

## Plan for Summer and Competition season 2019/2020

### Younger Group:

- Masa
- Zoja
- Vid

### Older Group:

- Valentino
- Bor
- Ina
- Ursa
- Tibor
- Dina

1.4.-14.4. regular ice trainings – All the Club Members

14.4.-6.5 no trainings, rest time – All the Club Members

### Regular off-ice training during Summer:

- starts on 6.5. (until 22.07. when ice starts in Celje)
- Mon-Fri 1,5 hour off-ice - Younger and Older Group – Mano or Urban (according to summer holidays)

### Possibilities for skating in Summer time:

Hungary:

- Training with the club in Budapest on their regular training: 1-7. 07. Or 22-28. 07. - All the Club Members, Younger and Older Group
- Training camp in Budapest: 1-8. 08. (or they will have it during our training camp... They don't know that now) - All the Club Members, Younger and Older Group

Croatia:

- Ice starts probably at the end of July (may be go there at the weekend) - All the Club Members, Younger and Older Group

## **Training Camp Celje**

We will have our training camp 08. 08. - 18. 08. We are expecting that all of our skaters attendance. There is a Regional ISU training camp where other nations will come (BIH, CRO, AUT, SRB, GER, HUN, etc) which gives a good opportunity to our skaters to train in bigger groups, highly educated foreign coach(es). We are planning to have 2 times 1-1,5 hour of ice training and beside that 2-3 hours of off-ice training as well. This is very good for the end of the preparation season.

## **Coaches work during the ice skating season**

I'm retiring from Head Coach position on 31. 07. and therefore Urban takes it over.

Urban – Head Coach, Organiser

Tjasa – Assistant Coach

I would suggest that the representative of parents should help to Urban to organize travelling to competitions and also book accommodation and so on.

in the case of Urban goes to a competition like JWC or EC I can replace him on the trainings if needed.

## **Training during the ice season**

We will have more or less the same schedule like last years: 5 (+1 morning) ice training and 1 off-ice training. The extra morning ice training depends on Kajuh gymnasium schedule. Also it will change Friday's training time (probably will start one hour later)

## **Competition Plan for the season 2019/2020**

We are planing the following competitions:

- 4 or 5 (all) Alpe Adria Competition (CRO, SRB, BIH?, HUN, SLO)
- ISU Challenge Series and Danubia Series TBD after the memorandum is released
- Junior World Championships – Ina is the only posible skater to send
- European Championships – Ina (if she meets the criteria), Bor or Valention (needs to define)
- World Championships - Ina (if she meets the criteria), Bor or Valention (needs to define)
- other competitions:
  - Csizmadia Trophy
  - Tisza cup
  - Alta Valtellina traphy
  - Trofeo Nicolodi
  - Santa Claus Cup
  - etc