Winter Skating Camp with Anna Rechnio & Alexey Fedoseev
Sunday 27 December – Wednesday 30 December

Uppsala Skridskoklubb invites you to an intensive training camp between Christmas and New Year with Anna Rechnio, Alexey Fedoseev and the Uppsala SK coaching team.

On-ice training takes place **Uppsala Skridskoklubb** at **Gränby Ice Rinks in Uppsala**. Off-ice training takes place both outdoors around the rink and in an indoor training room.

Sessions are spread throughout the day depending on the number of groups and skaters.

Training:

Senior, Junior, Advanced & Intermediate Novice	12 on-ice sessions 4 off-ice sessions	SEK 2,000 (incl. registration fee)
Basic novice	8 on-ice sessions 4 off-ice sessions	SEK 1,500 (incl. registration fee)
Beginners	4 on-ice sessions 4 off-ice sessions	SEK 1,000 (incl. registration fee)

At least six skaters are required per group. Groups with fewer registrations will be cancelled.

Training programme:

Senior, Junior, Advanced Novice (working on triples and 2A)

- 12 × 45-minute on-ice sessions
- 4 × 45-minute off-ice sessions over four days

Intermediate Novice (working on double jumps, all ages)

- 12 × 45-minute on-ice sessions
- 4 × 45-minute off-ice sessions over four days

Basic novice (working on 1A, all ages)

- 8 × 45-minute on-ice sessions
- 4 × 45-minute off-ice sessions over four days

Beginners (all ages)

- 4 × 45-minute on-ice sessions
- 4 × 45-minute off-ice sessions

<u>Each group will run only if at least six participants register.</u>

Coaches:



Anna Rechnio is a head coach at Uppsala Skridskoklubb and has had a long and successful career in international figure skating. She represented Poland at the highest level in the 1990s, competing at the 1994 and 1998 Olympics and earning a career-best fifth place at the 1998 World Championships. After retiring from competition, she skated professionally in international ice shows. Since 2008, Anna has worked as a coach and choreographer with several clubs and organisations.



Alexey Fedoseev is a head coach at Uppsala Skridskoklubb with extensive international experience in figure skating. He studied at the sports university in Saint Petersburg, where he earned a master's degree in Physical Education (Master of Sport). Since 2000, he has coached in Russia, Poland and Denmark and at Stockholms Allmänna Skridskoklubb and Tibro Konståkningsklubb, where he also worked with national-team skaters.

Other coaches from Uppsala Skridskoklubb will also join us.

Registration:

Register on our website: www.uppsalask.se

The registration deadline is **Sunday 6 December 2026**.

A non-refundable registration fee of SEK 500 is payable when you register.

When registering, state the skater's test level (enter *untested* if no test has been taken) and the category they are competing in this season. Skaters will be grouped by skill level.

If we receive a large number of registrations, places will be allocated in the order registrations were received, on a first-come, first-served basis.

Camp fees:

- National Series, System 3 and System 2 skaters: SEK 2,000 (incl. registration fee)
- System 1 skaters: SEK 1,500 (incl. registration fee)
- Leo Badge skaters: SEK 1,000 (incl. registration fee)

Non-members of Uppsala Skridskoklubb pay an additional SEK 200 membership fee.

If you have any questions, please email lager@uppsalask.se

Venue and accommodation:

Training is at Gränby Ice Rinks. Changing rooms with showers are available to participants.

Skaters need suitable workout clothes and shoes for off-ice training.

For lunch or a snack, we recommend IFU Arena, about 200 metres from the ice rinks.

Bring your own food if needed. Skaters with sessions both before and after lunch should bring a more substantial packed lunch. A microwave is available for heating food.

We recommend staying at ArenaHotellet, about a three-minute walk from the ice rinks.

Liability and cancellations

Uppsala SK runs the camp in accordance with the Swedish Figure Skating Federation's rules.

1. Registration is binding and only takes effect once the registration fee has been paid.
2. The registration fee is an administrative fee. It is only refunded if we cannot offer the skater a place.
3. The camp fee is only refunded in the event of injury or illness, on presentation of a medical certificate. The injury or illness must occur after registration and before the camp starts. The organisers must receive the certificate before the camp starts.
4. If the camp does not take place, a full refund will be issued.
5. If the camp is cut short due to illness or for any other reason after it has started, no fees will be refunded. We encourage skaters to check their home insurance policy.
6. Each participant is responsible for having adequate insurance coverage. Uppsala SK is not liable for any injuries during the camp.
7. Camp participants are responsible for their own belongings. Uppsala SK is not liable for any loss.

We look forward to seeing you!

Uppsala Skridskoklubb