



15.08.-22.08.2010



2nd ISU Development Workshop Kapfenberg
Project no.: 10-18



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2nd ISU Development Workshop Kapfenberg
Single and Pair skating

ISU Member Austrian Figure Skating Association
Prinz Eugen Strasse 12
1040 Wien
Austria





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International Development Figure Skating training camp especially for Debs, Novices and Juniors in Single and Pair Skating

GENERAL INFORMATION

ISU Member Austrian Figure Skating Association
Prinz Eugen Strasse 12
A-1040 Wien
off-ice@ekl-austria.at

Place of the Workshop Sportzentrum Kapfenberg
Johann Brandlgasse 23
A- 8605 Kapfenberg

Hotel Sporthotel Kapfenberg
Johann Brandl Gasse 25
A-8605 Kapfenberg

Arrival 16:00 August 15th, 2010
1st Training session: 17:00, August 15th, Off ice
Final Competition: August, 21st, 2010
Departure August 22nd, 2010

Workshop Fee: € 370 including Full Pension at Sporthotel Kapfenberg

Entry Fee Competition: € 30

Deadline of entry: August 2nd, 2010 according to attached Entry form

The sport complex Kapfenberg provides several facilities: soccer- and athletics stadion, outdoor and indoor swimming pools and the ice rink (60m x 30m) is indoor with artificial ice surface and connected with the Hotel. Behind the outdoor pool area there is the gymnasium. All sport facilities are in walking distance from the hotel.

Training sessions on- and off-ice

On ice:

Skating Skills, Technique, Level upgrade
Final Summer competition (Saturday, August 21st, 2010)

Off ice:

Warm up, Stretching, Dance/Aerobics, Swimming,
Athletic Training, Pilates, Relaxation Methods
Anti-Doping Seminar
Coaches´ Seminar

Coaches

Viola Striegler and Stefan Lindemann (Support Coaches from Germany)
Claudia Houdek, Jana Huebler, Uwe Kagelmann, Oliver Pekar, Eva Sonnleitner
Off ice: Elisabeth Braeuer, Birgit Nasheim





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1. Description of the Workshop

Objectives of this training camp, the Workshop in Kapfenberg, Austria, are on one hand to develop and deepen Figure skating skills especially for the young skaters and on the other hand to give them professional support for training with international coaches and fellow skaters. Especially Debs, Novices and Juniors in the category single skating, pair skating as well as Ice dance are invited with a contribution of at least 3 nations.

In detail, the aims are to give the skaters the possibility to train with high potential coaches in order to improve their skating skills, optimize their Levels of Difficulty, Grade of Execution and Values of Figure Skating Elements. To work on the 4 Phases of jumps will be another technical aspect.

The improvement of Levels will be the main concern as well as working on their existing programs in this regard.

Furthermore, exchanging with other skaters is another important objective.

At the end of the Workshop there will be a Final Summer Competition which aims to give skaters opportunity to show one of their programs and therefore achieve feedback from a judge's point of view.

2. Description of the expected results of the Workshop

Basically, there should be improvements of Skating Skills, Grade of Executions (GOEs), Levels of Difficulty and Values of Figure Skating Elements.

Results in the category Debs: Improvement of Skating Skills, GOEs, Levels of Difficulty.

Measurement Debs: Programs at the beginning and at the end of the training camp regarding Levels.

Result in the category Novices: Improvement of Levels, Skating Skills, GOEs, and Values of Figure Skating Elements.

Measurement Novices: Values and Levels achieved at the end in comparison to the beginning of the training camp, Programs with higher Levels.

Result in the category Juniors: Improvement of Levels, Skating Skills, GOEs, Values of Figure Skating Elements, and Presentation

Measurement Juniors: Values and Levels achieved at the end in comparison to the beginning of the training camp, Programs with higher Levels, higher potential of Presentation skills

3. Timeline of the Workshop

The period of the Workshop is:

August 15th, 2010 until August 22nd, 2010.

Arrival is on Sunday, August 15th at 4pm, starting with the first training session off ice on August 15th, at 5pm. The 1st training session on ice will begin on Monday morning with a first evaluation of the status quo of the different groups. Every day there will be training on- and off-ice.





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On ice we will work on:

- Skating skills
- Technique
- Levels

The Final Summer Competition will be held on Saturday afternoon, August 21st. It will give the skaters the opportunity to show their programs, either their short or free program.

On Sunday, August 22nd, the skaters will get a feedback to their shown programs as well as the evaluation and proposals for improvements.

5. Resources of the Workshop

Two support coaches from abroad will take part at this Workshop: Viola Striegler and Stefan Lindemann from Germany.

In addition there will be 4 coaches with home base in Austria with different backgrounds, all of a very high potential regarding figure skating skills (Jana Huebler, Oliver Pekar: Ice dance, Uwe Kagelmann: single and pairs).

There will be two additional Workshop coaches and Technical Specialists (Eva Sonnleitner and Claudia Houdek: single skating) plus one Sportmanager (Elisabeth Braeuer) responsible for organization and administration. Off ice coaches: Birgit Nasheim and Elisabeth Braeuer.

6. Evaluation of the Workshop

At the beginning of the training camp there will be a level classification for every skater, written down by one of the coaches or by a supervisor. Every coach/supervisor evaluates the status quo of a group of skaters, which will be based on the current programs of the skaters.

Following the 6 day training sessions the evaluation of levels achieved in the skater's programs will take place on the last day.

As a result, there should be improvements in the levels of difficulty as well as in their grade of executions (GOEs) in comparison to the beginning of the training camp.

The skaters will benefit from the opportunity to compete in the Final Summer Competition at the end of the Workshop. This is seen as an evaluation and prepares them for the upcoming season.

