



International Figure Skating Camp Winter 2020

Ørestad Figure Skating Club is pleased to invite you to participate in an intensive figure skating camp with a strong team of professional and certified coaches from Russia and Latvia – Alexander Ryabinin and his team from the International Figure Skating School.

The camp is for children of all ages and skill levels. The camp will be held in **Copenhagen, Ørestad, February 10-14, 2020** and is limited to 40 participants, ensuring an individual approach and effective training to each participant.



COACHES

Alexander Ryabinin

Certified coach from St.Peterburg. Master of Sports in the figure skating. Student of the Honored Coach of Russia Z.A. Ryabinina. Jump specialist.

Ieva Gaile

Latvian figure skating coach. Latvian silver medalist in 2015, and a three-time Latvian junior silver medalist (2012-2014).

Kristine Gaile

Latvian figure skating coach. Twice Latvian junior bronze medalist (2012-2014).

Patricija Zemniece

Latvian figure skating coach. Younger age skaters specialist.



INTERNATIONAL
FIGURE SKATING
SCHOOL

Date & time	February 10-14, 2020 Mon-Fri 8.30 am – 4 pm (5 days)
Daily Training sessions	2 x 60 min. on-ice training 2 x 60 min. off-ice training
Camp fee	2.500 DKK (€ 340) including breakfast and lunch all days

Additional training sessions will be possible to book during the camp at additional charge:

- Extra on-ice training
- Training sessions with the Alexei Mishin's vestibular training system
- Jump training with harness

Applications should be submitted on www.oesk-kbh.dk and are accepted on a first come first served basis. The camp fee is due in two installments. Payment of 1.000 DKK is due 5 days after application to confirm your place in the camp. Payment instructions will be sent upon receipt of your application. The second payment of 1.500 DKK is due by February 7. The camp fee is non-refundable.

Training will be conducted in English, Latvian and Russian. The coaches have great experience working with children of all ages and skill levels – from beginners to high-level athletes – and with children whose native language is other than the languages of the coach team. Danish, Swedish, Russian and English speaking representatives will be in the skating hall during the camp.

Organizer / Camp Venue	Ørestad Skøjteklub Hannemanns Allé 14A DK - 2300 Copenhagen
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For more information, please contact	Henrich Dahlgren formand@oesk-kbh.dk
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For general information see also
www.oesk-kbh.dk ryabinincamps.com/en/