



11-16 JULI 2022

IF CASTOR INTERNATIONAL INCLUSIVE SUMMER CAMP

Welcome skaters, welcome coaches and parents!

Looking for a great place for training with great coaches and great atmosphere? IF Castor Konståkning has a pleasure to invite you to our International Inclusive Summer Camp! There is no better place to prepare yourself for the new on ice season!

Skating skills!

**On ice and off ice
lessons!**

**Learn more about
figure skating!**

Great coaches!

**Have fun while
practicing!**



IF CASTOR

Konståkningsektionen, Box 2020
831 02 Östersund

lager.ifcastor@gmail.com

www.svenskalag.se/ifcastor-konstakning

OUR ALTERNATIVES

Big skating: 3300 SEK

- 3 on ice practice daily, working on skating skills, jumps and spins
- 2 off-ice practices
- Activities between practices
- Event last day morning (Sunday)
- IF Castor Summer Camp T-Shirt and goodie bag
- Skate sharpening

Medium skating: 2500 SEK

- 2 on ice practice daily, working on skating skills, jumps and spins
- 1 off-ice practices
- Activities between practices
- Event last day morning (Sunday)
- IF Castor Summer Camp T-Shirt and goodie bag
- Skate sharpening

Small skating: 1600 SEK

- 1 on ice practice daily, working on skating skills, jumps and spins
- 1 off-ice practices
- Activities between practices
- Event last day morning (Sunday)
- IF Castor Summer Camp T-Shirt and goodie bag
- Skate sharpening

Registration fee: 600 SEK

MEAL AND ACCOMODATION

The lunch is served at the restaurant at the arena and gives the skates good conditions and energy for the practice.

Trippel axel: 1500 SEK

- Accommodation and meals included (breakfast, lunch, dinner, in between meals and evening meals)

Double axel: 550 SEK

- Lunch and in between meals included

Restaurant at Östersund Arena

Single meals and lunch boxes can be bought at the restaurant at Östersund Arena.

Accommodation

The accommodation that is included in this alternative, is at a school. Bed is provided and you must bring air mattress and sleeping bag/duvet.

No bed linen, towels etc. are available. Please bring your own.

Hostels that we recommend and are the closest

- Jamtli Vandrarhem
- STF Ledkrysset

Hotels

Hotels in Ostersund are available for individual registration too.

Registration and payment

Registration will be done together with Inclusive Skating.
The registration is complete when the registration is done and paid.

Registration fee

The registration fee is 600 SEK.
An invoice will come by mail.
The payment of the registration fee must be done latest 1:st of May 2022.

Camp fee

Register your alternative to Inclusive Skating.
An invoice will come by mail.
The payment of the camp fee must be done latest 1:st of June 2022

Payment from outside Sweden.

IF Castor Box 2020, 831 01 Östersund
Sweden IBAN: SE87 9500 0099 6034 0033 2379
BIC (SWIFT): NDEASESS

ACTIVITIES

More details will come.
An event will be planned last day morning (Sunday).

OFF ICE

1:st off ice practice will have focus dance and gymnastics.
2:nd off ice practice will have focus relaxation and yoga.

PHOTO

We will take pictures during the camp and post it on our webpage and on social media. Inform at the registration whether this is OK or not.

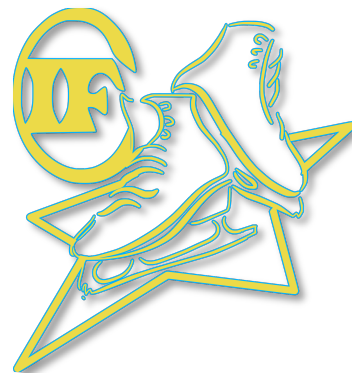
ASSISTANT/COMPANION/FAMILY

Inform at the registration if an assistant / companion will come along. Lunch and t-shirt will be included for them. Please inform about allergies and size of t-shirt for them also.

If family member would like to have meal and accommodation, please register. No registration fee for them.

IF CASTOR

IF Castor was established in 1918 and has a wonderful history. Famous speed skaters, John Sigvard Ericsson and Örjan Sandler are best examples as they won Olympic medals in 1956 and 1968. Today, IF Castor is an association with 3 different sections where figure skating is the biggest part. Club has over 110 members. Skaters represent different levels, ranking from C to level A. IF Castor is a member of Swedish Skating Federation and is one of the most promising and fastest growing Clubs in Sweden.



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https://www.instagram.com/ifcastor_official/?hl=sv

[Webb: www.ifcastorkonstakning.se](http://www.ifcastorkonstakning.se)

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