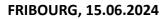
SOLO ICE DANCE COURSE





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.

15 06 2024

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	13:00:2024
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.

SOLO ICE DANCE COURSE



FRIBOURG, 15.06.2024

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 <u>Mention:</u> 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