

COMMON TRAININGS - INFORMATION

SKATE CELJE 2018 consist the common trainings, seminars and competition associated with European Criterium tournament 2018/19 and competition are under ISU Development Project and in the ISU calendar 2018/19.

OFFICE for all participants is situated in the office of the ice rink. It will be open Tuesday, 20th November 2018 from 7:30 to 11:00 AM.

The skaters warm-up must be before the ice training. The warm-up is the skater's own responsibility. The warm-up can be performed in the Ice Rink Hall or park in front of the hall.

A I./ The first trainings in the morning will be led by the invited coach, *Irina Derbina Korotom*. It is allowed for all the coaches to be on the ice. This training will consist of skating skills and spins. If coaches have any question about the exercises, they can ask invited coach at the end of the training.

A II./ The second trainings in the afternoon will be with own coaches. There will be a possibility to skate the programs on music as well. (We can play music from CD, mobile phones or mp3 players.). Coaches will have a chance to have a short individual consultation about your own skaters with the invited coach *Irina Derbina Karotom* and Technical Specialist (*Anja Bratec Lesjak*) who will be present on the all the afternoon trainings. Please contact her before the training with your requests.

All the groups will have 1 hour of stretching with invited coach *Irina Derbina Korotom*.

A III./ Each day in the afternoon/evening there will be a seminar for coaches. Parents can also join.

There will be two seminars:

B I./ Tuesday, 18.00 -19.30:

Why and how to include pilates into condition preparation of sportsman, *Mirela Anić*, lternational coach and educater with Kinesiology degree.

B II./ 2 Wednesday, 15.00-16.30:

What to do on ice treinings with skaters that don't have so much ice time, *Irina Derbina Karotom*, Figure skating coach and Personal Fitness coach.