

Dear skaters, parents and guardians,

Thank you to everyone for signing up and trusting us. We have once again assembled a strong international coaching team and we will work with your people this summer in Imatra. Below are some important points.

The coaching team changes a little every week. All our visiting coaches are strong coaches in (their countries?) federations. Each week of the camp is planned very carefully by the coaches.

Practices take place simultaneously at two remote locations throughout the day. Both fields are quite warm and comfortable. Parents can follow the exercises from the stands if they wish.

Attention! **Video recording of the exercise is prohibited.** When creating the program's choreography, filming the skater is coordinated with the coach.

3. Part of the side training and rotation training is held in the hall of the ice rink. It's really hot there in the summer. We recommend wearing light clothes for these exercises. Dance lessons are organized in the padel halls, which are located opposite the ice rink.

Some of the dry exercises take place on the running field, which is located near the ice rink. Transfer to other training locations is directed by the coach.

4. Louas will be held in the ice rink's restaurant. Lunch is not included in the camp price and must **be paid separately each day or on the first day of each camp week.** The prices are shown on the website.

5. The changing rooms are divided between the groups and things can be left during the camp. There are a lot of skaters at the camp. **We ask parents to stay out of the ice rink's locker rooms and corridors unless it is necessary.** Please defer all non-urgent questions to the coaches until the end of the practice day.

Small injuries such as wounds and blisters are treated during the exercise. The first aid kit is at the edge of the rink throughout the camp. In serious cases, we immediately contact the guardian.

6. It is forbidden to bring bicycles and skateboards into the changing rooms. Outside, under the roof, there is a rack where you can lock a bicycle or a kickboard.

Attached is a list of items needed for the exercises.

Feel free to contact us by email if you have any questions about the camp.

Regards,

Marina Shirshova and the coaching team