

SOLO ICE DANCE COURSE

I am pleased to inform you that Swiss Ice Skating is organizing a 1-day Solo Ice Dance seminar for Swiss coaches and skaters, who wish to update their skills and knowledge in this discipline. The event will take place on **Sunday August 23., 2026 in LANGNAU.**

This course is open to the coaches and athletes of all categories. To provide adequate quality, the maximum number of athletes will be limited to 25 and 10 coaches.

DATE	August 23, 2026
PLACE	ICE RINK LANGNAU <u>Güterstrasse 14 · 3550 Langnau Im Emmental</u>
PROGRAM	- Specific skating skills for Solo Ice-dance season 2026-2027 - Pattern Dances Intermediate Novice and Advanced Novice categories season 2026-27 - Steps, General pattern, Musicality, Technical input - Rhythm Dance Junior and Senior categories season 2026-27 - Free Dance Elements: Step sequences, Twizzles sequences, Edge elements, Choreo elements - Conception, Examples, Technical input
GENERAL SCHEDULE	10:30h - 12:15h Theory 12:15h - 12:30h Overview Swiss Nationals in Solo Dance 2027 Start at ISU Solo Dance Events, Test-Rules 12:30h - 13:45h Lunch (recommendation: Restaurant Hirschen) 14:00h - 18:00h On Ice practice (incl. Ice Resurfacing) A more detailed schedule will be provided at the event
MODERATOR	Lucie Mysliveckova & Michael Chrasteky Both are Ice Dance Coaches and National Technical Specialists
LANGUAGE	The meeting will be held in English.
BEFORE THE COURSE	Solo Ice-dance rules for season 2026-27 will be sent to all registered participants. Please work on those and prepare your questions.
TO BRING WITH YOU	COACHES: Your skates Your notepad The latest ISU Solo Dance Rules Your questions ATHLETES: On-ice and off-ice training stuffs / belongings Off-ice warm-up Equipment (skipping rope, etc.) Rhythm / Free Dance Music on your Smartphone
Organizing Manager	Roland Mäder (E-mail: icedance@swissiceskating.ch)

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REGISTRATION

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

COACHES:

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

Deadline of registration and payment: August 2nd, 2026

ATHLETES:

The registration cost is **100 CHF per athlete.**

Deadline of registration and payment: August 2nd, 2026

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, 23.08.2026, Langnau.

RESPONSABILITY

The course organizer accepts no liability in case of illness or accident. No refunds will be given for partial or complete absence from the course.

All participants are responsible for their own equipment; any liability on the part of the course organizer, the ice rink, or the Langnau club is excluded.

Registration is only valid after payment of the participation fee. Proof of payment must be included with the registration to icedance@swissiceskating.ch.

SWISS ICE SKATING

Roland Mäder
Head of the Swiss Ice Skating
Ice & Solo Dance Commission