

COACHES OF THE CAMP



MR IGOR PASHKEVITCH

Igor Pashkevich is a retired competitive Russian figure skater. He won the World Figure Skating Championships in 1990 for the Soviet Union and was a 1996 European Silver Medalist. He represented Russia at the European Championships, where he placed second in 1996. After that, he also represented Azerbaijan and won the bronze medal at the 1997 Grand Prix of France and the silver at that year's Sparkassen Cup. Pashkevich coached Angela Nikodinov to a gold in Skate America in 2004. Among the others, Fumie Suguri has benefited from his expertise. He advises many skaters all over the world. He currently works as an ISU Technical Specialist



MR IGOR LYTIKOV

Mr Igor Lytikov has been skating in Russian National Team from 1983-1987. He has been coached by Mr Viktor Kudriavzev for 9 years. He has been coaching all over the world, together with Mr Pakevitch, Mr Morozov, Mr Koudriavtsev, Mrs Koudriavtseva etc. He is choreographer for Polina Shepelen, Russia. He is currently working with Fumie Suguri as well. He has been working in summer camps all over the world among others, with Mr Morozov, Mr Kudriavtsev, Mrs Kudriavtseva. He is very known of his step techniques, choreography. He is also ISU judge.



Mrs Nataliya Popova

She is former Russian skater, Master of Sports of the USSR. She has 22 years of coaching experience. Mrs Nataliya Popova is figure skating choreographer, jumps and spins coach, off-ice coach. She has been working with Mr Victor Koudriavtsev and Mrs Koudriavtseva in Summer Camps in Flims, Switzerland. During the last 5 years she has been visited Moscow to work with them at their ice rink as well. She is currently living and working in Turkey as Coach of Turkish Figure Skating National Team.



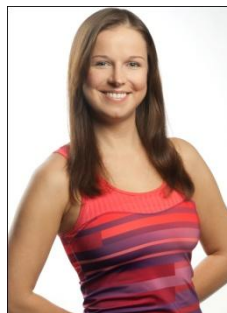
Mrs Tiiu Valgemäe

Manifold Champion of Estonia;

Graduated from Minsk Institute of Exercise and Sports Sciences; she has been working as an instructor in a number of international figure skating camps. She is well known for her spin techniques. She took part in Albertville Olympic Games as the coach of Olga Vassiljeva.

Mrs Tiiu Valgemäe has been working for long time with Mr Victor Koudriavtsev and Mrs Marina Koudriavtseva. She has been coaching for several years in International summer Camps. At the present she works in Estonia.

She is coaching among others, Estonian National Champion 2011, 15 years old Gerli Liinamäe. Gerli Liinamäe was 13th in European Championships 2011.



Ms Signe Valgemäe

Currently I am nearing the completion of my Master's studies of Physiotherapy in Tartu

University. I have been working as a physio for 6 years. Mainly specialized in rehabilitation and orthopedics. I'm also working as the off-ice coach for figure skaters and the Estonian National Sledge Hockey team.

I have attended various international figure skating summer camps as well as different ISU and Sledge Hockey Championships as the official physiotherapist of the Estonian teams.

I believe it is very important for a skater as well as to any other athlete to have a good posture. That includes strong core muscles that influence the balance of the whole body. My trainings are a combination of Pilates, gym and special physiotherapy exercises, which emphasize mainly on the core but also on other parts of the body. The main goal of my training is to obviate athletes from injuries through keeping their muscles in tone and their bodies in harmony and balance.

PRACTICAL INFORMATION FOR SKATERS, COACHES AS WELL AS PARENTS

The skaters have a possibility to take private lessons on **Pro-Motion Jumping Harness**. Russian figure skating coach **Sergei Dudakov**, will give private lessons during the summer camp. Mr Dudakov is working currently among others with such talented skaters as Julia Lipinskaya, Polina shelepen etc.

The big Rocca al Mare shopping centre is located in few minutes of walking from the ice rink.

We will have the following groups for the camp. We kindly ask you to choose your group and fill the box in registration form.

I : Junior and senior level skaters. This group works on triple/quard jumps, double/triple axel, spins, footwork.

II: Group for skaters, who can do at least 4 double jumps. This group works on all double jumps, double axel, spins and footwork.

III: Group for skaters who can do all single jumps. This group works on axel, practicing double jumps, spins and footwork.

IV: Group for beginners who have just started to skate. This group works on basic skating skills, spins, single jumps.

V: Group for an adult skaters. This group works on skating skills, spins, footwork, single/double jumps, axel. Adult group will be coached by Mrs Tiiu Valgemäe .

**NB!!! ADULT SKATERS CAMP WILL BE HELD 11.06-23.06.2012!!!!
There will be one ice time and one gym per day.Sunday,17.06.2012 is day off.**

The fee of the International Figure Skating Summer Camp is:

€ 1200 for one week

€ 2200 for two weeks

€ 3000 for three weeks

€ 3700 for four weeks

€ 300 for adults skaters without accomodation and meals

Skaters will also be able to take private lessons with coaches participating in the camp.
Private lessons are subject for extra fee.

On June 17, 24 and on July 01 the skaters will have the day off from training . Skaters should arrive on 10th of June. Trainings will start on 11th of June, Monday morning. Camp will end on July 08th with breakfast.

When the skater arrives to the hotel, she/he will get a broucher with all the information about the camp!

If you want to participate in the International Figure Skating Summer Camp, the registration is required before the 20th of May, 2012 on the e-mail heidy@tritsutajad.ee

ORGANIZATION TEAM

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TIIU VALGEMÄE

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Please feel free to call us anytime, no matter what the problem is! We are there for you!!

Best Regards,

Tiiu Valgemäe

Heidy Andersson

Tallinn, the capital of Estonia, is located in Northern Europe in the north-eastern part of the Baltic Sea region. Area of Tallinn - 159,2 km² (Estonia 45 227 km²).

Estonia is in the Eastern European Time Zone: GMT + 2 hours.

In summer: GMT + 3 hours.

As of 21 December 2007, Estonia is a part of the Schengen visa area.

Nationals of EU and EEA member states are free to enter Estonia. **The required travel document for entry is a national ID card or passport.**

Estonia joined the euro area January 1, 2011

More information about Tallinn <http://www.tourism.tallinn.ee>