

**HUNGARIAN NATIONAL SKATING FEDERATION  
MAGYAR ORSZÁGOS KORCSOLYÁZÓ SZÖVETSÉG**

**H-1143 Budapest Stefánia út 2  
Tel:(36)-1-252 2369 Fax: (36)-1-251 2279  
E-mail: info@hunskate.hu**



Budapest, 9 April, 2014

**TO: Skating Federations**  
**SUBJECT: Invitation to International Figure Skating Training Camp**

Dear Member Federations,

Hungarian National Skating Federation is pleased to inform you that a regional project called International Figure Skating Training Camp is planned to be organized in May 2014.

**Name of the camp: International Figure Skating Training Camp**

**The period and venue of the camps: 1-9 May 2014 - Budapest, Hungary**

Budapest Practice Ice Rink (National Olympic Center): 30m x 60m International Standard Ice Rink. Ballet room and seminar room in the facility.

The goal of the camp is to provide high-level education and training camp for young Figure Skaters (until age 15) of the region. Additional objective of the Camp is to develop the activity of the region and make territorial cooperation more active.

Skaters entered should fulfil the following system of criteria:

- |         |  |
|---------|--|
| GROUP A | Competed in Juniors, Advance Novices, Basic Novice B (Debs)<br>Performed: 2A or triple jump, 2Lz, 2F, 2-2 combo or seq., spin Level3   |
| GROUP B | Basic Novice A, Advanced Novice (Springs), (Born in 2002/2001) Performed: 2Lz, 2F/2Lo, 2-2 combo or seq., 1A, spin Level2  |
| GROUP C | Cubs (born in 2003-2005), Chicks (born in 2005-2006)<br>Performed: 1A, 2 different double jumps, spin Level1<br>(born in 2003-2004) - Performed: 1A; 4 different double jumps, spin Level2 |

In case there are too many entries for the camp, the selection of the Skaters happens in accordance with the above system of criteria.

Contribution of all Skaters to the camp: 40 Euro/day/person  
(this includes participation in all the programs of the camp and full board accommodation in a 4-star hotel, 300 meters far from the Ice Rink)

All Members who has Skater in the camp can enter coaches with the above financial conditions (40 Euro/day/person) for the program.

**Official Hotel:** Danubius Hotel Arena\*\*\*\* (1143 Budapest, Ifjúság útja 1-3.)

**HUNGARIAN NATIONAL SKATING FEDERATION  
MAGYAR ORSZÁGOS KORCSOLYÁZÓ SZÖVETSÉG**

**H-1143 Budapest Stefánia út 2  
Tel:(36)-1-252 2369 Fax: (36)-1-251 2279  
E-mail: info@hunskate.hu**



---

**Moderators and Instructors of the Camp**

Head Moderator	-	Ms. Shanette Folle
Assistant Moderator	-	Mrs. Júlia Górs-Sebestyén
		Ms. Tamara Dorofejev
Technical Specialist	-	Ms. Zsófia Kulcsár
Ballet Master	-	Mr. Tibor Kovács
Strengthening/Off Ice	-	Mr. Sándor Puskás and Mrs. Bianka Juhász

**Program of the camp:**

ON ICE - 2 x 1-1,5 hours per day

The professional on-ice work of the camp will be guided by the Head Moderator, Ms. Folle. The sessions will include edges (for a better understanding of the concept of balance, glide, lean, posture, body positions, so necessary for good “marks” in the 5 Components), strokings, spins, jump, jump combinations, “Moves in the Field” steps, step sequences on various musical skating rhythms.

OFF ICE ACTIVITY - 1 hour per day

- **STRENGTHENING** - Focusing on strengthening with the help several recently used fitness equipment - balance board, BOSU and other challenging movements. This activity has the following structure: Warm up – Agility – Power – Strength – Core – Balance
- **BALLET** - The ballet sessions are fulfilled with live music, a pianist helps the work on site, focussing on changing tempo, recognising the change of dynamics, getting to know musical measurements and the harmony of music in order to have artistic effect and value of the program on ice.

OTHERS

- choreography questions
- consultation with a Technical Specialist
- education on seasonal planning

PRELIMINARY PROGRAM:

- Breakfast
- Off Ice section – Warm-up
- On Ice section
- Off Ice section – Cool down, strengthening
- Lunch
- On Ice section
- Ballet
- Dinner

COACHES' SEMINAR

A seminar for the coaches will be organized, both from the Technical Panel and Judges point of view, to inform both skaters and coaches how they assess their programs, which are the requirements according to the new Special Regulations for Figure Skating.

Please, send your intention of entry on the attached Entry Form until the deadline: 16 April, 2014 to the following e-mail addresses: [info@hunskate.hu](mailto:info@hunskate.hu) and [krisztina.seres@hunskate.hu](mailto:krisztina.seres@hunskate.hu)

In case of any questions please get in touch with the OC on any of the below contacts.

Organizing Committee

---

**Organizing Committee (HNSF):**

**T: +361 252 2369**

**E-mail: [info@hunskate.hu](mailto:info@hunskate.hu)**

**Final Entry Deadline: 16 April, 2014**