



UNION LUXEMBOURGEOISE DE PATINAGE SUMMER CAMP AUGUST 12 – 16, 2024



PROGRAM

Time	Monday 12.8	Tuesday 13.8	Wednesday 14.8	Thursday 15.8	Friday 16.8
8:40-9:30 (50 min)		ICE	ICE		
9:45-10:30 (45 min)		Yoga	Yoga		
10:45-11:30 (45 min)		ICE	ICE		Ice (10:00 - 12:00)
9:00-10:00 (60 min)	Mental Coaching				Mental Coaching (8:45)
10:00-11:30 (90 min)	Physical preparation				Mental Coaching (9:45)
11:40-12:10	Opening briefing				Mental Coaching (10:45)
12:10-13:10	LUNCH	LUNCH	LUNCH		LUNCH
13:30-16:45 (Ind.)		Mental Coaching	Mental Coaching		
13:30-16:00 (Ind.)		Physiotherapy			
13:30-14:15 (45 min)	OFF-ICE				OFF-ICE
14:30-16:00 (90 min)	ICE				ICE
16:15-17:15 (60 min)	NUTRITION				NUTRITION
17:15-17:30					Closing briefing

	MONDAY		Friday
Time	Mental Coaching	TIME	Mental Coaching
9:00-10:00	Group session	8:45-9:45	Ysaline
		9:45-10:45	Caroline
		10:45-11:45	Rebecca

	Tuesday			Wednesday	
Time	Mental Coaching	TIME	Physiotherapy	TIME	Mental Coaching
13:30-14:30	Alison	13:30-14:00	Rebecca/Caroline	13:30-14:30	Dita
14:30-15:30	Emma	14:00-14:30	Eliška/Julie	14:30-15:30	Julie
15:45-16:45	Emma Rose	14:45-15:15	Dita/Emma Rose	15:45-16:45	Eliška
		15:30-16:00	Emma/Alison		

OFF-ICE outside or gym Ice rink Kockelscheuer

ICE - Practice Ice rink Kockelscheuer

Lunch - Restaurant Ricorocca at Ice rink Kockelscheuer (with Soňa and Catherine)

Mental coaching - Meeting room Ice rink Kockelscheuer

Nutrition - Meeting room Ice rink Kockelscheuer

Physiotherapy - Infirmary Ice rink Kockelscheuer

Physical preparation – Theory (30 min) and Practice (60 min) outside rink

COACHING TEAM

Ice and Off-ice

Soňa Kroulíková



ULP National Coach and Camp Coordinator

Through the specific exercises or personalized advice, we want to give you the tools needed to excel in your performance. We would like to focus on your individual needs, working on spins and especially to work on basic skating skills to build a proper base for PCS scores.

« This camp is an ideal preparation for the upcoming season and competitions taking into account the new ISU rules. By helping you improve your technical, artistic and physical skills on the ice, we hope to prepare you in the best possible way.» *Soňa*

Catherine Purdie

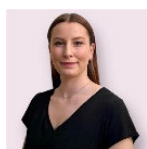


Canadian certified coach with a SkateCanada National Level 2 certification in Singles and Dance and Belgian Coaching System a Trainer B. Currently coach in Kunstschaatsclub Pirouette Leuven. Catherine have been coaching over the past 23 years in Belgium specifically with various clubs working with competitive, recreational and adult skaters. She enjoys instructing motivated and hardworking individuals regardless of their level to help them achieve their individual goals in the sport. Catherine coaches in both Dutch and English with a Canadian training philosophy focusing on age-appropriate development, life skills, and creating an everlasting love for the sport of figure skating. She sees her role as a coach to not only develop skills, but also to ensure age appropriate skill trainings, strengthen mental resilience along with preventing injury.

“I look forward to having the opportunity to work the skaters in your summer camp to support them at improving their skills and challenge themselves in different ways that will benefit their overall growth in figure skating.” *Catherine*

Mental Coaching

Cloé Guibal



A former high-level sportswoman, now a mental coach. Cloé holds a masters degree in psychological preparation and coaching. Cloé works with athletes of all sports and levels as well as with anyone wishing to achieve their goals. Cloé is a former high-level gymnast and coach, notably with the Luxembourgish national team, and a graduate of the University of Montpellier. She specialises in mental coaching and has been working for several years with Luxembourgish clubs and sports federations. Cloé also works with the Luxembourgish Ministry of Sport and trains coaches in mental preparation. Since December 2023 ULP mental coaching trainer.

Nutrition

Myriam Jacobs



(Photo taken by LIHPS)

Sports Dietitian

Works as a clinical dietitian at hospital and as freelance sports dietitian at LIHPS.

With a Bachelor's in Dietetics, a specialization in sports nutrition, as well as an IOC Diploma in Sports Nutrition, Myriam supports athletes and their entourage in fundamentals in sports nutrition for health. In addition, specific and personalised training and competition nutrition can support performance, prevent illness and injuries. Sports nutrition

is one component of holistic athlete development, together with all other disciplines.

Physiotherapy

Marcela Florianová

Physiotherapist at Kiné Florian Luxembourg, Sport physiotherapist
Specialist in physiotherapy for children, Diagnosis

Marcel Matanin

Sport physiotherapist at Kiné Florian, Trainer, and Teacher



(Photo from Tokyo Marathon 2022, Marcel as runner, Marcela as physiotherapist of Team Slovakia)

Individual physiotherapy check and functional diagnostic,
professional physio massage.

Physical preparation

Marcel Matanin



A long distance runner. Marcel participated in the 2004 Summer Olympics in Athens (Greece). Sports physiotherapist and qualified coach of light athletics in Slovakia. Founder and coach in the running academy in Ivanka pri Dunaji, Slovakia. Marcel works currently as a physiotherapist at Kiné Florian in Luxembourg.

Introduction to a physical condition of athletes regarding the specifics of figure skating and practical exercises for physical and fitness preparation.

Yoga

Bojana



Bojana is an accomplished and highly trained yoga instructor with over 700 hours of yoga teacher training under her belt. Her extensive qualifications include 500 hours of training in Hatha and Ashtanga Vinyasa Yoga, where she focuses on developing strength, flexibility, and mindfulness.

“Our yoga studio is very excited to have been given the opportunity to participate in this summer camp. By integrating yoga into the training regime, high-level athletes can experience these multifaceted benefits, ultimately enhancing their performance and overall athletic experience.” *Émilie and Bojana*

House of OM, Luxembourg <https://houseofom.lu/>