

SOLO ICE DANCE COURSE

FRIBOURG, 15.06.2024

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 **Saturday 15.06.2024 in FRIBOURG.**

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. In order to provide adequate quality, the maximum number of athletes will be limited respectively to 12 athletes in Novice categories and 12 athletes in Junior/Senior Categories.

DATE **15.06.2024**

PLACE **ICE RINK SAINT LEONARD**
Chemin Saint-Léonard 5
1700 FRIBOURG
[adresse patinoire fribourg - Recherche \(bing.com\)](#)

PROGRAM

- Specific skating skills for Solo Ice-dance
- Pattern Dances Intermediate Novice and Advanced Novice categories season 2024-2025 - Steps, General pattern, Musicality, Technical input
- Rythm Dance Junior and Senior categories season 2024-2025
- Free Dance Elements : Step sequences, Twizzles sequences, Edge elements, Choreo elements - Conception, Examples, Technical input

GENERAL SCHEDULE Ice Time : 9.00-12.00 & 13.30-16.30
A detailed schedule will be provided at a later date

MODERATOR MR **Cedric Pernet**, National Ice Dance coach for Swiss Ice Skating and International Ice-dance Technical Specialist

LANGUAGE The session will be given in English

BEFORE THE COURSE **COACHES ZOOM Meeting - Solo Ice-dance rules for season 2024-2025.** During this ZOOM Meeting, we will study the rules for season 2024-2025, more specifically the restriction rules for Rythm Dance and Free Dance, elements rules and we will analyse some video examples. This online pre-course will permit to you to get some comfort and more benefits during the current course. The DATE will be announced later.

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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

Cédric Pernet (E-mail : cedric.pernet@swissiceskating.ch)

REGISTRATION

Please register directly to Cedric Pernet at
cedric.pernet@swissiceskating.ch

COACHES :

The registration cost is **150 CHF per coach.**

Deadline of registration and payment : 10.05.2024

ATHLETES :

The registration cost is **80 CHF per athlete.**

Deadline of registration and payment : 10.05.2024

COACHES & ATHLETES :

This registration fee includes lunch at the BCF Arena's restaurant and the participation to the ZOOM Meeting pre-course (for coaches).

2 different menus:

- Menu A: With meat
- Menu B: Vegetarian

Please inform the menu chosen when you register to Cedric Pernet (and specify dietary restrictions if necessary)

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, Menu Type - Solo Ice dance course, 15.06.2024, Fribourg.

RESPONSABILITY

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

SWISS ICE SKATING

Cédric Pernet / National Ice-dance coach