

Announcement
Peurunka Summer Figure Skating Camp,
Finland
27.07.2020 - 07.08.2020



Picture: Janne Passi

We would like to warmly invite you to our Peurunka Summer figure skating camp 2020. The camp will be held in the Sport Institute Peurunka which is located close to Jyväskylä. For the athletes, we are offering different practice packages for the different levels. These categories are described below. All prices include all practices, plus ice cost and cost of off-ice amenities.

Practice

Duration (= 50 minutes) & amount of the practice per week	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Technique on ice, includes steps and spins	9x	9x	9x	10x	10x	10x
Skating Skills / Expression	5x	5x	5x	-	-	-
Dancing / ballet / dance workout	4x	4x	4x	4x	4x	4x
Athletics	4x	4x	4x	4x	4x	4x
Body recovery / Stretching / Yoga	4x	4x	4x	4x	-	4x

The size of the groups for technique training on ice, will be max. 6 athletes per coach.

Prices Group	Level	1 week	2 weeks
1	Junior/Senior (minimum 2 A & 1-2 triple jumps)	500,00 €	950,00€
2	Pre-Novice - advanced Novice until 15 years (you need to do all double and working on 2 A & triple Jumps)	500,00 €	950,00€
3	Novice B & Junior B & Senior B (double Jumps & working on 2 A & triple jumps)	500,00 €	950,00€
4	Chicks (single jumps, axel and practice double jumps)	425,00 €	800,00€
5	Beginners until age of 10 years (only single jumps and/or including single Axel)	375,00 €	725,00€
6	Hobby from the age of 11 years and older (single jumps)	450,00 €	850,00€

In addition, we are offering following:

Extra offers (each forutes)	Costs per session
Extra Ice/Patch / per day (just possible with a coach) + extra Coaching / Choreography costs	10,00 €
Private Coaching on ice and off-ice (You can book this during the camp)	The price depends on the coach (50,00€ - 75,00€)
Extra Off-Ice at the group (Stretching, Body recover etc.)	10,00 €

Choreography is not incl. in the practice package	-
FIRSTBEAT by Nina Välikangas Not incl. In the practice package.	Please send her an email directly: nina@voimalavki.fi

Choreography is separated from the practice package. If you want to have choreography with Adam Solya (novice, junior, senior level) or with Pipsa Tuppela (all levels), please contact us to reserve your place or if you need some further information. They will offer different packages for the different levels/categories. Ice patch is not included in choreography fee (€10/session).

FIRSTBEAT

FIRSTBEAT Sports provides the scientific knowledge that enables personalized training advice. It gives you the physiological information to optimize performance, reduce injuries and speed up training development. The findings derived from the heart rate and heart rate variability data open the possibilities of individual training and recovery aids. We would like to offer to our athletes the possibility to utilize this technology for maximizing the practise outcome during the camp.

More information you will find under www.firstbeat.com/en/ or contact Nina Välikangas directly nina@voimalavki.fi.

Accommodation for athletes & fellow travellers

You need to book the accommodations directly with the Institution Peurunka <https://peurunka.fi/en>. You can book under jaana.lainejoki@peurunka.fi or if you book it over <https://peurunka.fi/en/> you need to use the code **ALLTAITO** in order to get **special price**. If you have any questions about accommodations and food for the camp, please contact them directly.

Arrival and departure

Arrival days should be	26.07.2020 or 01.08.2020
Trainings begins	27.07.2020 or 02.08.2020
Training ends	31.07.2020 evening or 06.08.2020 evening
Departure	01.08.2020 or 07.08.2020

We recommend flying to Helsinki, but it is possible to fly over Helsinki to Jyväskylä as well. From the airport, there is a train www.vr.fi/cs/vr/en/frontpage (connection or bus (www.matkahuolto.fi/en/) to Jyväskylä. From the railway station Jyväskylä public buses will bring you conveniently to the main entrance of Peurunka.

The deadline for the entry is 31.03.2020. After this, we will let you know if you have secured a place in the camp.

If there are too many applicants, we will accept the applications in the order we have received them. After you have been registered, you will receive an account number for the bank transfer for the booked packages.

Important information

Insurance

All athletes must purchase health insurance for the camp. In addition, we recommend acquiring travel insurance as well. Please contact your own insurance companies.

Responsibility

The organizer is not held liable for you or your health on or off the ice. All skaters who are under the age of 18 years should travel with a parent or guardian. For emergency cases, we have a doctor, MD-PhD Valtter Virtanen, in the camp. He will take care of the first aid if something happens to you during the practice sessions and will bring you to the closest hospital, if necessary.

Payment

You will receive two different bills; one for board and lodging, and another one for the practice. For board and lodging, you will get a bill from Peurunka, and the other one from us.

Deadline for paying the practice package bill will be 30.04.2020. After this, your place will be given to the next in line.

Cancellation

In case of cancellation, a written form is required. We will **charge 50%** of the booking when the **written cancellation is done 01.05. - 31.05.2020. After 01.06.2020** we will **charge 100%** of the booking.

For private coaching we will **charge 100%** of the booked patch and coaching fee if the cancellation occurs later than **48 hours** before the planned session.

Other information

The camp is located on the lake. The participants and their families can go swimming and use boats if they wish, at their discretion.

If you have allergies or medical conditions, please let us know. Your data will be treated confidentially.

There is also a possibility to book massage and physiotherapy in the institute. Further information can be found here: <https://peurunka.fi/en/>

Additional activities:

Glow-in-the-dark; Bowling; Disc Golf; Fatbikes; Curling; ATV Safaris; Snowmobile Safaris; Paddling; Hiking; etc.

Your coaching team

We are glad to have numerous future stars in the camp and we are sure everybody will enjoy their time together.



Sirkka Kaipio - 27.07.2020 – 31.07.2020 is a Finnish high-level Olympic figure skating coach, she is the head coach of Etelä-Vantaan Taitoluistelijat. She has all kinds of different skaters, from the smallest to national champions and international skaters, incl. Worlds and Europeans. She is 9 times figure skating coach of the year in Finland and has Medal of Merit in silver with golden cross of the Finnish Sports (Finnish ministerium). She speaks English, German, Swedish and Finnish. Her motto is: "Work hard to learn more."



Alina Mayer-Virtanen - 27.07.2020 – 06.08.2020 Bachelor of psychology, is 33 years old and she was skating at the international level in single skating. She is coaching single skating since 2013 in Oberstdorf, Germany and in Finland since 2017 as well.



Jorik Hendrickx - 02.08.2020 – 06.08.2020 IMPROVE YOUR SKILLS UNDER SUPERVISION OF AN OLYMPIAN! For years Jorik was competing at European and World Championships. A 4th place at the 2017 European Championships was probably his most successful result. Also winning the Olympic qualification tournament (Nebelhorn Trophy 2017) was a memorable moment! Jorik performed twice at the Olympic Winter Games, Sochi (16th) and PyeongChang (14th). Jorik, known for his exceptional skating skills and interpretation of the Music, is a perfectionist with a razor-sharp eye for detail and technical elements. Firmly believing that only hard work and 100% dedication will make you achieve your goals. He is passionate to inspire and pass on his knowledge to other skaters!



MD-PhD. Valtter Virtanen - 02.08.2020 – 06.08.2020 part-time at the camp available, is 32 years old and he has participated in several European and World Championships in single skating. He is a Doctor of Medicine and will support the coaching team and give athletics lessons.



Adam Solya - just available from **27.07.2020 – 31.07.2020** choreographer, dance, body recovery. He is a European, World and Olympic Choreographer in Figure Skating. Adam as a professional dancer – actor, he is known about the remarkable way of using the classical ballet, modern dance and contemporary upper body movements in his choreographies. His acting experience adds a dramatic aspect to the interpretation of music and skating style of the skater. He was working in past 2 season with Professor Alexei Mishin and with his students, as Elizaveta Tuktamysheva, Sofia Samodurova, Evgenyi Semenenko, Alexander Petrov. His current students include Loena Hendrickx (Belgian Olympic Athlete), Valtter Virtanen (Finnish National Athlete), Nikita Starostin (GER), Ann Christin Marold (GER), Kai Jagoda (GER), Paul Fentz (GER), Lenne van Gorp (NED). Since 2010 he works as docent and house choreographer of the Royal Conservatorium Brussels. www.adamsolya.com



Pipsa Tuppela - **02.08.2020 – 06.08.2020** in the camp available, she will mainly give off ice dance class and choreography on ice for all level skaters. She is a dance teacher who graduated as Master of Arts at the Theatre School of Helsinki in 2017. She is working with figure skaters in different clubs around Finland, on- and off ice, sharing her passion for music and movement after her own figure skating hobby turned into professional dancing career. In her dance lessons focus is on holistic teaching methods and finding positive pedagogy ways to bring the best out of every athlete.



Nina Välikangas - **27.07.2020 – 06.08.2020** part-time in the camp available, she will mainly do off-ice, body recovery and stretching during the camp. If you would like to work on your special problems or needs, Nina will help you with it in private sessions. She is a physical educated instructor and a fitness coach from Finland. She has her own fitness studio, called Voimala based in Vaajakoski, close to Jyväskylä. Her focus in coaching is injury prevention and working on weaknesses in a meaningful way. She will give all her support to the skaters off ice that they can benefit of it on the ice.

All our coaches could be book for private sessions as well. To make sure to have the possibility to have a private session with the coach you prefer, book the sessions already before the camp.

During the camp the coaches could do group changes on the ice that the athletes could practice in a homogenic group.

Registration Form

Personal details

Name of the skater	Date of birth	Club
Name of the parent	Street	Post code & city
Email	Phone	Country
I can jump following jumps		

We would like to book following for athletes' package: Just mark the weeks which you join.

Group	Level	1. week	2. week
1	Junior/Senior (minimum 2 A & 1-2 triple jumps)	<input type="checkbox"/>	<input type="checkbox"/>
2	Pre-Novice – advanced Novice until 15 years (you need to do all double and working on 2 A & triple Jumps)	<input type="checkbox"/>	<input type="checkbox"/>
3	Novice B & Junior B & Senior B (double Jumps & working on 2 A & triple jumps)	<input type="checkbox"/>	<input type="checkbox"/>
4	Chicks (single jumps, axel and practice double jumps)	<input type="checkbox"/>	<input type="checkbox"/>
5	Beginners until age of 10 years (only single jumps and/or including single Axel)	<input type="checkbox"/>	<input type="checkbox"/>
6	Hobby from the age of 11 years and older (single jumps)	<input type="checkbox"/>	<input type="checkbox"/>

Additional practice	Amount of session
Private session (= 50 minutes) on ice (price is depending on the coach) and is exclusive ice patch (10,00 € per session)	
Private off-ice session (= 50 minutes)	

I will take care of the health insurance for the camp (mandatory). I have read and understood the content for cancellation (above) and I accept the criteria of matter. I have read and understood the content for responsibility (above) and I accept the criteria of matter.

Date, place, signature of skater or parent (if the skater is under 18 years)
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We would be grateful if you would return this form to us by the 30.04.2020.

Declaration of use E-mail address and telephone number

I agree that coaching Team, as responsible, uses my e-mail address and, if collected, my telephone number for the purpose of communication. A transmission of e-mail address and telephone number is not carried out.

Sample consent form for the use of photographs or video (Parents and children).

Figure Skating Camp Peurunka, Finland recognises the need to ensure the welfare and safety of all young people taking part in any activity associated with our organization.

In accordance with our child protection policy, we will not permit photographs, video or other images of young people to be taken without the consent of the parents/guardians and children. As your child will be taking part in Figure Skating Camp Peurunka, Finland to take place we would like to ask for your consent to take photographs/videos of the event or activity that may contain images of your child. It is likely that these images may be used as

- a record of the activity or the event
- in a written evaluation report of the activity or event that will be viewed by Peurunka, Organizer of the Practice and other Participants of the Camp / Coaches or the Institute Peurunka and Laukaan Betoni Arena / Icerink
- publicity material for further activities or events on Facebook/websites/Instagram
- illustrations of the activities or events in published articles
- future grant applications

The coaching Team will take all steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately, please inform the coaching team immediately.

- I consent to Figure Skating Camp Peurunka photographing or videoing my involvement / or of my child in Figure Skating Camp Peurunka event or activity
- I **do not** consent to Figure Skating Camp Peurunka photographing or videoing my involvement/ or of my child in Figure Skating Camp Peurunka event or activity

Data protection

I agree that the coaching Team, as the responsible entity, will use the personal data collected, such as name, surname, date of birth, address, e-mail address, telephone number and bank details, exclusively for the purpose of administering the training camp. A data transmission to third parties does not take place. A data use for advertising purposes also does not take place. Upon termination of training camp, the personal data will be deleted, unless they must be kept in accordance with the tax regulations. Each participant has the right to information about the personal data, which are stored to his person in the context of the provisions of the Federal Data Protection Act. In addition, the participant has a correction right in case of incorrect data.

Copyright Notice

I agree that coaching Team, as responsible, may post images and / or video footage of training camps or collaborative activities as part of the web training campsite, other publications, and distribute them to the press for publication without special permission, Illustrations of named individuals, however, require the consent of the depicted persons.

Date, place, signature of skater or parent (if the skater is under 18 years)

We would be grateful if you would return this form to us by the 30.04.2020.