

## **2023-2024 ICELAB INTERNATIONAL HIGH PERFORMANCE TRAINING PROGRAM SINGLES AND PAIRS (September 2023 - June 2024\*)**

### **OUR VISION**

We strive to provide quality programs and education with the aim of pursuing excellence in a healthy and sustainable environment.

### **MISSION STATEMENT**

We create and cultivate opportunities for participation and achievement in figure skating. We support all athletes in reaching their goals, maximizing their potential by providing top quality programs.

### **SKATING PROGRAM FOR HIGH LEVEL SKATERS**

Our international skating program for high level comprises a fully coordinated system for the advancement of the multiple skills and abilities that contribute to talent development (besides skating, we offer off-ice training, dance, stretching and injury prevention, but also mental coaching, nutritional advice and career advising, amongst others)

Each day Monday to Friday schedule consists of:

- 2 X 50 minutes technical session on ice with international coaches
- 1 X 30 minutes skating skills session on ice
- 1 X 20 minutes spins (spirals for pairs) session on ice
- 1 X 30 minutes rotational (lifts for pairs) exercises off ice
- 1 X 50 minutes ballet or stretching session
- 1 X 50 minutes special physical training off ice

Each skater/pair coming to the center will be provided by the director and team of coaches with a personalized program that will include goals and work plan.

### **SKATING PROGRAM FROM BEGINNERS TO NOVICE**

We have programs as follows:

- 10 sessions per week (from Monday to Friday) + 4 off ice sessions + 3 rotational exercises off ice

### **COACHING METHOD**

Teamwork is the basic idea underpinning the whole Icelab coaching program and it has been proven to work well and produce results. The program, which includes multiple key skills for skaters (physical training, choreography, psychology, ballet and postural training, stretching and so on) is coordinated in all its components by the director Mrs. Franca Bianconi, in full cooperation with the head coach of the skater.

**ICELAB S.S.D. S.r.l.**

Via San Bernardino, 141 - 24126 Bergamo Italy - C.F. e P.Iva 04063270161 [www.ice-lab.it](http://www.ice-lab.it)  
[segreteria@ice-lab.it](mailto:segreteria@ice-lab.it) - Ph. +39 035 0276047

c/c presso Banca Prossima Filiale 05000 c/c 1000/134691 - IBAN IT22 1033 5901 6001 0000 0134 691

## PRICES 2023/2024 SEASON

**ISU TOP LEVEL SKATERS** (*National Italian Team members ( jr and sr ) ,National Champions, European or Worlds or Isu senior Gp participants, Isu internship program*)

- Full time training in Bergamo SINGLE package: Euro 1000 per month (six months min)
- Full time training in Bergamo PAIR package: Euro 750 each per month (six months min.)

### FULL TIME SKATERS FOR HIGH LEVEL

- Full time training in Bergamo - SINGLE package: Euro 1200 per month (11 months)
- Full time training in Bergamo - PAIR package: Euro 850 each per month (11 months)
- ICELAB MEMBERS: singles 1000, pairs 750 each

### SKATING PROGRAM FROM BEGINNERS TO NOVICE

- 10 sessions per week + 4 off ice sessions + rotational exercises off ice = €250,00 per week or €800,00 per month

### VISITING SKATERS WITH ICELAB TEAM COACHING

- SINGLE package: Euro 100 per day / Euro 450 per week /
- PAIR package: Euro 80 each per day / Euro 300 each per week /

### VISITING SKATERS WITH OWN COACH - (patch)

- SINGLE: Euro 25 per ice session + Euro 15 per off ice sessions
- PAIR: Euro 20 each per ice session + Euro 15 each per off ice sessions
- Coach fee: Euro 15 per session, Euro 15 per day

### PRIVATE LESSONS WITH ICELAB COACHES

Icelab international level coaches = Euro 35 per 25 minutes + ice fee

Choreography lessons = Euro 35 per 25 minutes + ice fee

Harness lessons = Euro 35 per 25 minutes + ice fee

Individual Stretching Lessons off ice = Euro 35 per 25 minutes

Admission is subjected to ice availability and approval of skating director

\* Regular season starts September 4<sup>th</sup> 2023 and ends June 21<sup>st</sup> 2024. During holidays schedule may vary and be reduced. During events training is suspended and no refund is provided.

Summer camps are organized in July and August at different prices.

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