



The Federation of Artistic Roller Skating

From: FARS Coaching Officer – Nina Asquith | Email: coachingofficer@fars.co.uk | Date: 13/10/2017

TO ALL FIGURE SKATERS, COACHES AND JUDGES

Date: Saturday 18 – 10.30am - 18.00pm and 19 November 2017 – 9.00am – 17.00pm
Venue: Felixstowe Academy, Maidstone Road, Felixstowe, Suffolk, IP11 9EF

Exciting news! FARS are delighted to write to inform you that a fantastic opportunity has arisen for our figure skaters to work with one of the World's best Figure Skaters, Alessio Gangi from Italy. He will be coming to GB, to teach at a FARS training weekend for figures only and all levels can apply to attend. There is, however, a limit on the number of places for this weekend. FARS would like to provide specific coaching in small targeted groups at all levels. There is no limit on the number of coaches and judges who can attend, in fact it is vital that coaches attend with their pupils for the best ongoing outcomes.

About Alessio Gangi - It is my pleasure to pass on a message from Alessio:



Hello everyone, My name is Alessio Gangi, I'm 19 years old and I was born in Florence. I love to laugh and smile, but in particular I love to make other people smile. I am a skater myself and since 2012 I have been part of the Italian National Team. I love to compete and feel the adrenaline flowing in my veins. As an athlete the most important results I've reached are: 4 gold medals and 2 silvers at European Championships, 2 bronze medals at World Championships, 2 gold medals at German Cup and 7 gold medals at the Italian National Championships.

As a coach I'm very pleased with my athletes, I enjoy working with skaters from the very beginning, to achieve their first step on the podium and see them with the gold medal on their neck.

I love to share my passion for this sport and I want to help with all of Great Britain's clubs, skaters and team needs. This is me! - Alessio -

Training Weekend Details: FARS is working hard to keep the cost to the skater as low as possible and as such the estimated costs will be no more than £50 per skater for the entire weekend which includes all floor time, coaching fees and materials. Coaches and judges attend for free.

Format: The exact format of the weekend has not been finalised yet but it is anticipated that it will include:

- Groups of 6 to 10 skaters receiving intensive training in 40 minute slots
- Floor time for as much of the day as you like in between group work
- Interactive sessions with coaches
- New FIRS figures work for Junior and Senior
- Follow up materials to continue the work



How to book: ** Places are limited UPTO 50 only** - To book your place a **NON-REFUNDABLE DEPOSIT OF £25 IS REQUIRED** (the remaining money can be paid on the day or once final numbers are known).

If you have any queries, please contact the coaching officer.

Yours faithfully **NINA ASQUITH, COACHING OFFICER FOR FARS**

Please return the form below via email to Coachingofficer@fars.co.uk

Please do not send to the FARS office.

From: FARS Coaching Officer – Nina Asquith | Email: coachingofficer@fars.co.uk | Date: 13/10/2017

CLUB NAME:			
	SKATERS NAME	STANDARD IN FIGURES	BRITISH CHAMPS 2018 TOT/MINI/ESPOIR/CADET/ YOUTH/JUNIOR OR SENIOR
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Payment Information:

Account: Federation of Artistic Roller Skating

Account number: 66775132

Sort Code: 53-61-24

Ref: FigureSeminar (FS) + FARS membership number + first three letters of your surname i.e. **FS_123_LOA**
Or club name/5 skaters

REFERENCE AND AMOUNT MADE TO FARS BY BACS	
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	COACHES NAMES	Fars membership number
1		
2		
3		
4		
5		
6		
7		