Figure Skating
Skating
Ice Dancing
Ice Hockey
Dance Workshop
Tennis
Inline Skating
Fitness
www.figureskatingcamp.com
www.sportzentrum-flims.ch

SWISS ICE SKATING

Eistanz Matinée Cup: 17.7.22
Kadervorlaufen: 13.8.22
Tests ab Intersilber: 13./14.8.22
www.swissiceskating.ch

Flims Laax Falera

SPORTZENTRUM PRAU LA SELVA

OEV OSTSCHWEIZER EISSPORT-VERBAND ST. GALLEN · APPENZELL · GLARUS

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, Daniil Gleichengauz, Ivan Bariev, Artem Grigoriev**(RUS), **Evan Lysacek, Deedee Leng**(USA), **Stefan Lindemann**, **Andrejs Vlascenko**(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, Anita Östlund**(SWE), **Karel Zelenka, Valentina Marchei**(ITA), **Julia Sauter, 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 Gleščič**(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 **“30th Super Summer Camp 2022”**. as well as the famous Star Coaches **Marina and Victor Kudriavtsev(TBA).**

Evan Lysacek

Stéphane Lambiel

Daisuke Takahashi

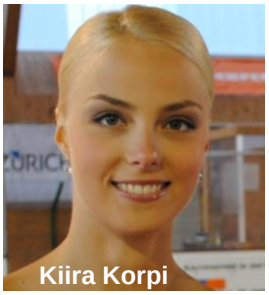
Laura Lepistö

Sarah Meier

Elena Sokolova

Stefan Lindemann

Victoria Volchkova


Kiira Korpi

Ilia Klimkin

Alena Leonova, Valentina Marchei, Adrian Schultheiss, Karel Zelenka, Kristoffer Berntsson, Jenna McCorkell, Jamal Othman, Ivana Reitmayerova, Roxana Luca, Viktor Pfeifer, Teodora Postic, Isabelle Pieman

Coaches 2022 Figure Skating (Changes are possible)

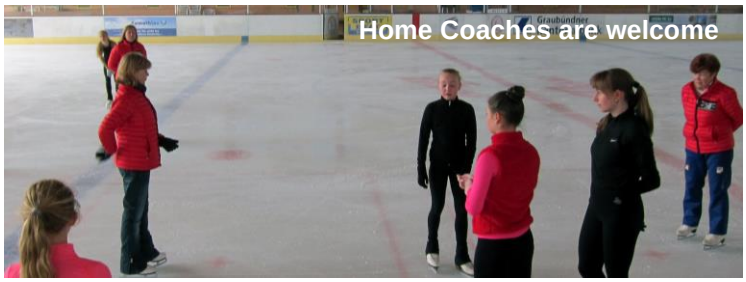
Viktor Kudriavtsev with his international Group, TBA

Marina Kudriavtseva with her two international groups, TBA

LG 1a, Juniors + Seniors level skaters, 11.7.22.-13.8.22

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:

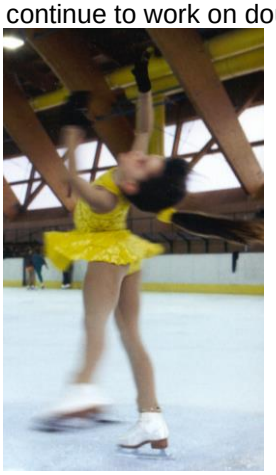
- 11 lessons on ice training x 75 mins
- technique: foot work, jumps and spins
- choreography upon request
- 6 dance lessons and 3 physical fitness lessons



A minimum number of participants is required

LG 1b, Novice level skaters, 11.7.21.-13.8.22

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 - Saturday classes consist of:



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

A minimum number of participants is required

LG 2, Juvenile level skaters, 11.7.21.-13.8.22

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 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, 11.7.-13.8.22

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 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, 19.7.-14.8.21 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 Saturday classes consist of:

- 6 lessons on ice training (50 mins) + 6 dance and / or physical fitness lessons

A minimum number of participants is required.

LG 5, Adult Figure Skating, 2.-13.8.22 or upon request

For adults who would like to improve their basics of Figure 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 6, Adult Skating, 2.-13.8.22 or upon request

For adults who would like to improve their basics of Skating and to improve their skills, for recreational oriented popular sports.
Classes from Monday thru Saturday consist of:

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

A minimum number of participants is required.

LG 7, Ice Dance Weekend, 16.-17.7.22

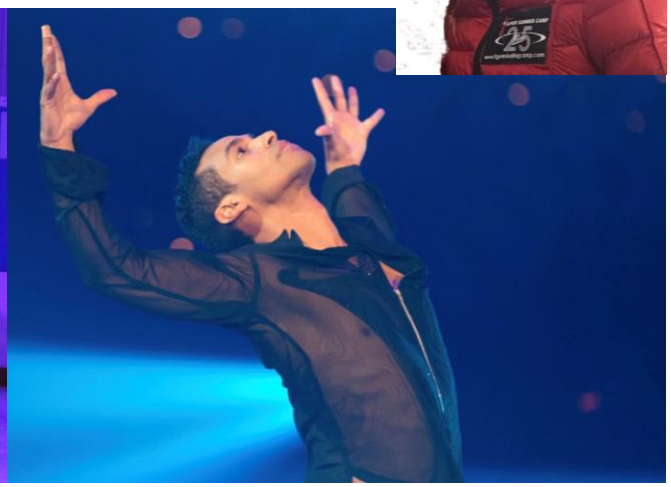
Ice Dance compact weekend with Christoph Baumann: Starlight Walz: 4½ hours Ice + 2½ hours off-ice

Swiss Ice Dance Matinée Cup Sunday July 17h 14.00 – 16.30 o'clock: 2½ hours Ice Dancing with Christoph Baumann

Oscar Peter: July 11th-July 23rd

3xGold SM Elite Icedancing, 3xSilver und 3xBronce SM Elite Man, EC- und WC-Competitor in Icedancing, EC-Competitior Man Figure Sakting, Head Coach in Blackpool, England Choreograpf of national and international Medaillists

Choreographie, skating skills, Icedanding for couples from Novice to Senior, working on "RD" und "FD"



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. Flims also has a wide range of lodging options.

Ev. 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**

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

Figure skating groups with their own coaches **are** welcome, **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 Vlascenko 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, a.o.

General Manager and Organizer Daniel Fürer, Bahnhofstrasse 12, CH-9200 Gossau
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from July 12th: Sportcenter PLS Tel:+41(0)81 9209191; Fax:+41(0)81 9209192; e-mail: info@sportzentrum-flims.ch

Hotel-Partner i.a. with special-arrangement for participants, please ask directly: **Password: Figure Skating 22**

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www.skatingundsport.ch

Every participant of the figure skating camp 2022 will get a vaucher of 10% reduction for the skating shop