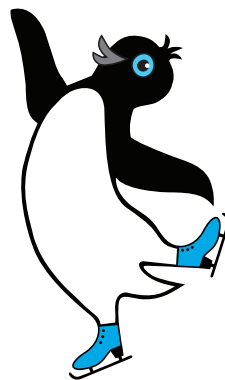


Alan's

figure skating camp



We are pleased to invite you to the summer camp in Příbram 2020

Our camp is offered on a weekly basis:

Week 25: 15/6 – 20/6/2020	<i>The camp starts on Sundays with information meeting at the ice rink at 7:30 pm.</i>
Week 26: 22/6 – 27/6/2020	
Week 27: 29/6 – 4/7/2020	<i>First practice day is on Mondays, the last day of the camp week is on Saturdays.</i>
Week 28: 6/7 – 11/7/2020	

**The camp week (6 days)
includes a package of the following services:**

1. Ice skating lessons
2. Off-ice lessons
3. Accommodation
4. Half board (breakfast, lunch)

Extra services available (extra charged):

1. Choreography
2. Private lessons
3. Editing music for skating programs
4. Skating costumes, designing and sewing + skating shop
5. Skates sharpening
6. Transport (Prague airport – Příbram/ there and back)

TRAINING PROGRAM

For juvenile, novice, junior, senior skaters includes:

Ice lessons: 16 lessons per week

3 ice lessons – Monday, Tuesday, Thursday, Friday

2 ice lessons – Wednesday, Saturday

Off-ice lessons:

5 lessons per week (dance, strength, stretching) – Monday to Friday

For adult skaters includes:

Ice lessons: 16 lessons per week

3 ice lessons – Monday, Tuesday, Thursday, Friday

2 ice lessons – Wednesday, Saturday

A.Option – No off-ice lessons

B.Option – Including off -ice lessons:

5 lessons per week (dance, strength, stretching) – Monday to Friday

GENERAL INFO

ACCOMMODATION

- A. Accommodation at the Ice rink (triple rooms)
- B. Hotel Belvedere *** (400 m from the ice rink, double and triple rooms)
- C. Penzion Time Cafe (1,7 km from the ice rink, spacious suites, with extra fee)

For more detailed information about coaches see our websites alanskatingcamp.com

FOOD

Half board (breakfast, lunch)

Please, indicate in the registration form if you are in need of special diet or you have any allergy.

COACHES

Alan Spiegl (Czech Republic/Sweden), head coach/camp leader

Veronica Vrtelova (Czech Republic/Norway)

Nella Simaova (Czech Republic)

Ivan Kralik (Denmark)

Pavel Aubrecht (Australia)

Eva Mazgutova-Hruzova (Czech Republic)

Marcus Björk (Sweden)

Marie Lassinantti (Sweden)

Olga Beständigova (Slovakia)

Ivana Reitmayerova (Slovakia/Norway)

Miroslava Hajkova (Czech Republic)

Jana Hübler (Austria)

Beatrice Hargefeldt (Sweden)

Theresa Kensert (Sweden)

For more
detailed information
about coaches
see our websites
alanskatingcamp.com

**If you are interested in the camp, please email us
and we will send you more information including the prices in return**

Sincerely,
Alan and Vera Spiegl

Mobil to Sweden until end of March 2020: 0046-700 358 421
Mobil to Czech Republic from April 2020: 00420-732 413 290
Land line home phone: 00420-566 547 281



**More information on our website: <http://www.alanskatingcamp.com>
Or on the Facebook: <https://www.facebook.com/AlansskatingCamp>**