



International Training Camp Single Skating



***11.07.2022 - 19.07.2022
in Oberstdorf***



International Training Camp

11.07.2022 - 19.07.2022



The Deutsche Eislaufer-Union, National Federation for figure skating in Germany, is hosting an international training camp for its National Team athletes and interested international novice, junior and senior athletes. The training camp is led by our National Head Coach, Robert Dierking.

GOALS

The International Training Camp is held during the pre-competition phase and is designed with the necessary elements for the final off-season and national monitoring preparations in mind. Participating athletes should have well-established their aerobic base and kickstarted their anaerobic training. Be ready to focus on technique, endurance and body/mental awareness.

DATES

11.07.2022 - 19.07.2022

(arrival: 10.07.2022 / 15.07.2022 day off)

TRAINING PROGRAM

On-Ice

21 x 50 min. private / semi-private / group lessons

Off-Ice

3 x 60 min. Essentricks

6 x 20 min. Essentricks / Warm-Up

4 x 60 min. Athletics

4 x 80 min. Dance

TRAINING LOCATION

The ice rink in Oberstdorf is not only the largest figure skating facility in Germany but has also been a National Training Center for German Figure Skating for many years. Since 2020 it is also one of the ISU Centers of Excellence and offers excellent training conditions for national and international skaters. The training center in Oberstdorf is most recognized for the ISU Competition, "NebelhornTrophy" and its regularly hosted ISU seminars. With two 30x60 m heated indoor ice rinks and a ballet room, the ice center in Oberstdorf is more than suitable to host the training camp.





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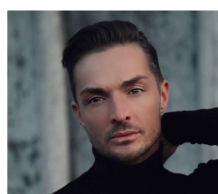


COACHING TEAM



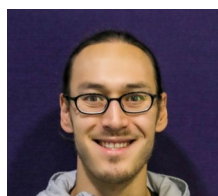
Yuri Bureiko

Yuri Bureiko, former Junior World Silver medalist has a wealth of experience that spans over 40 years. Yuri is an Olympic and World class coach and has coached over 60 national and international competitors.



Adam Solya

Adam Solya is a European, World and Olympic Choreographer in Figure Skating. Loena Hendrickx and Elizaveta Tuktamysheva are among the athletes, Adam Solya works with. He is also a professional dance artist and actor.



Robert Dierking

Robert Dierking is a three-time US Novice champion and became the Seniors National Head Coach in Germany in 2021. He was a founding member of Stéphane Lambiel's Skating School of Switzerland where he worked with numerous world and Olympic athletes.



Anna Dierking

Anna Dierking was a European and World Championship competitor. She later became a founding member and coach at Stéphane Lambiel's Skating School of Switzerland. Anna also holds the highest certification as an Essentrics® instructor.



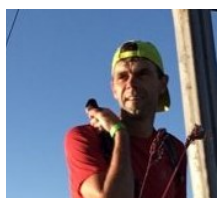
Nicole Brünner

Nicole Brünner is the assistant German National Coach for novice and junior athletes. Nicole has many years of experience in developing young promising athletes up to the national and international level.



Candas Bas

Candas Bas is a dancer, performing artist and certified yoga teacher. She teaches modern dance, ballet and jazz classes and danced in several projects in Germany, Belgium, France and Turkey.



Seppi Neuhauser

Seppi Neuhauser has been working with several athletes of the Germans National Team for many years. Formerly a successful triathlete, Seppi is now specialized in strength and conditioning training.



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ACCOMMODATION

We will provide accommodation in shared 1-4 same gender bedroom apartments. The apartments are located within walking distance to the ice rink and Oberstdorf's city center.



Montana Ferienwohnungen
Trettachstr. 17
87561 Oberstdorf

For further information: <https://www.montana-ferienwohnungen.de/>

MEAL SERVICES

Breakfast will be on an individual basis in the apartments. Lunch and dinner will be served at the Restaurant Zoran which is located in the ice center. Snacks and Drinks will be provided between training sessions. The meal services are included in the camp fee.

MEDICAL SERVICES

There will be limited access to a physiotherapist on a first come first serve basis. All treatments have to be paid on site (approx. 30 € / 30 min).

In case of an emergency our manager will organize a doctors appointment with the local hospital.

CAMP FEE

The camp fee is 1.550 € including coaching fee, accommodations, meal services and has to be paid via bank transfer as soon as the participation is confirmed by us:

Deutsche Eislauf-Union

IBAN: DE58 7002 0270 0015 3830 06

BIC: HYVE DE MM XXX

Reference: Int. Training Camp_ Name

The fee for patch ice is to be paid separately on site to Sportstätten Oberstdorf.



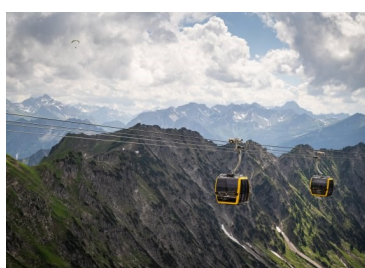
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THINGS TO DO IN OBERSTDORF

Oberstdorf is situated in southern Germany and is the centre of tourism within the region known as „Oberallgäu“. About 10.000 inhabitants live in Oberstdorf, but more than 20.000 beds are available for guests. The pedestrian area in the village might be the biggest one in the world (227.500 square meters). Oberstdorf sits at an altitude of 813 m; the highest neighboring mountain, the „Nebelhorn“, is over 2.200 m and can be reached via the Nebelhorn-Bahn. It´s strongly recommended for the day off!



APPLICATIONS

In order to provide ideal training conditions, the camp is restricted to two training groups with 8-10 skaters each.

Applications will be accepted [online](#) until 18.05.2022

By sending an application, it is understood, that during the entire training camp the DEU declines any liability related to medical incidents (including covid-19). All participants must have medical insurance and have their valid insurance card with them.

Furthermore, it is understood that the DEU declines any liability related to parental custody. The DEU will not provide any supervision of skaters.

CORONA

All necessary precautions will be taken in order to ensure a safe training camp for all. Currently, access to the facility is only possible for individuals who are fully vaccinated or recovered from COVID 19. We will keep all participants informed about the hygiene measures.

QUESTIONS

Should you have any questions, please contact us at linda.gering@eislaufr-union.de or Daniel.wende@eislaufr-union.de

*We´re looking forward to
welcome you in Oberstdorf*