



## SLOVENE SKATING UNION

Celovška 25, 1000 Ljubljana, Slovenija

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E-mail: [drsalna.zveza@siol.net](mailto:drsalna.zveza@siol.net)

and

## SKATING CLUB CELJE

Partizanska 3a, 3000 Celje,

Phone: ++ 386 41 375 800

E-mail: [polona.cmer@yahoo.com](mailto:polona.cmer@yahoo.com)

invites you to

# SKATE CELJE 2021

## COMMON TRAININGS and COACHES SEMINARS

(Celje, November 16<sup>th</sup> and 17<sup>th</sup> 2021)

**Please note:**

**The Organizing Committee reserves the right to cancel the “Skate Celje 2021 - Common trainings and Coaches seminars” if due to the Coronavirus (Covid-19) the decision or recommendation of the national/local Government will not agree to conduct such an event or if the travel restrictions into and out of Slovenia will block the Teams for an unexpected period of time, without compensation. Cancellation of the program is also possible due to insufficient number of registered ISU members or competitors. Notice of cancellation will be published at least 7 days before the start of the program.**

**Program may be changed according to number of entered skaters. We may move the common trainings, if we have less skaters.**

**We will follow the instructions and recommendations from National institut of public health (NIJZ) and the “Guidelines for ISU events during the Covid-19 pandemic”.**

**SLOVENE SKATING UNION and the SKATING CLUB CELJE invites you to the common trainings and coaches seminars in the time of “SKATE CELJE 2021 “.**

### **COMMON TRAININGS AND SEMINARS:**

Common training will be organize for young groups: CHICKS, CUBS and BASIC NOVICES.

#### **Common trainings and seminars for coaches will include:**

- trainings by age groups (Chicks, Cubs and Basic Novices ) in the morning,
- afternoon individual conversations with recognized moderators and
- afternoon seminars for coaches.

Head of organization in name of OC: Anja Bratec Lesjak (Figure skating coach, Degree from physical education, International Technical Specialist)



MESTNA OBČINA CELJE

**Moderators:** Ulla Papp (Figure skating coach and Master of sport science),  
Žan Zupančič (Master of nutrition science),  
Brigita Langerholc (Slovenian olympic athlete , coach) and  
Tamara Dorofejev (Figure skating coach, ISU Technical Specialist).

## PURPOSE

This year purpose is to provide an opportunity for coaches to increase their knowledge in planning and writing strategies for a group of skaters of Basic novice category. To provide them information about sport nutrition and why sport nutrition is important in sport and for competitors. To give them the information about why the correct breathing pattern is important for sportsman The purpose of common training for kids is to check the elements and level from Summer ISU camp. At the Summer camp we will organize the competition for skaters and will write the result in skaters' portfolio. After competition we will have a meeting with coaches where we will present the goals of each individual competitor, which must be achieved by Skate Celje , where we will check them again on common trainings and put the evaluation in their portfolio map and set the new goals till end of the season.

## GOALS

Goals for coaches:

- a) Topic for seminar 1: How to write strategy for basic novices and advance novices competitors? Learn or get the new information how to plan and write the strategies for skaters in Basic novices and Advance novices category. Represent them the form in which they can do it and for sure include all the conditions we have in Europe (how many months without the ice, group lessons, how many kids and coaches on the same hour,...).
- b) Topic for seminar 2: Why sport nutrition is important for sportsmen and what affect does it have? Give to coaches and parents the information about sport nutrition and how sport nutrition affects the abilities and results of a competitor. What is the sport nutrition and what supplements the sportsmen should take? Goals for skaters: to come to ½ on the JGP series competition.
- c) Topic for seminar 3: How does breathing affect on progress of sportsmen? Be aware of the importance of breathing in sports. What is the correct breathing pattern and what are the impact of correct breathing in sport.
- d) Check the set goals on the ISU summer camp and set new goals. We will check the kids and their portfolio map. The goal is that skaters see each other how they are improving, and that they have a motivation for improving and becoming better. We want to rase the level of skating in our south east region.
- d) the goal is to get the skaters to qualify to the World junior championships.

## STRATEGY

We will provide for participants 4 trainings on ice, one in the morning and one in the afternoon. Each group will have one special off ice training. The trainings on the ice and special off ice training will be led by Ulla Papp. She will check the goals if the kids achieved the goals together with technical specialist. She will start to work on preparing or repairing the technic for new elements we want the kids achieved until the end of the season. After the common trainings we will have a meeting with coaches to check if the goals are achieved or not, and if not where can be the reason. We will set the new goals that we will check it through the competition till the end of the season. The coaches will write the portfolio map of each of their skaters. Coaches will have portfolio map and after each action they will send it to us, and we will keep it to have for controlling the improvement of the kids. Portfolio map will have to include strategy (in the form the got it in the Skate Celje seminar), goals, achieved goals, and reason if goals are not achieved, plan of the competition and chart with the result of each competition. We will design the template for the portfolio they will have to use it.

Like last year we will prepare the evaluation survey for each moderator, each activity for coaches and kids. We will include the survey in the common reports together with portfolio maps of each skaters we will observe.

### **ENTERING THE COMMON TRAININGS AND SEMINARS:**

Each participant ( ISU Members or Club) must send to e-mail organizer: [polona.cmer@yahoo.com](mailto:polona.cmer@yahoo.com) the entry for common trainings and seminars not later (deadline for entries) than November 10<sup>th</sup> 2021.

Each participant may enter 2 competitors in each category and 2 coaches.

In case of too many entries, the organizer reserves the right to limit the number of participants. The maximum entries accepted will be approximately 18 in each category.

### **ENTRY FEE FOR COMMON TRAININGS, SEMINARS AND EXPENSES:**

**10 EUR per skater/must be payed by the organizer**

**ORGANIZING COMMITTEE:** The Office of the Organizing Committee will be located on the ice-rink and will be on disposal from Tuesday to Wednesday 16<sup>th</sup> and 17<sup>th</sup>, November in the time common trainings and seminars.

### **OFFICIAL HOTELS:**

**1/ HOTEL FARAON \*\*\***, Ljubljanska c. 39, 3000 Celje. Website: [www.hotel-faraon.s](http://www.hotel-faraon.s). Distance from the ice-rink: 800 m, shuttle transfers will not be provided.

(BB/double bed room/night: 69,00 EUR, lunch/dinner: 15 EUR/person)

**Reservation must be made via email: [polona.cmer@yahoo.com](mailto:polona.cmer@yahoo.com)**

**2/ HOTEL A\*\*\*\***, Mala Piresica 20, 3301 Petrovce, Website: [www.hotel-a.si](http://www.hotel-a.si). Distance from ice-rink: 9 km, shuttle transfers will not be provided.

(BB/double bed room/night: 89,00 EUR, lunch/dinner: 15 EUR/person)

**Reservation must be made via email: [polona.cmer@yahoo.com](mailto:polona.cmer@yahoo.com)**

**Accommodation in Hotel Faron or Hotel A must be payed directly to the Club/organizer.**

### **OTHER HOTELS:**

**3/ HOTEL EVROPA \*\*\*\***, Krekov trg 4, 3000 Celje. Website: [www.hotel-evropa.si](http://www.hotel-evropa.si), E-mail: [info@hotel-evropa.si](mailto:info@hotel-evropa.si). Distance from the ice-rink: 500 m, shuttle transfers will not be provided.

**4/ HOTEL CELEIA\*\*\***, Mariborska c. 3, 3000 Celje. Website: [www.hotel-celeia.si](http://www.hotel-celeia.si), E-mail: [info@hotel-celeia.si](mailto:info@hotel-celeia.si). Distance from the ice-rink: 800 m, shuttle transfers will not be provided.

**5/ HOTEL CELJSKA KOČA \*\*\***, Pečovnik 31, 3000 Celje, Website: [www.celjska-koca.si](http://www.celjska-koca.si): E-mail: [prodaja@celjska-koca.si](mailto:prodaja@celjska-koca.si): Distance from the ice-rink 7 km, shuttle transfers will not be provided.

**6/ THERMANA LASKO\*\*\*\***, Zdraviliska cesta 6, 3270 Lasko, Website: [www.thermana.si](http://www.thermana.si), Email: [info@thermana.si](mailto:info@thermana.si). Distance from the ice-rink: 10 km, shuttle transfers will not provided.

**7/ HOTEL GRANDE\*\*\***, Bezigrajska c.7, 3000 Celje. Website: [www.hotelgrande.si](http://www.hotelgrande.si), E-mail: [hotelgrande.celje@siol.com](mailto:hotelgrande.celje@siol.com). Distance from the ice-rink: 3000 m, shuttle transfers will not be provided.

**8/ MCC HOSTEL** (Youth hostel), Mariborska c. 2, 3000 Celje. Website: [www.mc-celje.si](http://www.mc-celje.si), E-mail: [hostel.vodja@mc-celje.si](mailto:hostel.vodja@mc-celje.si). Distance from the ice-rink: 700 m, shuttle transfers will not be provided.

**9/ YOUTH HOSTEL**, Kosovelova ulica 2, 3000 Celje, Website: [www.dijaski-dom.si](http://www.dijaski-dom.si), Email: [ales.brod@ssgt.si](mailto:ales.brod@ssgt.si). Distance from ice-rink: 400 m, shuttle transfers will not be provided.



**ARRIVAL:** Celje is located at the highway A1/E57. It also has a direct train connection to the neighbor countries (Austria, Croatia, Hungary, Italy). The closest airports are Ljubljana Airport, Graz Airport, Zagreb Airport. Organizer can arrange transportation from Airports to Celje on the cost of participant team.

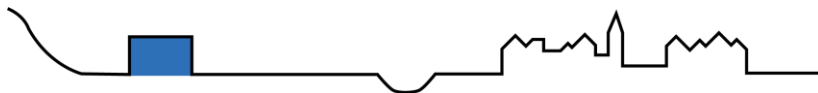
**TRANSFERS:** Each member and club itself regulates the carriage from and to the airport in Slovenia for their own account. Transport from and to the airport may be booked via email [transportskate1@gmail.com](mailto:transportskate1@gmail.com).

Contact person for all further information is Mrs. Polona Čmer, President of Organizing Committee, can be contacted **by phone GSM ++ 386 41 375 800 (also viber, wats up) or E-mail** [polona.cmer@yahoo.com](mailto:polona.cmer@yahoo.com)

**See you in Celje and accept our sincere regards!**

**Polona Čmer**  
**President of OC**





## PRELIMINARY TIMETABLE OF COMMON TRAININGS AND SEMINARS:

### Tuesday, November 16<sup>th</sup>, 2021

- 08:00-09:00 - common training Group I.(Cubs )  
09:00-10:00 - common training Group II.( Chicks)  
10:00-11:00 - common training Group III.(Basic Novice)  
11:00-12:00 - coaches meeting about experience working on ice  
13:45-14:45 - Off ice training Group I. (Cubs)  
15:00-16:00 - individual training Group I.(Cubs )  
16:00-17:00 - individual training Group II.( Chicks)  
17:00-18:00 - individual training Group III.(Basic Novice)  
18:10-19:10 - Off ice training Group III. (Basic Novice)
- 20:00 - seminar for coaches

### Wednesday, November 17<sup>th</sup>, 2021

- 07:00-08:00 - common training Group II.(Chicks)  
08:00-09:00 - common training Group I.( Cubs )  
09:00-10:00 - common training Group III.(Basic Novice)  
10:00-11:00 - coaches meeting about better working on ice  
12:00-12:45 - Off ice training Group II. (Chicks)  
13:00-13:30 - individual training Group II.(Chicks)  
13:30-14:00 - individual training Group I.(Cubs)  
14:00-14:30 - individual training Group III.(Basic Novice)
- 15:00-17:00 - seminar for coaches  
17:00 - coaches opinion about common training and seminars -
- 14:45-17:15 - seminar for coaches  
17:15 - coaches opinion about common training and seminars