegler, Manuel Koll(AUT), Jenna McCorkell(GBR), Pavel Kaska, Petr Coufal(CZE), Idora Hegel(CRO), Margus Hernits(EST), Karen Venhuizen(NED), Sergej Rylov(AZB), Magdalena Leski(POL), Ivana+Peter Reitmayer(SVK), Gregor Urbas, Teodora Postic, Patricia Glešič(SLO), the Swiss „Team“ with **Stéphane Lambiel, Sarah Meier, Jamal Othman, Romy Bühler** and a lots of others. National and international top class athletes will participate in the **“19th Super Summer Camp 2011”** as well as the famous Star Coach **Marina** (4.-30.7.11) and **Victor Kudriavtsev**(4.7.-6.8.11) from Russia and the “guest coach” **Ilia Klimik** (TBA)!**



Evan Lysacek



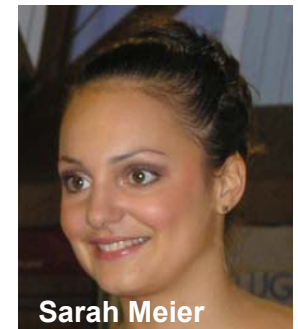
Stéphane Lambiel



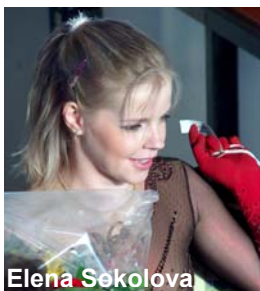
Daisuke Takahashi



Laura Lepistö



Sarah Meier



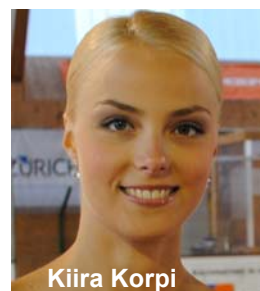
Elena Sokolova



Stefan Lindemann



Victoria Volchkova



Kiira Korpi



Ilia Klimkin



Alena Leonova



Valentina Marchei



Adrian Schultheiss



Karel Zelenka



Kristoffer Berntsson



Jamal Othman



Jenna McCorkell



Ivana Reitmayerova



Roxana Luca



Viktor Pfeifer



Teodora Postic



Isabelle Pieman



Viktor Kudriavtsev: SEV Kader-Camp 09

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EISSPORT
Magazin
www.eissport-magazin.de

FLUGHAFEN ZÜRICH
www.flughafen-zuerich.ch

LG 1a, Juniors+Seniors level skaters, 4.7.-13.8.11

For skaters who are already in competitive sports, having all double jumps. We work on triple jumps, double/triple Axel, spins and footwork at this level. Classes from Monday thru Saturday consist of:

- 17 lessons on ice training (50 mins) or 11 x 75 mins
- technique: foot work, jumps and spins
- choreography upon request
- 6 dance lessons and 3 physical fitness lessons



A minimum number of participants is required

LG 1b, Novice level skaters, 4.7.-13.8.11

For skaters who want to become competitive athletes and who want to train with the necessary consequences. The participants should be able to do at least 4 or 5 double jumps. The aim is 1., 2. or 3rd free program class as well as to continue to work on double jumps, spins and footwork at this level. Classes from Monday thru Saturday classes consist of:



- 17 lessons on ice training (50-60 mins), 6 of which are footwork or moves in the fields
- 11 lessons on ice technique (spins and jumps)
- choreography upon request
- 6 dance lessons and 3 physical fitness lessons



A minimum number of participants is required

LG 2, Juvenile level skaters, 4.7.-13.8.11

week from 26.7.-31.7.11 upon request only.

For skaters having all single jumps. The aim is for 4. or 5. free program class as well as to continue to work on the Axel, the first double jumps, spins and footwork at this level. Half-day classes from Monday thru Saturday consist of:

- 12 lessons on ice training (50 - 60 mins) including footwork or moves in the fields
- 6 dance and / or physical fitness lessons



A minimum number of participants is required

LG 3, Preliminary level skaters, 4.7.-23.7.11 + 1.8.-13.8.11

For skaters having 2 to 3 single jumps. We work on the remaining single jumps, spins and footwork of this level. Half-day classes from Monday thru Saturday consist of:

- 12 lessons on ice training (50-60 mins) including footwork or moves in the fields
- 6 dance and / or physical fitness lessons A minimum number of participants is required



LG 4, Beginner skaters, 1.8.-12.8.11

or upon request only.

For youngsters who would like to learn skating. In a fun and playful way, beginners are taught the basic techniques. Half-day classes from Monday thru Friday classes consist of:

- 5 lessons on ice training (50-60 mins) + 5 dance and / or physical fitness lessons

A minimum number of participants is required.



LG 5, Adult skating classes, 1.8.-12.8.11

or upon request only

For adults who would like to improve their basics of figure skating. Classes from Monday thru Friday consist of:

- 10 lessons on the ice (50 mins.) + 5 lessons off ice

During this course physical fitness can be combined with the dance workshop or another fitness class. We also recommend our courses in mental training.



In general:

Among congenial companions and under the direction of professionals, top athletes, and future competitive athletes as well as sports interested people hit on an ideal surrounding in Prau La Selva. This is not just due to the most favorable infrastructure of the sports center, but also to the surrounding of the sports and recreation area of Alpenarena with its dark blue lakes and infinite forests in the midst of the mountains of Grison. Furthermore, Flims provides a wide choice of accommodation as well as **special lodging near the sports center is available for children participating at the Super Summer Camp unaccompanied by their parents.** For further information please contact:

Daniel Fürer, Bahnhofstr. 12, CH-9200 Gossau,

Tel:+41(0)71 3853846; Fax:+41(0) 71 3831944; E-Mail: fuererschweiz@bluewin.ch

The general objectives of the courses meet an appropriate physical rate of capacity according to age and performance without overstraining the body. According to the standard of performance and the contents of the training, the group sizes are graded individually.

Almost all course programs can be combined according to their contents and physical possibilities.

According to prior agreement, additional tuition is basically possible, if teaching staff and capacity are available. For administrative reasons, we would like to ask you to mention this on your registration form.

The programs of the participants should be essentially finished, the sequence of elements should be decided by their own coach.

A minimum number of participants is required for all courses.

For families wanting to train their mind and body we offer "performance, fun and active relaxation for the whole family" in an alpine scenery.

Information about the Region, etc.: www.alpenarena.ch

Apart from the sports event there are many social highlights, for instance barbecues as well as the **traditional figure skating exhibition followed by a communal dinner and a big party for all camp participants, coaches, parents and all guests of the ALPENARENA** (pictures 1-5), or 1st of August (Swiss National Day), etc.



Figure skating groups with their own coaches are welcome in Flims, **as long as we have the capacity** (free Patches), from the beginning of July to the end of September. They train on their own during the practice time of the different levels and have to pay a Patch fee. You can also participate in other courses offered such as: footwork, off ice training, psychology, choreography, rhythmic gymnastics, the dance workshop, tennis, and balance all fitness training. We welcomed in the past years e.g.: **Istvan Simon** Nationalcoach of Hungary with Szabolcs Vidrai, Victoria Pavuk a.o.; **Ilona Schindler/Iwo Svec** with Stefan Lindemann, Constanze Paulinius, Komena Brog Meier a.o., **Alexandr Vedenin** „Bayrischer Landestrainer“ with Zoya Douchine, Andrea Diewald, Andrej Vlaschenko a.o., **Sylvia Holtes**, Netherlands with Karen Venhuizen a.o., **Marius Negrea** Rumania with Gheorghe Chiper, Roxana Luca a.o., **Valentin Kadzevich** with his Australian-Group, **Victor Kudriavtsev** Russian Star Coach with from left to the right Denis Balandin, Roman Serov, Victoria Volchkova, **Elena Matveeva** (Star Choreographer), Evan Lysacek, and others



General Manager and Organizer (3rd picture right site): **Daniel FÜRER**, Bahnhofstrasse 12
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 from July 04th: Sportcenter PLS Tel:+41(0)81 9209191; Fax:+41(0)81 9209192; e-mail: sportzentrum@kns.ch

Partner with special-arrangement for participants

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