



## Seminar 1 - Pre-Event

The project is based on a seminar which is hosted by the Swedish Figure Skating Association. The project is set up to run for two years, the season 2020-2021 and 2021-2022, with the hope on continuing for another four years (season 2022-2026) after that.

### **Purpose:**

- Understanding and recognizing the current sport-specific requirements of the present novice, junior and senior categories in synchronized skating.
- Develop and encouraging an open dialogue between judges, coaches and skaters.
- Identify areas that the team and their coaches should focus on, in order for the individual skaters within the team to successfully carry on the development towards national- and international competitive level.

### **Seminar 1 – Pre-Event:**

Location: Mölndal, Gothenburg

Dates: Saturday October 17<sup>th</sup>, 2020

**or**

Location: Stockholm (only for teams based in Stockholm).

Dates: Sunday October 18<sup>th</sup>, 2020

### **Senior and Junior teams:**

Video:

Teams should send in a video (link is fine) of their programs prior to the Pre-Event. Send your video to [Patrick Malmquist](#)

**Last day to send in the videos is Thursday September 17<sup>th</sup>, 2020** in order for the teams to get feedback on the program prior to Pre-Event.

Simulation:

We will give all the Swedish senior- and junior teams an opportunity to perform in front of officials and an audience. Focus should be on simulating the competition experience at the rink, from the beginning to the end of their performance of both programmes. This so they skate under similar pressure as they would during a competition. There will be a performance opportunity and a feedback session for each team. We will work with Swedish officials to provide the coaches and skaters with valuable feedback leading up to national and international competitions.

Each team will be given 30 minutes on the ice in the morning for practice purposes. The teams will then have 30 minutes for the performance of both their programmes. The time on the ice includes warm up and their performance of both their programmes. The team should skate with all elements and the program should be shown from beginning to the end. It is possible to split the programmes in two parts and show them. If coaches or officials would like to see a certain part of the team's performance again, that is fine to do within the team's 30-minute time slot.



**Feedback:**

The officials should give most of the feedback on both components and technical elements on ice. This in order for the team to try to change immediately. This feedback session will be done between skaters, coaches, and officials.

Coaches will also be given a feedback on the technical elements/components for improvements and so that the programs follow the rules. This feedback session will be done off-ice and only between coaches and officials.

**Novice teams:**

**Video:**

Teams should send in a video (link is fine) of their programs prior to the Pre-Event. Send your video [Patrick Malmquist](#)

**Last day to send in the videos is on Thursday September 17<sup>th</sup>, 2020** in order for the teams to get feedback on the program prior to Pre-Event.

**Simulation:**

We will give all the Swedish novice teams an opportunity to perform in front of officials and an audience. Focus should be on simulating the competition experience at the rink, from the beginning to the end of their performance of both programmes. This so they skate under similar pressure as they would during a competition. There will be a performance opportunity and a feedback session for each team. We will work with Swedish officials to provide the coaches and skaters with valuable feedback leading up to national and international competitions.

Each team will be given 25 minutes on the ice. This time should include warming up, and the performance of their program. The team should skate with all elements and program should be show from the beginning to the end. It is possible to split the programs in two parts and show those. If coaches or officials would like to see a certain part of the team's performance again, that is fine to do within in the team's 25-minute time slot.

**Feedback:**

The officials will give each team feedback in an encoring way, with comments on both components and the technical elements. The feedback should also include tips on improvements of the components and the technical elements for the team to reach for a GOE+. This feedback session will be done off-ice between skaters, coaches, and officials.

Coaches will also be given a feedback on the technical elements/components for improvements and so that the program follows the rules. This feedback session will be done off-ice only between coaches and officials.

**Off-ice activity:**

We will provide another performance opportunity off-ice for the novice skaters to work together, perform and having fun doing it! We will focus on creating a fun activity that should build on creativity, spontaneity and Glädje, Glöd och Gemenskap!



**Moderators for Seminar I – Pre-Event:**

Senior and Junior category: Officials on simulation and feedback session: International technical specialist and judges

Novice category: Officials on simulation and feedback session: International/national technical specialist and judges  
Off-ice activity: TBD

**Entry and Participation criteria and conditions:**

- a) Accepted participants (Skaters and Coaches) must participate from the beginning to the end of the Seminar, unless they received a permission to do otherwise prior to acceptance.
- b) Only legitimate team members and coaches are to be entered. Skaters must be steady members of the same team who will be competing during the upcoming season 2020-21. Coaches must be coaching the team participating the seminar.
- c) Teams must participate together with their announced coaches. Should announced coach unexpectedly be unable to attend, the team must be accompanied by a responsible chaperone for the whole duration of the seminar.

**Expenses:**

The financial responsibility for the participation to synchro Seminar I – Pre-Event is as follows:

- a) Seminar fee is 160 SEK per participant in senior- and junior team (skaters and coaches) and 200 SEK per participant in the novice teams (skaters and coaches)  
The seminar fee includes all activities listed above. Kindly notice that the fee does not include accommodation or travel expenses.
- b) Participants will be responsible for their own transportation to and from the arena
- c) Participants will be responsible for their own meals during the seminar

**Registration for Seminar 1 – Pre-Event Day I should be done through these two steps;**

Individual entry via online form (Remember to enter all skaters and coaches coming to the event!)

- 1) a) Juniors & Seniors teams:  
<https://educationwebregistration.idrottonline.se/home/index/1402080>  
b) Novice teams:  
<https://educationwebregistration.idrottonline.se/home/index/1396027>  
c) Teams in Stockholm (senior, junior and novice):  
<https://educationwebregistration.idrottonline.se/home/index/1402083>
- 2) Team entry via IndTA, <https://konstakning.indta.se/tavling/30276>  
Here you should enter the full team, skaters and coaches, that is going to attend the seminar. Here you should also make sure that the latest version of your PPC for short- and free program for the season 2020-2021 is uploaded by the final day of registration.

**The deadline of registrations is on Thursday August 13<sup>th</sup>, 2020**



**Cancellation policy:**

All the facilities have to be booked and paid by the Swedish Figure Skating Association for the accepted participants (skater and coaches) in advance. Therefore, we cannot accept any cancellations after the deadline below.

**The cancellation deadline for Seminar 1 – Pre-Event is Thursday September 10<sup>th</sup>, 2020**

After the deadline, the Swedish Figure Skating Association will charge the club that the skater and coach belong to, concerned the cancellation fee representing 100% of the total costs.

**Contact information:**

Questions regarding registration or cancellation can be sent via email to [Patrick Malmquist](mailto:Patrick.Malmquist@skatesweden.se).

For any other questions or inquiries regarding, for example, the content, please contact:

Linda Angelsiöö  
Assistant Sports Director – Swedish Figure Skating Association  
[Linda.angelisoo@skatesweden.se](mailto:Linda.angelisoo@skatesweden.se)  
+46 8 699 64 38