



ISU ICELAB Centre of Excellence presents:

Icelab ISU Centre Of Excellence presents International Development Seminar supported by the ISU Development Program:

“Art of Skating 2024”

The Seminar for will take place on April 06 - 07, 2024, in Icelab ice rink, Via San Bernardino 141, Bergamo (Italy).

The goal of the Seminar is to develop the artistry of figure skating at a young age. It offers Junior & Novice skaters, the opportunity to share the ice with renowned moderators and grow their knowledge about the artistic side of our beautiful sport.



General

The Seminar is designed to deliver education on overall skating skills, choreography, technique, and the art of performing on ice for a total of 34 skaters (Junior and Novice level).

Focus of this Seminar

The Seminar will aim to:

- better understand the connection of the elements with the music and the choreography.
- develop and deepen aspects of skating skills (focus on glide, expressiveness, flow, balance, power, edge control and the vast variety of turns)
- train off-ice with innovative classes including modern ballet and other dancing activities to improve musicality and learn different choreographic processes.
- teach specific exercises to improve the expression of different emotions, interpretation of the music and many more performance skills.

Entries

The number of skaters entered from each ISU Member is limited, and a general guideline has been established of a maximum of 2 skaters per ISU Member.

If there are more entries than places available, places will be allocated by the Organizing Committee.

- The related coaches are welcome to participate to the Seminar with their skaters.
- The Seminar is also open to coaches wishing to attend without skaters involved.
- The Seminar will be conducted in English.
- Skaters and coaches are required to bring their skates and own sportswear needed for the seminar's activities.

Entry fee

Skaters: No fee requested

Coaches: 100€ participation fee

The Entry applications of the skaters should be done by the Members and reach the organizers before Friday, March 8, 2024.

Coaches are welcome to send their entry applications independently by sending an email to the organizing committee, including a copy with the bank transfer of the entry fee, before Friday, March 8, 2024.

Copy of bank transfer payment must be submitted to Icelab on email: icelabCOE@ice-lab.it

Entry application form can be filled here:

<https://forms.gle/Hts5ZZ89N1kdP6LYA>

Information contacts via WhatsApp:

- *Head Coordinator:* Luca Demattè +393479123013
- *Coordinator:* Valentina Bertolini +393471220128

Bank details:

ICELAB SSD Srl

Bank: BANCO BPM – Bergamo (Italy)

N. CONTO 044542

IBAN IT84I0503411121000000044542

SWIFT: BAPPIT21AA1

The entry fee will not be refunded in case of withdrawals for any reason.

Travel & Accommodation

Skaters and coaches will be responsible for all travel expenses, and for the living expenses from beginning till the end of the Seminar.

Here some B&B and Hotels close to the ice rink, feel free to choose whatever suits you better even in different options.

Art &Hotel

Via Santuario, 43
24040 Stezzano (Bergamo)
Phone: +39 035 4379300
Website: <http://www.arthotel.it>
(4 km from Icelab Icerink)

San Sisto Hostel

Via San Sisto 23
24126 Parco Colognola ai Colli - Bergamo
Phone: +39 035 321599
Website: <http://www.sansistohostel.com/>
(Walking distance)

Berg Hotel

Via per Azzano San Paolo 4,
24126, Bergamo
Phone: 035322048
Website: <http://www.hotelbergamoaeroporto.it/>
(1,1 km from Icelab Icerink)

Participants should arrange to arrive on **the morning of Saturday, April 06, 2024**, and depart on the late afternoon of **Sunday, April 07, 2024**.

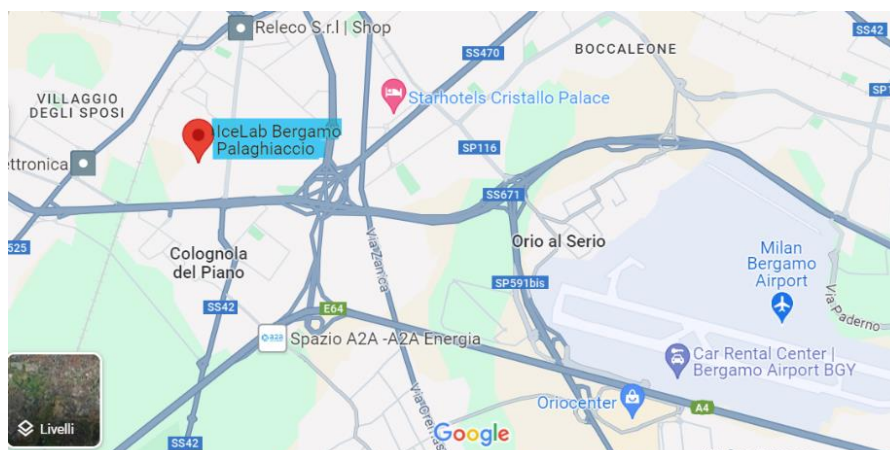
The Organizing Committee will meet the skaters upon arrival at Icelab skating rink in Bergamo.

In order to ensure high-quality and to be fair to others wishing to participate, capacity will be limited to **34 skaters**, but a waiting list will be created (through substitutes skaters) for those who cannot be accepted in the first instance.

Location:

Palaghiaccio Icelab Bergamo
<http://www.ice-lab.it/>

Via S. Bernardino, 141, 24126 Bergamo BG
<https://maps.app.goo.gl/9HSR6ujn9Zs5hs4x6>



Moderators:

Head moderator:

Carolina Kostner (ITA)

Skating Skills moderator:

Luca Lanotte (ITA)

Off Ice Dance moderator:

David Cipolleschi (ITA)

OC Coordinators:

Luca Demattè

Valentina Bertolini

Approx. Schedule:

The schedule for both Saturday and Sunday will integrate ice sessions and off ice sessions for 2 groups of skaters divided by age and skating level.

Accreditation: 8.30 – 9.00

Group 1 on Ice: 9.00 – 10.40

Group 2 off Ice: 9.00 – 10.40

Group 1 off Ice: 11.00 – 12.30

Group 2 on Ice: 11.00 – 12.30

Lunch break: 12.30 – 14.00

Group 1 on Ice: 14.00 – 15.40

Group 2 off Ice: 14.00 – 15.40

Group 1 off Ice: 16.00 – 17.30

Group 2 on Ice: 16.00 – 17.30