

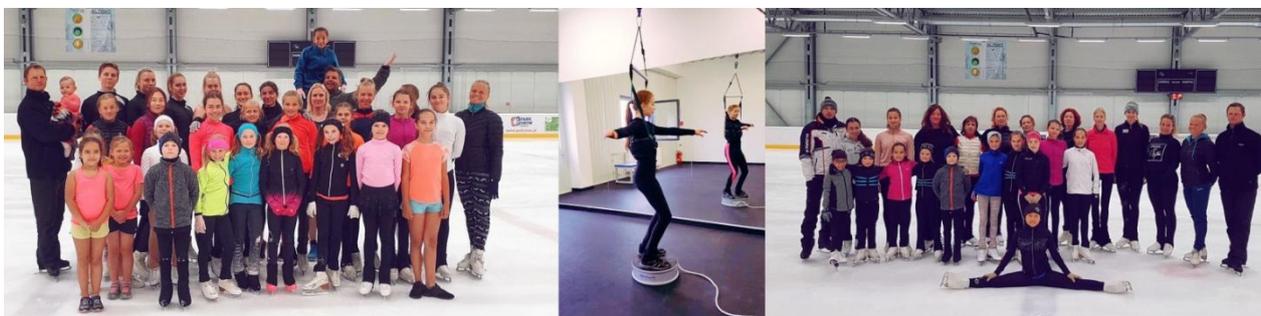


RASTI'S FIGURE SKATING SUMMER CAMP in SLOVAKIA 2020
www.rastiskatingcamp.com

We are pleased to invite you to our third
International training camp in Slovakia, for all figure skaters

FROM BEGINNERS TO HIGH-LEVEL + ADULT SKATERS

The camp starts **22 June - 11 July 2020**
in Aréna Pezinok, Rozálka 7, 902 01 Pezinok, Slovakia



CAMP SCHEDULE

Trainings always begins at Monday and always ends at Saturday
In every week there are two half - days : Wednesday, Saturday

The maximum number of skaters on ice is 15 and always 3 coaches

WEEK 1: 22.06. - 27.06. 2020 (Arrival day 21.06. 2020)

WEEK 2: 29.06. - 04.07. 2020 (Arrival day - 28.06. 2020)

WEEK 3: 06.07. - 11.07. 2020 (Arrival day - 05.07. 2020)

Camp includes:

- 3 hours on ice / per day
- 1 hour off - ice / per day

COACHES TEAM

Rastislav Vnučko (SVK) - Head Coach & Camp Leader

Slovak former competitive figure skater

- 7-time National Slovak Champion
- 5-time participant in European Championships
- 2-time participant in World Championships
- Graduated Comenius University in Bratislava, Faculty of Physical Education and Sport
- National Technical Specialist
- 14 years as a Head coach in Sweden for clubs - Vansbro, Säter, Borlänge
- Founder of trainings on Vestibular Simulator in Slovakia

Work position: Head coach of the figure skating club in Slovakia - Kraso Pezinok

Speciality: jumps, spins, steps technique

Speaks English, Swedish, Russian, Slovak, Polish, Czech

Anna Solodilova (RUS) - Figure Skating Coach & Choreographer

Russian former competitive figure skater

3-time National Russian Champion

- Coached by Georgi Proskurin, Eduard Pliner, Evgenia Zelikova, Viktor Kudriavtsev, Elena Vodoretzova

- Graduated University of Physical Education and Sport in Moscow
- Technical Specialist
- Performer: Moscow State Ballet On Ice, Miniature's Theater on Ice, Moscow On Ice Show
- Choreographer and performer: Colors on Ice Show, Champions On Ice, Circo di Mosca su Ghiaccio, Ice World Show, Ice Galà Ferrari factory, Portaventura on Ice, Intimissimi on ICE, Opera on ICE
- Head coach and Choreographer of the figure skating clubs in Italy: Ghiaccio Claut, Ice skate Accademy, Ice team Sanve, Ice angels
- Choreographer for the figure skating clubs of Italy: Ice Drusce Cortina, PAF, CPA Asiago

Work position: Head coach and Choreographer of the figure skating club Ice angels feltre and ice team Sanve in Italy

Speciality: jumps, spins, steps technique

Speaks English, Russian, Italian

Rita Galambos (HUN) - Figure Skating Coach & Choreographer

Hungarian former competitive figure skater

- 3-time National Hungarian Champion
- Member of the Hungarian National Synchronized Skating Team
- 3-time participant in World Synchronized Skating Championship
- Performer: Pinocchio on Ice, The Nutcracker, Zorro on Ice, Bar, Stars on Ice - TV Show, Snow White on Ice, Popelka on Ice, Portaventura - Christmas Ice Show
- Graduated University of Physical Education -figure skating and P.E. Teacher in Budapest

Work position: Head coach and choreographer of the figure skating club Jégördög in Hungary

Speciality: jumps, spins, steps technique

Speaks Hungarian, English

David Haywood (GB) - Figure Skating Coach

British former competitive figure skater

- National UK Champion
- Coached by John Nicks in USA
- Performer: Holiday on Ice 1997 - 2000, Ice Capade 2000 - 2001, Disney on Ice 2001 - 2005
- Head coach of the figure skating clubs: Orsa KK and Gävle KK in Sweden

Work position: Head coach of the figure skating club Brinka Sandviken, Sweden

Speciality: jumps, spins, steps technique

Speaks English, Swedish

Tanja Isayeva (UKR) - Figure Skating Coach

Ukrainian Competitive Figure Skater

- 4-time National Ukrainian Champion
- Graduated University Education in coaching from National University Physical Education and Sport of Ukraine - formerly Kyiv Institute of Physical Education in figure skating and choreography

- Head coach of figure skating clubs: Sundsvall KK, Timrå KK, IFK Helsingborg

Work position: Head coach of the figure skating club SK GävleSkäret in Sweden

Speciality: jumps, spins, steps, technique

Speaks Russian, Swedish

Kristína Poláčková (SVK) - Off-ice Coach

Slovak Competitive Figure Skater

- Graduated Comenius University in Bratislava, Faculty of Physical Education and Sport
- Licensed level 1 coach
- Figure Skating Coach in Trnava and Bratislava
- Hockey Coach and Power Skating Coach for children of pre-school age

Work position: Figure Skating Coach of the Jumping Joe club in Bratislava

Speciality: basic technique, flow

Speaks English, German, Slovak

Lucia Máchová (SVK) - dance training

Dance instructor, trainer and choreographer

- Graduated VŠMU - Faculty of Music and Dance study in Bratislava
- Program: dance art study
- Field: dance
- Artspecialization: pedagogy of modern dance
- 15 years experience in dance pedagogy
- Certified Instructor in flow in friction training

Speaks English, German, Slovak

RINK LOCATION

Practices will be held in brand new ice rink with the newest modern ice cooling technologies and new equipment.

ACCOMODATION

You can enjoy the perfect comfort during your stay in the Hotel Rozálka which is situated 3 minutes from the ice rink. The riding area Rozálka has a great location on the root of the Malé Karpaty mountains.

It is surrounded by a fishpond and forests although it is just some kilometers away from Bratislava - the capital of Slovakia. During your free time you can play biliards, chess, table tennis, tennis, football, basketball or volleybal on multifuncional playground.

Area is surrounded by tourist paths so you can go hiking or rent a bicycle. There is a children playground and mini ZOO. Hotel Rozálka also organize horse riding and riding classes for public.

<http://www.rozalka.sk/en/>

PRICES AND PAYMENT

PRICE FOR CAMP I. - with accomodation and full board

1. Skater / Adult Skater (1 week) - 590 EUR
2. Parent / Accompanying person (1 week) - 390 EUR

Price for RASTI'S CAMP I. included:

1. Training session - 16 lessons on ice / per week
- 5 lessons off-ice / per week
2. Coaches team
3. Accomodation: Pezinok - Hotel Rozálka
4. Full board is served in the restaurant of the Hotel Rozálka

PRICE FOR CAMP II. - only training session

Skater (1 week) - 360 EUR

Price for RASTI'S CAMP II. included:

- 16 lessons on ice / per week
- 5 lessons off-ice / per week
- coaches team

ADDITIONAL PRIVATE LESSONS

Skaters will also be able to take private lessons with all official camp coaches.

Price for 1 lesson (45 min.) is 45 EUR

PROGRAM, CHOREOGRAPHY

1. Short Program 2:30 - 2:50 Price : 325 EUR

2. Free Program 2:50 - 3:30 (+- 10 sec.) Price : 350 EUR

Music is not included.

VESTIBULAR SIMULATOR

New training apparatus Vestibular Simulator - the only one in Slovakia. Simulator is intended by Russian specialists to develop vestibular stability, balance, accelerate rotation and increases the athlete's ability level to multi-turn jumps.

Price for 1 minute is 1 EUR

PROFFESIONAL SHARPERING & BLADE MOUNTING

1. Sharpering - 10 EUR

2. Blade Mounting - 30 EUR

LUNCH FOR PARTICIPANT ON THE TRAINING SESSION (WITHOUT ACCOMODATION)

Hotel Rozálka offers lunch menu in the amount of 8,50 EUR / person / day

Menu includes, soup, main food, fruit and water with lemon

TRANSPORT

We cooperate with the leader company which offer the highest standards in the field of transportation. We offer a transfer: Vienna AirPort - Pezinok Hotel Rozálka or Pezinok Hotel Rozálka - Vienna AirPort, but we are able to arrange the transport according to your needs.

For a number of reasons, it may be beneficial to go as a group.

Buss transport:

- group 4 and more persons : 27 EUR / per person / one way

Car transport:

- 3 persons : 31 EUR / per person / one way

- 2 persons : 46 EUR / per person / one way

- 1 person : 93 EUR / one way

ADDITIONAL PAYMENT

According to the Hotel Rules there are several addition payments:

1. Hotel Rozálka - In case the adult skater will participate alone, the extra payment for 1 person in double room is 15 EUR / per night

2. City fee 0,33 EUR / per person / per night

REGISTRATION FEE - DEPOSIT- REST PAYMENT

190 EUR deposit, within 3 days of sending the application (by bank transfer).

The rest of the payment no later than **31 May 2020** (by bank transfer).

An advance payment is required for ensuring a place in the camp and is not refundable.

BANK DETAILS

name account holder: Elena Vnučko Fábik

address of account holder: Sokolská 17, 903 01 Senec, Slovakia

name of the bank: Tatrabanka, a.s.

address of the bank: Hodžovo námestie 3, 811 06 Bratislava 1, Slovakia

SWIFT: TATRSKBX

IBAN: SK79 1100 0000 0029 1787 8586

Please make sure to mark in the message skaters full name

Please note: no bank costs for the receiver.

TERMS & CONDITIONS

GENERAL CONDITIONS

This application does not guarantee the participation to Rasti's Camp until we receive advance payment on our bank account. Everyone has to pay a registration fee, including parents or accompanying persons.

Please, send the registration form and confirmation of the deposit payment to our e-mail address : rastiskatingcamp@gmail.com

The registration is open until 15 April 2020.

Each camp week begins with welcome dinner on the day of arrival. The dinner takes place at 18 o'clock. Therefore we recommend to buy the flight tickets with respect to the time the welcome dinner.

HEALTH & INSURANCE

Please note that every skater has to take care about a medical insurance for the period of the camp. Don't forget to take your blue EU card or international traveling insurance. Water: It is safe to drink a tap water in Slovakia, which is the country with one of the best quality tap water in the world.

RESPONSIBILITY

We as organizers take not charge of you and your health. We ask all minor skaters to travel with their parents or a responsible person. If there will happen something to you during practice session we will care about to bring you to doctor or hospital. Out of practice hours it is your personal responsibility. For injuries and illnesses all skaters have to have a health-insurance for the camp. Participants must provide their own insurance. The organizers are not responsible for damages caused by the Rasti's Camp participants to a third party. Participants will be responsible for any damage caused to third party and will cover any costs due by the damages caused.

REFUND POLICY

Cancellation of your registration is possible in this conditions:

1 - 7 days (including) before camp starts, the cancellation fee is 100% of the total price

8 - 15 days (including) before camp starts, the cancellation fee is 80% of the total price

16 - 23 days (including) before camp starts, the cancellation fee is 30% of the total price

More than 23 days before the camp starts, there is no cancellation fee

We look forward to seeing you on camp !

Rasti & El Vnučko

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FB : www.facebook.com/rastiskatingcamp

www.facebook.com/vestibularsimulator