

## Figure Skating Skating Ice Dancing Qi-Gliding

Ice Hockey  
Dance Workshop  
Tennis  
Inline Skating  
Fitness

[www.figureskatingcamp.com](http://www.figureskatingcamp.com)

[www.sportzentrum-flims.ch](http://www.sportzentrum-flims.ch)

SWISS

## ICE SKATING

Eistanz Matinée Cup: 7.7.19

Eistanz Matinée Cup: 4.8.19

Tests ab Intersilber: 10./11.8.19

Kadervorlaufen: 10.8.19

[www.swissiceskating.ch](http://www.swissiceskating.ch)



27.

26 years



**SUPER SUMMER CAMP**  
SWITZERLAND · FLIMS

# Figure Skating / Skating / Ice Dancing

Since 1993, figure skaters from 48 countries have trained at the sports center Prau la Selva. Among them Top Skaters as Ekatarina Gordeeva, Elena Sokolova, Victoria Volchkova, Alena Leonova, Ilia Kulik, Ilia Klimkin, Ivan Bariev, Artem Grigoriev(RUS), Evan Lysacek, Deedee Leng(USA), Stefan Lindemann, Andrejs Vlasenko(GER), Daisuke Takahashi(JPN), Szabolcs Vidrai, Victoria Pavuk, Ivett Toth(HUN), Roman Serov(ISR), Laura Lepistö, Kiira Korpi, Cecilia Törn, Viveca Lindfors(FIN), Adrian Schultheiss, Kristoffer Berntsson, Victoria Helgesson, Linnea Melgren, (SWE), Karel Zelenka, Valentina Marchei(ITA), Roxana Luca, Gheorghe Chiper(RUM), Viktor Pfeifer, Julia Lautova, Miriam Ziegler, Olga Mikutina(AUT), Jenna McCorkell(GBR), Anna Dušková, Petr Bidař, 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 Glešičič(SLO), Isabelle Pieman, Ira Vannut(BEL), Sila Saygi, Eryoldas Kutay(TUR), Georgia Glastris(GRE), the Swiss „Team“ with Stéphane Lambiel, Sarah Meier, Jamal Othman, Stéphane Walker, Alexia Paganini and a lots of others. National and international top class athletes will participate in the **“27<sup>th</sup> Super Summer Camp 2019”** as well as the famous Star Coaches Victor Kudriavtsev(1.7.-5.8.19), Marina Kudriavtseva(8.7.-30.7.19) and Ekaterina Gordeeva(TBA.)



Evan Lysacek



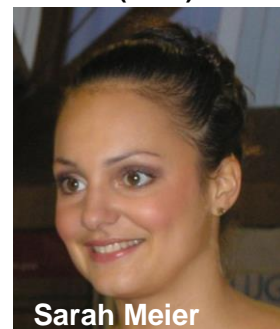
Stéphane Lambiel



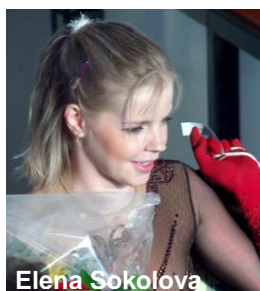
Daisuke Takahashi



Laura Lepistö



Sarah Meier



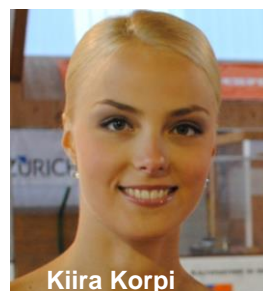
Elena Sokolova



Stefan Lindemann



Victoria Volchkova



Kiira Korpi



Ilia Klimkin



Alena Leonova



Valentina Marchei



Adrian Schultheiss



Karel Zelenka



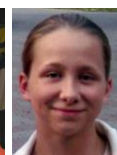
Kristoffer Berntsson



Jamal Othman



Jenna McCorkell



Roxana Luca



Ivana Reitmayerova



Viktor Pfeifer



Teodora Postic



Isabelle Pieman

## Coaches 2019 figure skating



Iuliia Soloveeva

Elena Romanova

Daniel Fürer

Victor Kudriavtsev

Marina Kudriavtseva

Sabrina Messmer  
Choreo +  
"off-ice dance"

Jacqueline Kiefer

Martin Wälchli  
"Physio"

Marius Negrea  
Ice +  
"off-ice"

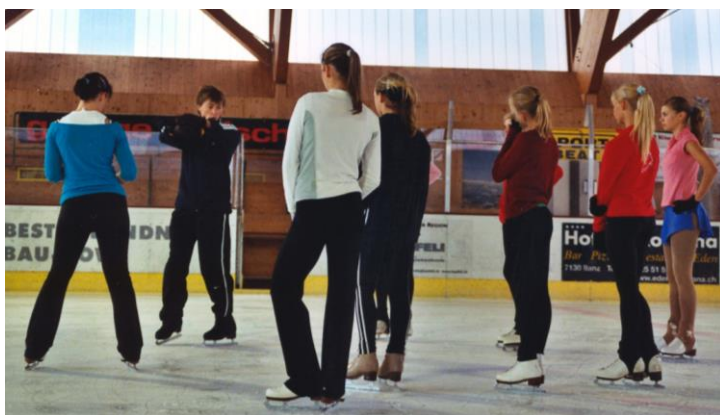
(changes are possible)



## LG 1a, Juniors + Seniors level skaters, 1.7.-10.8.19

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, 1.7.-10.8.19

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 3<sup>rd</sup> 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, 1.7.-10.8.19

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



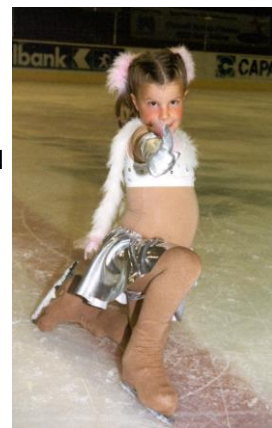
A minimum number of participants is required



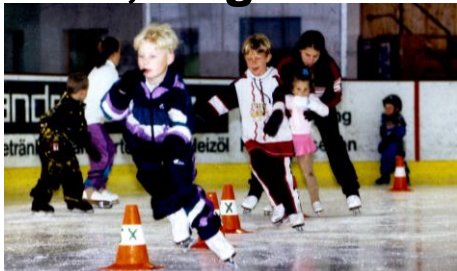
## LG 3, Preliminary level skaters, 1.7.-10.8.19

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, 1.7.-5.7.19 + 15.7.-09.8.19 or upon request



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 Figure Skating, upon request

## LG 6, Adult Skating, upon request

For adults who would like to improve their basics of Figure Skating / Skating and to improve their skills, for recreational oriented Figure Skating

Classes from Monday thru Saturday consist of:

- 12 lessons on the ice (50 mins.) + 6 lessons off ice

A minimum number of participants is required.



## LG 7, Ice Dance Weekend, 6.-7.7.19

**Ice Dance compact weekend: Kilian: 4½ hours Ice + 2½ hours off-ice**

**Swiss Ice Dance Matinée Cup Sunday July 7<sup>th</sup> 14.00 – 16.30 o'clock: 2½ hours Ice Dancing with Christoph Baumann**

## LG 8 Ice Dance- + Qi-Gliding-Kurs, 5.-9.8.19

**Swiss Ice Dance Matinée Cup Sunday August 4<sup>th</sup> 13.15 – 15.45 o'clock: 2½ hours Ice Dancing with Christoph Baumann**

Our major concern is to learn and enjoy ice skating without fear. We use a method called Qi-Gliding, an unconventional way, to achieve this goal. More about Qi-Gliding under: [www.dialog-koerper.com/qigliding](http://www.dialog-koerper.com/qigliding)

**Main Class: Quickstep, Rocker-Foxtrott, Foxtrott/Swing-Dance**

Course management: Christoph Baumann / Romy Motta

**Additional Class: Yankee-Polka, Hickory-Hoedown (ev. others)**

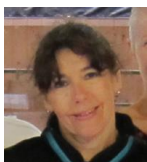
Course management: Christoph Baumann / Romy Motta

**Qi-Gliding Class: Move – Glide – Strengthen helth**

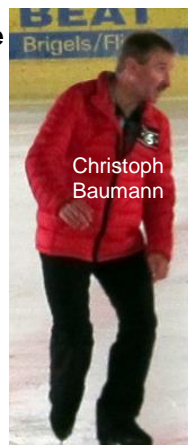
Course management: Dr. med. Helena Pajtler-Zingg

## Information concerning LG 8

please  
contact:



Mrs Romy Motta  
Kirchenplatz 3, CH-8858 Innerthal  
Tel/SMS: +41 79 715 21 83  
e-mail: [romy.motta@bluewin.ch](mailto:romy.motta@bluewin.ch)



**Coach 2019 Ice Dance**



## 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 **eventually a 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, Bahnhofstrasse 12, 9200 Gossau

Tel:+41(0)79 600 49 05; 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.

**Information about the Region, etc.: [www.flims.ch](http://www.flims.ch)**



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

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 for all camp participants, coaches, parents and all guests** (pictures 1-5), or 1<sup>st</sup> 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**, 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 Daniel Fürer**, Bahnhofstrasse 12, CH-9200 Gossau  
Tel:+41(0)79 600 49 05; Fax:+41(0)71 385 19 44; e-mail: fuererschweiz@bluewin.ch  
from July 2<sup>nd</sup>: Sportcenter PLS Tel:+41(0)81 9209191; Fax:+41(0)81 9209192; e-mail: sportzentrum@kns.ch

**Hotel-partner** with special-arrangement for participants

\*\*\*\* Hotel Waldhaus  
7018 Flims Waldhaus  
Tel:+41(0)81 928 48 48  
[www.waldhaus-flims.ch](http://www.waldhaus-flims.ch)

\*\*\*\* Hotel Adula  
7018 Flims Waldhaus  
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[www.adula.ch](http://www.adula.ch)

\*\*\*\* Hotel Schweizerhof  
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[www.schweizerhof-flims.ch](http://www.schweizerhof-flims.ch)

\*\*\* Hotel des Alpes  
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[www.hoteldesalpes.ch](http://www.hoteldesalpes.ch)

\*\*\* Hotel Miraval  
7018 Flims Waldhaus  
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[www.hotelmiraval.ch](http://www.hotelmiraval.ch)

**Figure skating supply-partner:** Skating&sport GmbH, 8570 Weinfelden, Tel:+41(0)79 585 88 88  
[www.skatingundsport.ch](http://www.skatingundsport.ch)

**Every participant of the figure skating camp 2019 will get a voucher of 10% reduction for the skating shop**