



International Coaches Seminar Bangkok 2023

26-29 April 2023

IWIS International Training Center

ISU Center of Excellence, Thailand

Figure & Speed Skating Association of Thailand is pleased to announce that “International Coaches Seminar Bangkok 2023” will take place at IWIS International Training Center - ISU Center of Excellence, Bangkok, Thailand during 26-29 April 2023 - free of charge.

The seminar is organized with the focus on educating figure skating coaches and skaters (Advanced Novice through Senior) from Southeast Asia, Asia, Oceania and other developing countries. As part of the ISU Development Project, this seminar is aimed to provide the participants with proper on-ice and off-ice techniques and training as well as updated rules and regulations for Single and Pairs Skating.

Olga Ganicheva and Aleksey Letov - US top figure skating coaches and Development Coaches of 2016 will lead the seminar for on-ice and off-ice parts, demonstrated by their students Jimmy Ma (Jumps), Misha Mitrofanov (Skating Skills and off-ice), Emily Chan and Spencer Howe (Pairs). Yukiko Okabe, an ISU Technical Committee Member in Single & Pair Skating will be a moderator for the Rules & Regulations session. Our National Physical Training Coaches, Bunhan Wichayapiti and Nuth Boonyaporn will also help the participants with the ground training during the seminar.

We would like to take this opportunity to extend our invitation to our beloved skating friends to send your coaches and skaters to participate in this seminar. Each country may nominate up to five coaches who would accompany their own skaters (1 coach/1 skater). Certificates will be provided to each participant upon completion of the seminar.

To register for the seminar, please submit the application form for ISU Members by email at fsat@windowslive.com and make an individual registration for each participant through <https://forms.gle/rGubtQszTa1RLFDu8> no later than 1 March 2023.

After the seminar, there will be an international figure skating competition “Thailand Open Figure Skating Trophy 2023” during 1-4 May 2023 at IWIS International Training Center. The official announcement of the competition will be sent to you shortly. Please save the date.

Should you require any further information, please do not hesitate to contact us.

We look forward to welcoming you to our seminar and competition in Thailand.



Participation Criteria

Each federation may send up to five (5) coach/skater partnerships

After final commitments are received, any free places will be filled by agreement between the participating countries and the organizing team.

Skaters:

- Up to five skaters per country, accompanied by their own coach.
- Must have reached the age of at least 10 yrs. by 1st June 2023 Skaters may only participate with their coach.
- Skaters selected by the association should have shown a significant improvement in their skill level in the last twelve months.

Skill level guidelines for skaters:

The **minimum skill level** for any skater joining the seminar with their coach:

- A least proficient execution of all double jumps and working on the double axel.
- Proficient execution of the three spinning positions on both feet. (Upright, Camel and Sit positions)
- Be able to execute five different turns on both feet (Three Turn, Twizzles, Bracket, Counter, Rocker, Loop)
- Participating skaters do not need to have experience in pairs skating

At the first on ice session of the seminar, the skaters will be divided into two groups by the coach developers.

Coaches:

- Up to **five** coaches per country, each of whom will accompany their own participating skater(s).
- Coaches must be interested in and able to contribute to the material in accordance with the goal of the project.
- English will be the language used throughout the seminar.
The national focus should be directed at choosing coaches who are interested and committed to developing their coaching skills and who have skaters that fall into the categories above.
- Participating coaches do not need to have experience in pairs skating

Federations select their own participants according to the participation criteria of the project.

Coach and skater “partnerships” only are accepted for this seminar.

Accommodation

Please note that there is no entry fee for the seminar. Participants are to cover their own travel and hotel costs.

Official Hotel: Blue Hippo & Red Crocodile Hotel by Koon

995 Sukhumvit 107, Samrong Nuea, Mueang Samut Prakan District, Samut Prakan 10270

Room rate for Superior Room: 1,800 THB (maximum 2 guests),
including breakfast and shuttle to the ice rink

Contact email: sales_rakkhana1@hotmail.com

Please specify the event code **CoachSeminar2023** in your email upon making a reservation.

Those who make the reservation through other platforms will not be allowed to use the shuttle service (hotel-ice rink). For airport transfer, please kindly contact the hotel for reservation.