

# Alan's figure skating camp



## We are pleased to invite you to the summer camp in Příbram 2021

Our camp is offered on a weekly basis:

**Week 25:** 21/6 – 26/6/2021

*The camp starts on Sundays  
with information meeting*

**Week 26:** 28/6 – 3/7/2021

*at the ice rink at 7:00 pm.*

**Week 27:** 5/7 – 10/7/2021

*First practice day is on Mondays,  
the last day of the camp week*

**Week 28:** 12/7 – 17/7/2021

*is on Saturdays.*

**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)
- D. Hotel Jurkos (1,4 km from the ice rink, luxurious hotel with extra fee)

## 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)

**Ondrej Spiegl** (Czech Republic/Sweden)

**Moa Lindgren** (Sweden)

**Pavel Aubrecht** (Australia)

**Eva Hruzova** (Czech Republic)

**Miroslava Hajkova** (Czech Republic)

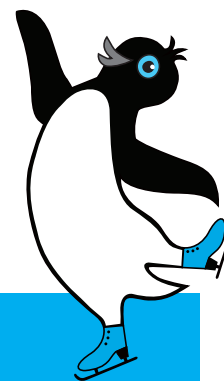
**Theresa Kensert** (Sweden)

For more  
detailed information  
about coaches  
see our websites  
[alanskatingcamp.com](http://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 2021: 0046-700 358 421  
Mobil to Czech Republic from April 2021: 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>**