

***3 Weeks Coaching
Ice Dance and Figure Skating
Thursday 21/01 – Wednesday 10/02
Seefeld – Austria - 2021***



Olympia Sport
Klosterstrasse 600
6100 Seefeld
Austria



Organisation
Skate Academy Online

Coaches
Sylvia Verschraege
Mathias Timmermans

Bank : ING BELGIUM

Account holder :
Sylvia Verschraege
24 Chemin De Mission
F – 08600 CHOOZ

IBAN : BE38 3775 1793 5072
BIC BBRUBEBB

Everyday lessons - 10am till 4pm

Private lessons available as well as small group lessons

Early morning group lessons – 8.30 till 10am

Depending on registrations, minimum 5 and maximum 30 skaters

All detailed information available upon request per email to
skate-academy-online@net-c.com

Who will be your coaches on this course ?

Head coach - Sylvia Verschraege

Professional sports teacher and coach, specialized in movement analysis, with an 18 years classical ballet background, she's now coaching only adults, mainly dancers.

During a 25 years brilliant career in shipping and logistics (1983 – 2008), she decided in 2000 to turn back to her passion : Ice Skating and Dance.

As a child she competed in Belgium in figure skating (1967-1968), coached by Georges Henrotte. At that time, she also spent a lot of time to practice in Switzerland, in Davos. At the age of 18 she started Ice Dance. Later she competed with Adults in Dunkerque/F (2001-2002).

In her own words, she had the happiest moments of her coaching career with youth when teaching her son Mathias towards international Ice Dance competitions.

Inspired by Jimmy Young she's Gold test medallist Ice Dance as well in Belgium (with Corey Lapaige) as in UK (with Jason Blomfield).

Sylvia is the founder of the Skate Academy Online, which is an innovating concept of online coaching figure skating, ice dance and also inline figure skating.

Sylvia can fluently coach you in 4 languages (French, English, Dutch and German)

Assistant coach - Mathias Timmermans (when enough registrations on the courses)

Former non-competitive free skater and former international Ice Dance competitor, Mathias has been a lot in the UK to be coached by Helen Prior, he also spent several months in the USA on intensive practice.

During his first years of skating, he became Bronze test medallist figure (free) skating in Belgium.

In Ice Dance he is Silver test medallist in Belgium, Pre-Gold in the Netherlands, and Gold in the UK (skated in tests with Sylvia Verschraege and Helen Prior).

Mathias can fluently coach you in 3 languages (French, English and Dutch)

Organization of the courses and/or private lessons

You have the choice between 4 different packages

- Package nr 1 : Only private lessons on public ice (not crowded)
 - Option 1 : 1 week with 4 lessons, 2 weeks with 7 lessons or 3 weeks with 11 lessons
Every other day you'll get a 30min or 1h lesson
 - Option 2 : 1 week with 7 lessons
Every day you'll get a 30min or 1h or 1h30 lesson
- Package nr 2 : Early morning group course of 90min on private ice, no ice fee requested.
- Package nr 3A : Combined package
 - * package nr 2 + daily 30min private lesson
 - * discount on package nr 2
 - * free access to the ice all day long
- Package nr 3B : Combined package
 - * package nr 2 + your choice package nr 1 (option 1 or 2)
 - * discount on package nr 2
 - * free access to the ice all day long

For all packages, you have the possibility to book 2 or 3 weeks if you would like to.

For any possible combination, the longer and/or the more you book, the more you'll get a discount.

PACKAGE NR 1 : PRIVATE LESSONS ONLY – SINGLE UNITS, OR EVERY OTHER DAY, OR DAILY Depending on your choice

Number of weeks / Lesson time	½ h per day	1h per day	1h30 per day	2h per day	Additional fee to access the ice
Price per single unit **	35 €	60 €	NA	NA	7 € / day
Price for 1 week (4 days)*	120 €	205 €	NA	NA	16 €
Price for 1 week (7 days)	210 €	355 €	505 €	NA	28 €
Price for 2 weeks (7 days)*	210 €	370 €	520 €	NA	28 €
Price for 2 weeks (14 days)	420 €	640 €	910 €	1070€	56 €
Price for 3 weeks (11 days)*	330 €	525 €	740 €	865€	44 €
Price for 3 weeks (21 days)	630 €	905 €	1 290 €	1 520 €	84 €

NA = not available

(*) = every other day

– 1 week = Thu, Sat, Mon, Wed

or Thu, Fri, Sun, Tue

or Fri, Sun, Tue, Wed

– 2 weeks = Thu, Sat, Mon, Wed, Fri, Sun, Tue

or Fri, Sun, Tue, Thu, Sat, Mon, Wed

– 3 weeks = every other day, starting on Thu of the 1st week

(**) = access to the ice not included

PACKAGE NR 2 : GROUP COURSES ONLY (DAILY 90 MINUTES)

REGISTERED SKATERS	PRICE PER SKATER PER DAY (PART-TIME COURSE)						PRICE PER SKATER PER WEEK (FULL-TIME COURSE - 7 DAYS)
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	
MINIMUM 5	55	100	145	180	210	240	250 (= 36€/day)
6 TO 10	30	50	70	90	105	120	125 (= 18€/day)
11 TO 15	20	35	50	60	71	80	85 (= 12€/day)
16 TO 20	15	30	40	50	55	60	65 (= 9€/day)
21 TO 30	10	20	30	35	40	45	50 (= 7€/day)

The price for each week will be calculated separately, depending on how many skaters will be attending. When 2 or 3 weeks are booked, the 2 prices will be put together.

Discount on package nr 2 when several weeks

2 weeks : 10% on the total price

3 weeks : 15% on the total price

PACKAGE NR 3A : COMBINED PACKAGE (option A) :

- Each day 90min group course (package nr 2)
- 30min individual practice with coach
- Discount on package nr 2 (+/- 10%)
- Free access to the rink (upon presentation of the special course pass)

REGISTERED SKATERS	PRICE PER SKATER PER WEEK group lessons (7 days)	PRICE PER SKATER PER WEEK 30 minutes private lesson per day (7 days)	TOTAL PRICE PACKAGE PER WEEK
MINIMUM 5	225 (= 32,00 €/day)	140 € (special price on lessons when combined package : 20 € / 30minutes)	365 €
6 TO 10	115 (= 16,50 €/day)		255 €
11 TO 15	75 (= 10,70 €/day)		215 €
16 TO 20	60 (= 8,50 €/day)		200 €
21 TO 30	45 (= 6,40 €/day)		185 €

Discount on package nr 3 when several weeks

2 weeks : 10%

3 weeks : 15%

PACKAGE NR 3B : COMBINED PACKAGE (option B) :

- Each day 90min group course (package nr 2)
- Your own choice of package nr 1
- Discount on package nr 1 and 2 (+/- 10%)
- Free access to the rink (upon presentation of the special course pass)

Registration (Closing date : 15/11/2020)

Please complete the attached registration form and email it to skate-academy-online@net-c.com

Registration will be official only upon receipt of your pre-payment

Payment : How much will you have to pay and when ?

You'll pay in 2 parts

- Part 1 : prepayment to be registered and accepted on the courses (for any chosen package)
 - Package 1 : 50% of the total
 - Package 2 : 125€
 - Package 3A : 255€
 - Package 3B : 50% of package 1 + 125 €
- Part 2 : remaining amount
 - in advance as soon as communicated per email by the organizer
 - during AND latest before the end of the course
 - via Paypal or bank transfer, only if not known in advance
 - at the end of the course, in cash, only if not known in advance
 - Package 1 : the remaining 50% of the total and the related ice fee
 - Package 2 and 3 : the remaining fee will depend on the amount of participants

Payment : How will you pay ?

Payment is possible via

- Paypal (ref sylvia@ice-dance.be)
- Bank transfer
 - to ING BELGIUM
 - Account holder : Sylvia Verschraege, 24 Chemin de Mission, 08600 Chooz, France
 - IBAN BE38 3775 1793 5072, BIC BBRUBEBB.

Charges are depending on your country, please ensure that you pay these along with your registration.

General Organization

1/ Rink

- The rink is full size (60*30), square (no round corners) and is outdoors
- The changing room is heated, there are toilets, lockers are also available (for free, but you'll need a 1€ or 2€ coin to be able to close them). Skates can be left each day in the locker.

2/ Be on time on the ice

- All skaters are expected to be ready on the ice by the time the group course and/or the private lessons start.
- If any skater would not be on time on the ice for a private lesson, for any possible reason, the slot for his/her private lesson will be lost unless there would still be some slot(s) available later on the day or during the week.

3/ Music

- The early morning group course will be held with exercise music and/or dance music.
- During private lessons or individual free practice time dance music could be played upon special request.

4/ Private lessons

- Additionally, to your chosen (booked) package, private lessons can be booked using the attached Registration Form and paid for, in cash each day after the lesson.

5/ Timetable and coaches for private lessons

- The timetable for lessons will be decided by the organiser and will be sent per email to each participant during the very 1st week of 2021.
- In case of overbooking, the number of extra lessons requested by the skaters maybe reduced, but this will be communicated by email.
- If a coach is overbooked, some lessons can be overbooked to the other coach
- If a coach is not fully booked, extra lessons can be booked and paid for during the week.

Accommodation

You can find all necessary information about hotels and accommodation on the local website

<https://www.seefeld.com/en/hotel-tyrol/hotel-search-and-book#/>

You can also look for accommodation on www.booking.com and on www.airbnb.com

You could also get in touch with the local touristic office

Informationsbüro Seefeld, Bahnhofplatz 115, 6100 Seefeld

Tel. +43 50880 or email info@seefeld.com

Travel

Seefeld is situated at 22km from the airport of Innsbrück. From there you can take a taxi for about 50€

There is a railway station in the centre of the city.

You can access to Seefeld by car, the access to motorway E60/A12 is at 15 km.

Video

All participants are permitted to film and take photographs provided that it does not interfere with the lessons.

By accepting the terms and conditions of the course, the participant agrees to the taking of photographs/videos which may later be published on the internet. Participants will not claim image rights or image property for any possible reason.

If participants do not agree, they should tell the organizer who will not publish those particular images. Please note that the videos made by the organizer (and the coaches) from the course might be used later for didactic purposes.

Terms and Conditions

- Cancellation

For Cancellations before the 1 October 2020, 50% of the pre-payment will be deducted from the refund.

For cancellations between 1 October and closing date (15 November 2020), 75% of the pre-payment will be deducted from the refund.

There will be no refund for cancellations after closing date or if a participant would leave the course before the last day.

Any refunds for cancellation will be made latest 2 weeks after the end of the course.

If the course is cancelled by the organizer, each registered participant will receive a full refund of their payment.

The organizer will not refund travel, hotel or any other costs involved.

- Weather

The rink being outdoors, you may not forget that it could be cold as well as warm when very sunny, you'll need appropriate clothing.

It could also snow (or sometimes rain 😞), which does not mean you would not be able to skate.

The courses and lessons will be anyhow maintained unless the direction of the rink would decide to close the rink. Only in such a case, you would get a refund of the corresponding fee for that day (course or lesson)

- Responsibility

Each participant skates at his/her own risk, the organizer nor the ice rink offer insurance.

The organizer/coaches, the ice rink management and the employees cannot be held responsible for any damage or accident nor any losses or stolen belongings as well as the consequences of such occurrences.

* Subject to last minute changes decided by the organizer.

**It is recommended to take out insurance to cover cancellation costs as well as injuries.
Organizer will only refund registration fee in case of cancellation.**

Ice Dance and Figure Skating

Thursday 21/01 – Wednesday 10/02

Seefeld – Austria - 2021

Registration Form

Please send your form completed to skate-academy-online@net-c.com

I, undersigned would like to register for THE COURSE IN SEEFELD as follows :

MAKE YOUR CHOICE (*)				INDICATE YOUR CHOSEN PACKAGE (*)				TOTAL PRICE TO PAY
WEEK 1	Thu 21/01 till Wed 27/01			Package 1	Package 2	Package 3		
WEEK 2	Thu 28/02 till Wed 03/02			Package 1	Package 2	Package 3		
WEEK 3	Thu 04/02 till Wed 10/02			Package 1	Package 2	Package 3		
WEEK 1+2	Thu 21/01 till Wed 03/02			Package 1	Package 2	Package 3		
WEEK 2+3	Thu 28/02 till Wed 10/02			Package 1	Package 2	Package 3		
WEEK 1+2+3	Thu 21/01 till Wed 10/02			Package 1	Package 2	Package 3		

(*) specify your choice

Name skater _____

Date of birth _____

Name parent if skater is not 18 _____

Address _____

Mobile Phone _____

Email _____

Date and Signature _____

