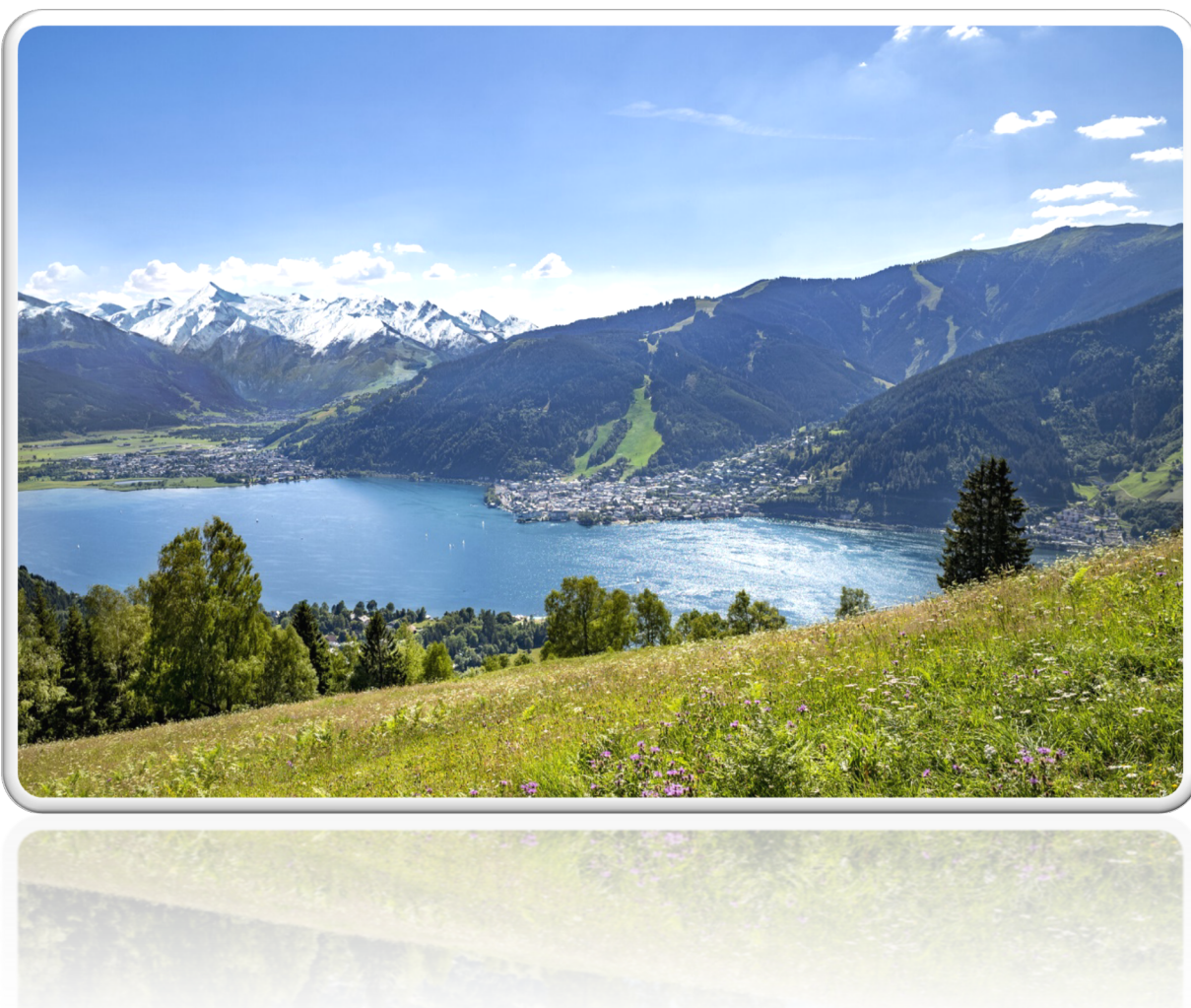


Information Booklet Pair Skating Days 2025



To make your stay in Zell am See easier and help you to be as prepared as possible for the Pair Skating Days 2025 we've created an information booklet filled with the most important information you need to know in advance.

Please read through it carefully, if any further questions arise, we will be happy to answer all of them via email, phone or in person.

Content:

1. Contact Information
2. Entry Ice Rink
3. Accreditation
4. Cryo Chamber and Sauna
5. Registration Free Skating Sessions
6. Q&A
7. Monitoring Event
8. Cooking

Contact Information

In case you need assistance or have any questions regarding the seminar, please contact Alexander or Miriam via email, whatsapp or phone call.

Alexander Kausalius, Organisation

ak@skateaustria.events

+43 1 505753550

Miriam Ziegler, Organisation

mz@skateaustria.events

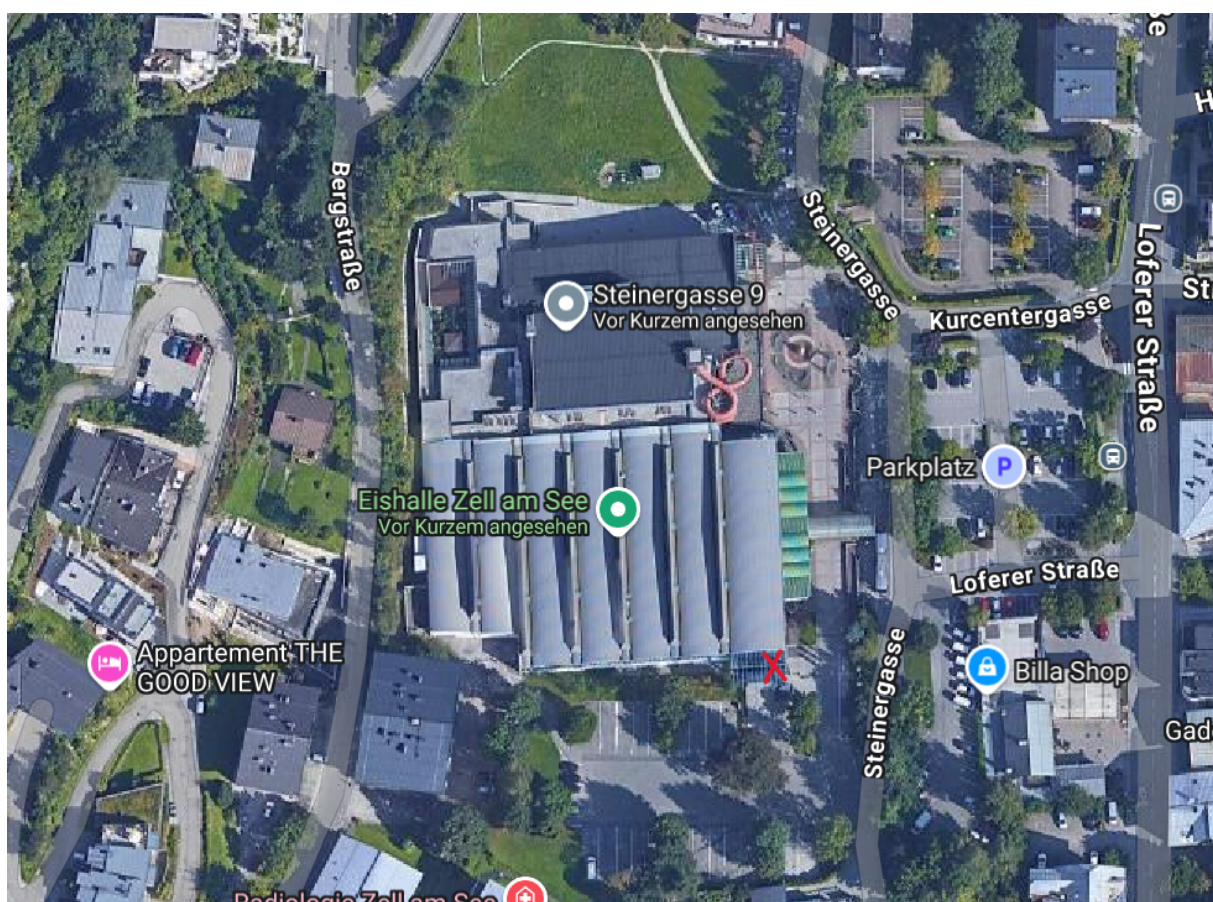
+43 1 505753520

Entry Ice Rink

To enter the ice rink, turn left at the main entrance and walk around the building towards the left corner.

Enter below a set of metal stairs via the side entrance.

The entrance is marked with an **X** on the picture.



Accreditation Information

Accreditation for coaches and skaters will take place at the ice rink in the coaches' locker room.

Opening hours:

Sunday, June 29: 16:30-18:00

Monday, June 30: 07:15-09:00

Access:

The accreditation pass will be checked at meals.

The accreditation also grants discounted admission to the indoor swimming pool (including sauna) and the lido. To receive the 25% discount, simply present the accreditation at the entrance.

Indoor pool: Address: Steinergasse 3, Zell am See. Opening hours: 11:00-21:30

Lido: Address: Esplanade 16, 5700 Zell am See. Opening hours: 09:00-19:00

Information Cryo chamber and sauna

Sauna:

The sauna at the indoor swimming pool can be used at a discounted rate. No appointments needed. Opening hours 11:00-21:30.

Cryo Chamber:

The cryo chamber can be booked through Skate Austria at a special rate of €15 for a 15-minute session. Registration is required at least 24 hours in advance at the coaches locker room or via ak@skateaustria.events

Payment in cash at registration.

Available slots:

Wednesday, July 2: 16:00-17:30

Friday, July 4: 16:00-17:30

Free Skating Sessions Registration

If teams need additional time to work on programs, technique or jumps, they can register for Free Skating Sessions according to the schedule. Teams can choose to work with their own coach or one of the moderators. Moderators therefore need to be contacted and booked personally.

Individual sessions with Mark Pillay are not included in the participation fee.

A maximum of 10 skaters per session will be allowed. Please be mindful of who has already registered for the sessions (novice teams/senior teams) so all teams have the chance to work effectively.

To register for Free Skating Sessions please use the sign up sheets at the rink.

Q&A

When: Wednesday, July 2, 17:30-18:30

Where: Seminar room, Ice Rink

There will be a Q&A event for coaches, officials and interested skaters.

To be able to address all questions we kindly ask you to submit any questions you might have via email to mz@skateaustria.events

We are looking forward to a fruitful exchange of information and ideas.

Monitoring Event

Thursday and Friday afternoon a monitoring event will take place in cooperation with the officials seminar. Skaters have the chance to demonstrate their new programs and receive valuable feedback from members of the technical panel and judges.

No full run throughs are required to participate but please keep in mind that given feedback could be more accurate if more elements are demonstrated.

In case a team wishes to not participate in the monitoring, please send an email to mz@skateaustria.events by Wednesday, July 2, 12:00 latest, so this can be taken into account when a detailed schedule will be created.

Information Cooking

Together with the highly qualified and experienced nutritionist Judith Haudum the skaters will have the chance to learn about fuelling their bodies properly in lectures and even learn how to prepare nutritious age appropriate meals in practical sessions.

All sessions will take place in the official hotel, walking distance from the rink: approx. 6min.

Sporthotel Alpin

Gartenstraße 11, 5700 Zell am See

Meeting point: In front of the breakfast room on the 1st floor