



## **RASTI'S FIGURE SKATING SUMMER CAMP SLOVAKIA 2024**

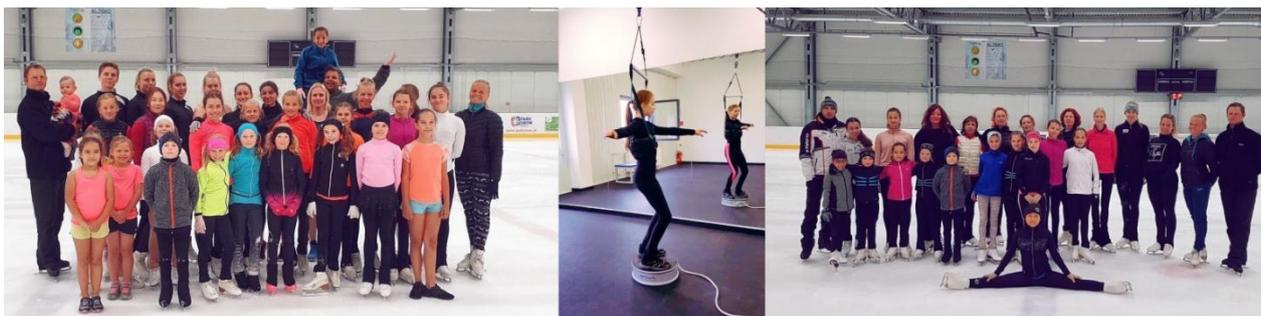
Invites you to the 7<sup>th</sup> annual International Figure Skating Camp  
for all categories

**FROM BEGINNERS TO HIGH LEVEL + ADULT**

**July 01 - July 13, 2024**

**2 CAMP WEEKS**

**ARENA PEZINOK, SLOVAKIA**



### PLACE

**Arena Pezinok**, Rozalka 7, 902 01 Pezinok

### ORGANIZERS

**Mgr. Rastislav Vnučko**, Sokolska 13, 903 01 Senec

Phone number: +421 949 395 992

**Elena Vnučko**, Phone number: +421 903 620 922

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web: [www.rastiskatingcamp.com](http://www.rastiskatingcamp.com)

## COACHES TEAM

More information <https://www.rastiskatingcamp.com/COACHES-TEAM.php>

**Rastislav Vnučko (SVK)** - Head Coach & Leader of the Camp - jumps, spins, steps technique  
Speaks English, Swedish, Russian, Slovak, Polish

**David Haywood (GB)** - Head Coach - jumps, spins, steps technique  
Speaks English, Swedish

**Zuzana Horoscakova (SVK)** - Head Coach - jumps, spins, step technique  
Speaks English, Slovak, Russian

**Renáta Kusíková (SVK)** - Coach & Off-ice Coach - preparation for test levels, off-ice specialist  
Speaks English, Slovak

## DATES & RATES

### Week 1

**Beginning:** Monday **01/07/2024** at 8:00 am

**End:** Saturday **06/07/2024** after training session (lunch)

**Arrival day:** Sunday **30/06/2024** check-in until 5:00 pm (welcome dinner at 6:00 pm)

### Week 2

**Beginning:** Monday **8/07/2024** at 8:00 am

**End:** Saturday **13/07/2024** after training session (lunch)

**Arrival day:** Sunday **07/07/2024** check-in until 5:00 pm (welcome dinner at 6:00 pm)

## 1 CAMP WEEK INCLUDES:

- **6 Days of training**
- **21 Training lessons**
  - 16 x 45 min. **On-Ice**
    - 10 x 45 min. training (technique, jumps, spins) with a maximum of 5 skaters by coach
    - 6 x 45 min. training (skating skills + steps) with 2 specialists
  - 5 x 45 min. **Off-Ice**
- **Coaches Team fee** - maximum 15 skaters and 3 coaches on ice
- **Mid-morning snack** - fresh fruit every day
- **Original gift** with logo of the camp

## PRICE for 1 WEEK

Deposit - **155 €**

Rest payment - **350 €**

## CAMP SPECIAL OFFER 12+1 night free

Extra night between the camp weeks

is **for free** - including breakfast

**APPLICATION** Registration is open until **April 30, 2024**  
Please, fill out the online registration form  
<https://rastiskatingcamp.com/camp-2024.php>

### **PAYMENT**

155 EUR deposit within 3 days of sending the application.  
The rest payment has to be paid until May 31, 2024.  
Payment for accommodation and meals can be made upon arrival by bank transfer or in cash.

### **BANK DETAILS**

Name of the bank: TATRABANKA, a.s.  
Address of the bank: Hodzovo namestie 3, 811 06 Bratislava 1, Slovakia  
Name of account holder: Elena Vnucko Fabik  
SWIFT: TATRSKBX  
**IBAN: SK79 1100 0000 0029 1787 8586**

**Please make sure to mark in the message skaters full name**

Please note: no bank costs for the receiver

### **ACCOMMODATION AND FOOD**

**HOTEL ROZALKA** is located directly at the ice rink. Each room is equipped with a separate bathroom with shower, toilet and a package of basic cosmetics. Each room has a TV, telephone and free Wi-Fi. Rooms have air conditioning. The area is surrounded by a pond, forests and hiking trails. During leisure, you can play billiards, chess, table tennis, tennis, football, basketball, volleyball on the multifunctional court, or book horse riding. There is also a large new playground and a mini ZOO. <http://www.rozalka.sk/en>

The hotel is reserved for our camp and has a limited capacity.  
The organizers reserve the right to make changes regarding accommodation in Hotel Rozalka.

### **ACCOMMODATION PRICE LIST :**

Comfort Double room	39,50 € / person / night
Comfort Double room	63 € / occupied only by 1 person / night
City tax is not included in the price	1 € /person/ night
Animal (cat, dog)	14 € / night

### **FOOD:**

Full board will be served in the main restaurant.  
Extended continental breakfast - hot and cold buffet.  
Lunch and dinner menu includes, soup, main course - choice of 2 types of dishes, fresh salad, and water with lemon or fruit water.

**Price per day:** 28,50 € / person / full board  
14,30 € / person / lunch - for the participant only on the training session  
without accommodation

Accommodation is not possible without full board.  
The hotel requires full board from all participants.

## **SPECIAL OFFER**

### **ADDITIONAL PRIVATE LESSON**

Individual training includes 45 minutes, with the option to choose any of the official camp coaches.

The price for 1 lesson is 50 €

### **VESTIBULAR SIMULATOR**

Possibility of private lessons on a vestibular simulator with harness. The simulator was created by Russian specialists for the development of the vestibular apparatus, balance, acceleration of rotation and increases the level of ability of the athlete for multiple jumps.

The price for 1 minute is 1 €

### **PROFFESIONAL SHARPERING & BLADE MOUNTING**

Sharpening - 20 €

Blade Mounting - 50 €

### **TRANSPORT**

We cooperate with the leader company which offer the highest standards in the field of transportation. We offer a transfer (from-to) Vienna Airport - Pezinok - Hotel Rozalka.

We are also able to arrange the transport according to your needs.

## **GENERAL TERMS AND CONDITIONS**

- The application itself does not guarantee participation in the RASTI'S CAMP 2024 until the price for the camp is paid in full.
- The deposit is included in the price of the camp week.
- In case of non-participation in the camp, the payment for the deposit is not refundable. It is advisable to find a replacement for yourself.
- You can cancel camp until May 31 by presenting a valid medical certificate of injury or illness and you will be refunded 50% of the full amount paid for the camp.
- SHORT BREAK - Shortened accommodation and full-board can be ordered for parents. (In the case of picking up children). Please indicate in the application form or report by e-mail by May 31. Otherwise, parents will arrange and pay for accommodation and food themselves.
- Each participant must have valid health insurance in the territory of the Slovak Republic, at the time of the training camp.
- We request that underage figure skaters participate in the camp accompanied by a parent or responsible person.
- Organizers are not responsible for damages caused by participants of RASTI'S CAMP 2024 to a third party.
- Participation in the training is at the own responsibility of the participants, in the case of minors under the responsibility of legal representatives or the person responsible for them.
- Water: it is safe to drink a tap water in Slovakia

*We look forward to seeing you on camp !*  
Rasti & El Vnučko