

SUMMER ACTIVITIES 2019

ATTIVITÀ ESTIVA

June-July-August / Giugno-Luglio-Agosto

www.ygacademy.it

camp.yga@gmail.com



young-goose.academy



THE WINNING RUSSIAN TECHNIQUE

HOW TO BUILD THE TRIPLES - MISHIN

GET READY FOR YOUR SEASON



YGA Summer activities 2019

THE CAMPS

The Young Goose Academy Family is happy to invite you to join our summer activity choosing one of our summer camps!

The camps are held at Egna/Neumarkt in July and August and at Fondo in July

La Famiglia Young Goose Academy ha il piacere di invitarvi a fare parte dei nostri camp estivi.

I camp si svolgeranno a Egna in giugno e agosto e a Fondo in luglio

1

10/06–15/06 + 17/06–22/06

EGNA - NEUMARKT

THE WINNING RUSSIAN TECHNIQUE

2

15/07–20/07 + 22/07–27/07 + 29/07–3/08

FONDO

HOW TO BUILD THE TRIPLES - MISHIN

3

19/08–24/08 + 26/08–31/08

EGNA - NEUMARKT

GET READY FOR YOUR SEASON

GUEST COACHES

JUNE

ANGELINA TURENKO - RUS

JULY

ALEXEI MISHIN - RUS

(organized by Passion & Fun)

AUGUST

19/08–24/08

CARINE HERRYGERS - BEL

26/08–31/08

KATHARINA KAMBERSKA - CZE

HOW AND WHAT

- 2–3 ice sessions a day Monday through Friday + 2 sessions on Saturday
- 2 jumping/spinning technique + 1 skating skills/rythm/moves in the field
- 1–2 ballet sessions at week
- 1–2 off ice condition t week
- 1 yoga/pilates at week
- 1–2 off ice jumping technique

number of sessions and/or activity might change due to organizational issues

YGA Summer activities 2019

PROGRAM

During the camp you will work on jumping technique, spins and skating skills with our guest coaches of YGA family* and the YGA staff* on and off-ice.

Upon request a physiotherapist, nutritionist and video analyst is available.

Durante i nostri camp avete la possibilità di lavorare sulla tecnica dei salti, trottole e patinata con gli allenatori esterni che fanno parte di YGA Family*, lo staff YGA on ice e off ice. A sua richiesta sono disponibile il fisioterapista, nutrizionista, analisi del video.

YGA STAFF

LORENZO MAGRI

YGA head coach and choreographer, technical specialist, ISU TS Single and Pairs

EVA MARTINEK

Olympic coach, jumping and spinning technique international technical specialist, YGA young talent developer

GIORGIA CARROSSA

YGA coach, jumping and spinning technique, on and off ice experts

ANNA CARAMUSCIO

ALICE DI SILVIO

YGA OFF ICE

CHIARA TANESINI

Ballet teacher, off ice choreographer

ANTONIO PRESUTTI

Gymnastics coach, off-ice conditioning

NICOLETTA INGUSCI

Yoga for skaters

GALIA GURIYANOVA

Rhythmic gymnastics coach, stretching, off ice conditioning, on and off-ice program cleaning

**detailed informations can be found in the
announcements of each camp!**

more info

www.ygacademy.it/yga-camp

camp.yga@gmail.com



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YGA Summer activities 2019

SAVE YOUR MONEY

YGA SKATERS

- ALL CAMP DISCOUNT: 7 FULL WEEK OF CAMP ... LAST ONE 50% DISCOUNT**
- 3 WEEKS OF CAMP ... 10% DISCOUNT ON THE FOURTH WEEK**

NON YGA SKATERS

- 4 WEEKS OF CAMP ... 10% DISCOUNT ON THE FIFTH WEEK**

GROUP DISCOUNT

CLUBS OR GROUPS OF SKATERS PARTICIPATING TO YGA CAMP WILL RECEIVE DISCOUNT DEPENDING BY NUMBER OF WEEKS AND SKATERS

**** Active discount only if you pay all at once**

lo sconto è previsto solo in caso di pagamento totale in unica soluzione



ACCOMMODATION & MEALS

AGENCY IGNA'S TOUR

bt@ignastour.it - please mention that the YGA skating camp has referred you

more info

www.ygacademy.it/yga-camp

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[young.goose.academy](https://www.younggooseacademy.com)