



# PAIR SKATING DAYS 2024

International Development Seminar supported  
by the ISU Development Commission



## **Zell/See**

**01.07.-07.07.2024**

We would like to invite you to take part in the Pair Skating Days 2024 in the beautiful region of Zell/See in the alps.

What sets this seminar apart from other pair seminars is the combination of technical content, as well as artistic and mental and nutrition aspects for athletes and their coaches combined with the specific preparation of officials for higher qualifications as they enter their last study phase before taking exams.

Through working together and exchanging ideas and opinions on certain elements it gives the officials the opportunity to get involved in the teams' element development process while gaining more knowledge about the practical training process which will help them in their work with pair skating teams in their member federations as well as for their work on the panels.

### **Project partners**

Austrian Olympic Comitè

Hungarian National Skating Federation

Slovak Figure Skating Association

Swiss Ice Skating

Austrian Sports (Österreichische Bundessport-GmbH)

### **Participants**

Pairs in the categories Basic Novice, Advanced Novice, Junior and Senior with competition experience of at least one partner.

Pair skating coaches with or without teams.

Technical Specialists and technical controllers on the national, international and ISU level as well as a limited number of judges.

### **Location**

Zell am See, Salzburg, Austria

Distances:    Airport Salzburg 75km

                  Airport Munich 205km

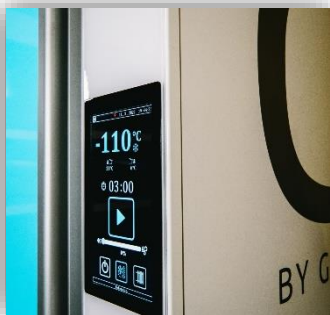
                  Airport Vienna 380km



Environmentally friendly direct train connection from Salzburg and Vienna.

100° Freizeitzentrum Zell am See [www.100freizeit.com/eishalle-zellamsee](http://www.100freizeit.com/eishalle-zellamsee)

- Ice surface
- Sauna and Cold Sauna
- Swimming Pool
- Restaurant



## Moderators

### On-Ice & Off-Ice

*Alison Purkiss* – Canada, Olympic & World Championship coach, Coach of Lia Peireira/Trennt Michaud (Winners of the ISU GP de France 2023)

*Knut Schubert* – Germany, Olympic coach, Coach of Minerva Hase/Nikita Volodin (Grand Prix Final Winners 2023)

*Severin Kiefer, Miriam Ziegler* – Austria, European Championship coaches, Participating in 3 Olympic Games together and now coaching Junior and Senior level pair teams in Austria

### Dance and Expression/Performance

*Marina Philippova* – Austria, Off-Ice Modern Dance coach, choreographer, former ice dancer in the training group of Barbara Fusar-Poli and participant in Junior World Figure Skating Championships, student of <https://www.mdw.ac.at/>

### Sport psychology / Nutrition

*Isabella Grabner-Wollek*, sport nutritionist, high-performance sport institute Austria ([www.leistungssport.at](http://www.leistungssport.at))

*Christina Lechner* – Austria, Sportpsychologist, Safe Sport expert/ multiplier of 100% sport ([www.safesport.at](http://www.safesport.at))

### Officials seminar

*Alexander König* – Germany, ISU Technical Specialist Pair Skating, Olympic Pair Skating coach

*Susan Lynch* – Australia, ISU Technical Controller Pair Skating, ISU Judge Single & Pair Skating, ISU Technical Committee Member Single and Pairs

*Jeroen Prins* – Netherlands, ISU Technical Controller Pair Skating, ISU judge Single & Pair Skating

## Content

Athletes have a chance to receive valuable technical and artistic input as well as feedback on their elements and programs early in the season which they can implement in their work at home.

Sessions will include

- \* On- and Off-Ice Technical sessions and Skating Skills for pairs with competition experience and their coaches
- \* Off-Ice ice dance classes focusing on partner movements, oneness and unison
- \* Level Check of elements
- \* Monitoring event with feedback from the Technical Panel and ISU judges on technical elements and Program Components
- \* Sportpsychology sessions on mental training strategies and teambuilding for pair teams that will help skaters to develop conflict resolution strategies during training and competition as well as the creation of a team identity.
- \* Session on nutrition for athletes and coaches. Different needs according to athletes age and development phase with the specific aspects of different phases throughout the season (competition season and off-season).
- \* Seminar sessions for coaches and athletes on Levels and Program Components
- \* Seminar sessions for Coaches on LTAD and technical demands in different age groups as well as safe sport aspects specific for coaching pair skating teams

Especially officials (TS, TC, judges) from countries that don't have pair teams of their own will be able to connect with experienced professionals and gain deeper insight into the discipline of pair skating.

Sessions will include

- \* Seminar on current rules and changes with practical sessions on- and off-ice together with the pair teams
- \* Preparation for qualification examinations

- \* Level check of teams' elements
- \* Monitoring event as practice event including feedback and joint discussion
- \* Off-ice lift class + demonstration of lift groups and holds
- \* Joint discussion between TS, TC, coaches and skaters (Junior and Senior Level) about levels of difficulty with examples
- \* Sportpsychology session on giving respectful feedback as well as safe sport aspects for officials.

## **Registration**

Registration fee is 150 EUR per person

This fee includes all on- and off-ice as well as seminar sessions and lunch and dinner on all practice days.

Please fill in the online registration form by latest April 10, 2024:

[Online Registration Form](#)

After successful registration you will receive an e-mail confirmation including the invoice and payment instructions.

Payment deadline will be April 24, 2024.

If your payment is not received until the payment deadline, the registration will be automatically cancelled.

The registration fee will not be refunded in case of withdrawals.

Places will be given on a first come first serve principle.

## **Travel and Accommodation**

Athletes, coaches and officials will be responsible for all travel expenses, and for the living expenses from beginning till the end of the seminar.

Arrival date for athletes and coaches: Sunday, June 30, 2024 (Start of the seminar July 1, 2024, morning)

Arrival date officials: Wednesday, June 2, 2024 (Start of the seminar July 3, 2024, morning)

Departure date for everyone: Sunday, July 7, 2024, afternoon.

We offer an accommodation package for all participants at Sporthotel Alpin, Booking has to be made with the online registration.

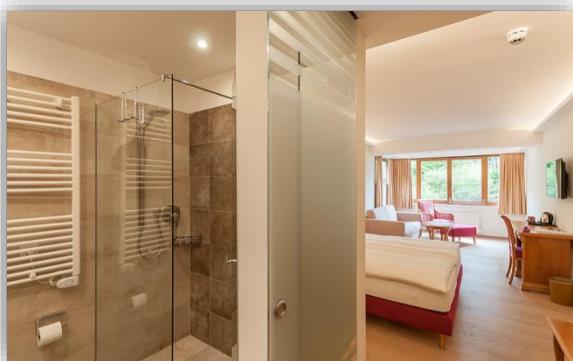
### **Sporthotel Alpin 4\***

[Website](#)

Gartenstraße 11

A-5700 Zell am See

Sporthotel Alpin is located only 9min by foot from the ice rink. It offers newly renovated rooms, a view over the lake and a pool and spa area.



### **Costs**

Single room per night incl. breakfast and taxes EUR 115,--

Double room per night incl. breakfast and taxes EUR 180,--

Price includes

Pool and Spa

Parking

Wifi

[Zell/See Kaprun Card](#)

Booking deadline April 10, 2024 – booking is only confirmed, if payment is received within payment deadline (will be indicated in the invoice).

#### Cancellation policy

Up to 14 days before arrival date: free cancellation

Up to 48 hours before arrival date: 50% cancellation fee

After 48 hours before arrival date: 100% cancellation fee

As Zell/See Kaprun is a very popular touristic region early booking is recommended!

#### **Meals**

Meals will be included in the registration fee.

Breakfast is served at the hotel, if accommodation package is added, otherwise individual.

Lunch and Dinner will be served at the ice rink (3 course menu and non-alcoholic drink).

#### **Disclaimer**

Skate Austria assumes no responsibility for any injuries. We expressly point out that Skate Austria reserves the right to cancel the event in whole or in part if, for example, the requirement of economic efficiency cannot be met or the current world situation makes it impossible to hold the event. In this case, no compensation will be paid for costs incurred by the participants (e.g. cancellation of booked travel reservations)! Bookings are only confirmed after the workshop fees have been fully paid after receipt of invoices.

#### **Contact**

If you have any questions, please feel free to contact us.

Katharina Rauch, Miriam Ziegler

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