

INVITATION LETTER

SYNCHRONIZED SKATING

Synchronized Skating Development Training Seminar for Novice Age Skaters and their Coaches

With the support of the ISU Development Commission, the French Skating Union is organizing an International Synchronized Skating Development Training Seminar for Coaches and Team participants of Novice age and level in:

June 12 – 15, 2020

**Ice Rink Serge CHARLES, 13 Rue du Molinel,
59290 WASQUEHAL (Lille), FRANCE**



The aim of the Seminar is the development of Synchronized Skating Coaches and the participants of their Teams to a higher technical level. Top, world-class Coaches will moderate the Seminar. Daily off-ice classes will include theory, GOE and IJS requirements, planning, music lectures, Connection, unison, Theatre-mime-expression and movement to music.

The Professional Team for the Seminar:

Coach Moderator	Ms. Marilyn LANGLOIS
Ice dance moderator	Ms. Catherine PAPADAKIS
Pair skating Moderator:	Mr. Medhi BOUZINE
Program Evaluation ISU	OA ISU Members
Off-ice Instructors:	
Theater-Interpretation:	Nicolas BAZIN
Unison/Connection/Flexibility:	Ms. Catherine PAPADAKIS

This Synchronized Skating Seminar is intended for Novice aged participants of a Team with the following age requirements:

A member of a Team is eligible for participation if they have:

- reached the age of 10 but not the age of 15 by July 1st preceding the Seminar, which corresponds to the ISU Novice age restrictions.



Each ISU Member may enter a **“Team” of 2 to 4 Skaters maximum and 1 Coach** to the Seminar. In case there are too many entries, the organizers will reduce the number using primarily the age criteria and/or the region as a limitation.

The Seminar is also open to Coaches willing to attend without Skaters.

Details will be provided to the individuals concerned upon application.

Expenses

The financial responsibility for the Seminar is as follows:

- a) The living expenses (room and meal) for the accepted Skaters (a maximum of 4 Skaters per team) and Coaches will be borne by the organizer for the period from:

Dinner on Friday, June 12th, to the lunch on Monday, June 15th, 2020.

Hôtel Ibis Style Lille Marcq-en –Barœul

Parc Europe, 340 bis Avenue de la Marne, 59700 Marcq-en-Barœul



- b) ISU Members and all participants will be responsible for the travel expenses to and from the ice rink in Wasquehal.
- Participants should manage to arrive on June 12th by 14:00 (2 p.m.) in time for the prearranged transportation and leave on June 15th by 16:00 (4 p.m.) 2020.
 - The opening of the Seminar will start on June 12th at 14.00 (2 p.m.)

A. General

In order to provide adequate quality in the Seminar and to be fair to others waiting for participation, capacity is limited to fifty **(50) Skaters**, but there will be a waiting list for those who cannot be accepted in the first run.

Please be considerate with the timing of cancellations to give your athlete friends the chance to participate.

- Applications must arrive from the ISU Members in order to be considered.
- Cancellation policy:
All the facilities, including the Hotel, have to be booked and paid, for the accepted participants (Coaches and Skaters) one (1) month in advance. Regretfully, we cannot accept any cancellations after the deadline.

Cancellation deadline is: Friday, May 11th, 2020

The organizer shall forward the related cancellation fees/costs to the respective ISU Members (80% of the accommodation of the person(s) concerned).

- Only those interested in learning or who are planning to form a Synchronized Skating team should apply for potential Team Members and future Synchronized Skating Coaches to attend the Seminar.
- Accepted participants (Coaches and Skaters) must participate from the beginning to the end of the Seminar unless they receive permission prior to acceptance to do otherwise.
- Skaters must participate together with their announced Coaches. Should an announced Coach unexpectedly be unable to attend, after receiving permission from the Head Coach, Ms. Catherine GLAISE, participating Skaters must be accompanied by a chaperone.



- At the end of the day at the hotel and until the breakfast, coaches will be responsible of their own skaters.
- All participants must have Medical Insurance and have their valid Insurance Card with them to attend the Seminar.
- As this ISU Development Training Seminar is organized to provide help and offer a quality learning experience to Coaches and their Skaters, sending a “non-skating” person as a Coach is not appropriate.
- You will find a provisional schedule below (This schedule is subject to change)
- There will be a participation fee of EURO 450 per accepted and participating Team (**2-4 skaters with one coach**) should be paid before May 11th 2020.
- A participation fee of EURO 350 per accepted and participating **coach without skaters** should be paid before May 11th 2020.
- **Transfer to FFSG:**
 - ⇒ IBAN: FR76 1751 5900 0008 0871 0643 029
 - ⇒ BIC: CEPAFRPP751
 - ⇒ **Please indicate “Training Seminar Synchronized Skating Wasquehal**
- A confirmation will be notified to the participants upon receipt of the payment

Language

The Seminars will be conducted in English.

Applications

Applications for the Seminar together with the completed forms (Skaters and Coaches) should be forwarded no later than **Thursday, March 15th, 2020** to **Ms. Catherine GLAISE** and **Ms. Amélie GENDRE** from **French Skating Union**.

See contact details below:

Ms. Catherine GLAISE FFSG
E-mail: cglaise@ffsg.org

Amélie GENDRE: CSNPAS
E-mail: ameliezz@hotmail.fr

Members will be notified of the acceptance of their application, together with other details by Ms. Catherine Glaise and Amélie GENDRE, through the French Skating Union as soon as possible after the deadline for applications.



PROVISIONAL SCHEDULE			
ISU Synchronized Skating development training Seminar Novice age skaters and their coaches			
Friday 12 th June 2020			
Time	Group 1 Skaters	Group 2 Skaters	Groups 1A and 1B Coaches
10.00-2.00 pm	Arrivals		
2.00-3.00 pm	Opening of the Seminar in ice rink		
3.30-4.30 pm	Team building	Assisted jumps	Spin All coaches
4.45-5.45 pm	Assisted jumps	Team building	Pair spin All coaches
6.00-7.00 pm	Workshop on turns	Pair element	On the ice or off the ice with skaters
7.00-8.00 pm	Pair element	Workshop on turns	On the ice or off the ice with skaters
8.30- 9.30 pm	Dinner		
Saturday 13th June 2020			
Time	Group 1	Group 2	Group 1A and 2A Coaches
7.00-7.30 am	Breakfast		
8.00-9.00 am	Warm up on ice exercises	Warm up off the ice	VIP Room: Technical Score Group 2A On the ice Group 1A
9.15-10.15 am	Warm up off the ice	Warm up on ice exercises	VIP Room: Technical Score Group 1A On the ice Group 2A
10.30-11.30 am	Skating skills	Unison - connection	VIP Room: Components Group 2A On the ice Group 1A
11.45-12.45 pm	Unison - connection	Lunch	Lunch Group 2A Components Group 1A
1.00-2.00 pm	Lunch	Skating skills	Lunch Group 1A On the ice Group 2A
2.00-3.00 pm	Basics turns	Theater	On the ice Group 1A
3.30-5.30 pm	Break for skaters		Well balanced program and strategy All coaches with moderators
6.00-7.00 pm	Theater	Basics turns	
7.30-8.30 pm	Dinner		
8.30-9.15 pm			Feedback Coaches-moderators
Sunday 14th June 2020			
Time	Group 1	Group 2	Groups 1A and 2A Coaches
7.00-7.30 am	Breakfast		
8.00-9.00 am	Workshop on turns	Basic turns	Collective management Group 2A
9.15-10.15 am	Difficulty turns	Workshop on turns	Collective management Group 1A
10.30-11.30 am	Theatre	Intersections	Feedback coaches
11.45-12.45 pm	Intersections	Lunch	Lunch Group 1A On the ice Group 2A
1.00-2.00 pm	Lunch	Twizzles	Lunch Group 2A On the ice Group 1A
2.00-3.00 pm	Twizzles	Theater	
3.30-5.30 pm	Break for skaters		Collective management all coaches
6.00-7.00 pm	Feedback	Feedback	Feedback Coaches-moderators
7.30-8.30 pm	Dinner		



Monday 15th June 2020			
Time	Group 1	Group 2	Groups 1A and 2A Coaches
7.00-8.00 am	Breakfast		
8.30-9.30 am	Flexibility	Dance	Collective Management
9.45-10.45 am	Dance	Flexibility	Collective Management
11.00-12.30 pm	Move Element	Lunch	Lunch
12.45-2.15 pm	Lunch	Move Element	Collective Management
2.45-3.15 pm	THEATRE SHOW		
3.15- 4.00 pm	DEBRIEFING - END OF THE SEMINAR		

