

# HOLLAND ICE ACADEMY SEMINAR

20 – 25 January 2020

*The Holland Ice Academy Seminar is an informative and motivational week for coaches and skaters to learn new techniques or train existing ones. The seminar runs daily 09am - 14pm with on and of ice Classes. Each day is different Lesson for the skaters and coaches as well as the opportunity to mingle and interact with participating skaters and Coaches. Daily group Lesson cover.*

## **NEW THIS YEAR**

- *Jump and Spin Technique*
- *Edge, Turn and Artistic Classes*
- *Ballet, Dance, Flexibility and Strength*
- *Off ice Jump class*
- *Lecture series*

*Daily group lessons cover dynamic war-up, jumps, spin and edges while choreography, ballet, flexibility and strength classes are rotated throughout the week to enhance your skaters training, (video recording of the sessions is permitted) Additionally, there is extra ice that you can purchase if your skaters would like to during the extra time, some Holland ice Academy Coaches maybe available for private lessons. For Lessons please contact the Coach **E.Y. SAMSA** Directly.*

## **EARLY SKATERS 275 Euro**

*Before January 1<sup>st</sup>, 2020 (Full payment required prior January 1<sup>st</sup>.)*

## **JANUARY 1<sup>st</sup> 325 Euro**

*Space is Limited and on a 1<sup>st</sup> come server Basis. Full payment is required to hold your spot*

**We look forward to seeing you on Seminar!**

**Holland Ice Academy**

# **Holland Ice Academy Seminar Schedule**

## **20 January Monday 2020**

|               |                 |
|---------------|-----------------|
| 09:00 - 09:30 | Spins           |
| 09:50 - 10:50 | Off ice Warm Up |
| 11:20 - 12:10 | jumps           |
| 13:00 - 14:00 | Artist          |
| 14:30 - 15:00 | Off ice         |
| 15:15 - 15:45 | Lecture         |

## **21 January Tuesday 2020**

|               |                 |
|---------------|-----------------|
| 09:00 - 09:30 | Spins           |
| 09:50 - 10:50 | Off ice Warm Up |
| 11:20 - 12:10 | jumps           |
| 13:00 - 14:00 | Artist          |
| 14:30 - 15:00 | Off ice         |
| 15:15 - 15:45 | Lecture         |

## **22 January Wednesday 2020**

|               |                 |
|---------------|-----------------|
| 09:00 - 09:30 | Spins           |
| 09:50 - 10:50 | Off ice Warm Up |
| 11:20 - 12:10 | jumps           |
| 13:00 - 14:00 | Artist          |
| 14:30 - 15:00 | Off ice         |
| 15:15 - 15:45 | Lecture         |

## **23 January Thursday 2020**

|               |                 |
|---------------|-----------------|
| 09:00 - 09:30 | Spins           |
| 09:50 - 10:50 | Off ice Warm Up |
| 11:20 - 12:10 | jumps           |
| 13:00 - 14:00 | Artist          |
| 14:30 - 15:00 | Off ice         |
| 15:15 - 15:45 | Lecture         |

## **24 January Friday 2020**

|               |                 |
|---------------|-----------------|
| 09:00 - 09:30 | Spins           |
| 09:50 - 10:50 | Off ice Warm Up |
| 11:20 - 12:10 | jumps           |
| 13:00 - 14:00 | Artist          |
| 14:30 - 15:00 | Off ice         |
| 15:15 - 15:45 | Lecture         |

## **25 January Saturday 2020**

|               |                  |
|---------------|------------------|
| 12:30 - 13:30 | Spins            |
| 13:50 - 14:50 | Off ice Warm Up  |
| 16:00 - 17:30 | jumps - Artistic |
| 17:45 - 18:15 | Lecture          |

## ***Holland Ice Academy Seminar Coaches***



**Mikaylov Nikita (RUS)**

- **Head Coach**
- Technical specialist
- Jumps, spins, steps technique
- Choreographer
- Speaks English, Russian



**Lapshin Dmitry (RUS)**

- Coach
- Technical specialist
- Jumps, spins, steps technique
- Choreographer
- Dance Teacher
- Speaks English, Russian,



**Samsa Emre Yunus (TR)**

- Coach and the **Leader of Camp**
- jumps, spins, steps, technique
- Off-ice expert
- Physical Preparation
- Speaks Turkish, English, Romanian, Moldavian,

**Specialty**

- Vestibular Stimulator expert (Electric Spinner)
- Technical Pole Harness Specialist

# REGISTER FORM

## Participant Type

Will you be attending the Seminar as a skater or as an observing coach?

- Skater:
- Coach:

## Skater's Name

First:

Last:

Skater Phone Number:

Send That information [hollandiceacademy@gmail.com](mailto:hollandiceacademy@gmail.com)

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