

SOLO ICE DANCE COURSE

I am pleased to inform you that Swiss Ice Skating is organizing a Solo Ice dance course for Swiss coaches who wish improving their skills in this discipline. This event will take place on **Sunday 29.06.2025 in LANGNAU**.

Each participant must be present for the whole duration of the course.

This course is open to the athletes (**Intermediate Novice, Advanced Novice, Junior, Senior**) of the participating coaches. To provide adequate quality, the maximum number of athletes will be limited to 12 athletes in Novice categories and 12 athletes in Junior / Senior Categories.

DATE **29.06.2025**

PLACE **ICE RINK LANGNAU**
Güterstrasse 14 · 3550 Langnau im Emmental

PROGRAM

- Specific skating skills for Solo Ice-dance
- Pattern Dances Intermediate Novice and Advanced Novice categories season 2025-26 - Steps, General pattern, Musicality, Technical input
- Rythm Dance Junior and Senior categories season 2025-26
- Free Dance Elements: Step sequences, Twizzles sequences, Edge elements, Choreo elements - Conception, Examples, Technical input

GENERAL SCHEDULE Ice Time: 9:00-12:00 & 13:30-17:30
A detailed schedule will be provided later

MODERATOR **Lucie Mysliveckova** - Ice Dance Coach and National Technical Specialist in Ice Dance.

LANGUAGE The session will be given in English

BEFORE THE COURSE Solo Ice-dance rules for season 2025-26 will be sent. Please work on those and prepare your questions.

TO BRING WITH YOU

COACHES: Your skates
Your notepad.

ATHLETES: On-ice and off-ice training stuffs/belongings
Off-ice warm-up Equipment (skipping rope, elastic band...)
Music of Free Dance on your Smartphone

RESPONSIBLE OF THE ORGANIZATION Roland Mäder (E-mail: icedance@swissiceskating.ch)

SOLO ICE DANCE COURSE

REGISTRATION

Please register directly to Roland Mäder at
icedance@swissiceskating.ch

COACHES:

The registration cost is **130 CHF per coach.**

Deadline of registration 31.05.2025

Deadline of payment: 07.06.2025

ATHLETES:

The registration cost is **70 CHF per athlete.**

Deadline of registration 31.05.2025

Deadline of payment: 07.06.2025

Account:

IBAN CH02 0900 0000 8400 5561 2

Swiss Ice Skating, Talgut-Zentrum 27, 3063 Ittigen b. Bern

Mention: Name and First name of the participant - Coach or
Athlete - Solo Ice Dance Course, 29.06.2025, Langnau.

RESPONSABILITY

The course organization declines all responsibility in the event of
delay, accident, illness or theft.

SWISS ICE SKATING

Roland Mäder / Head of the Swiss Ice Skating Ice Dance
Commission