



## AUSTRALIAN ICE RACING

AIR is pleased to announce our National Open Development Camp from 29<sup>th</sup> September to 3<sup>rd</sup> October, 2019 and we have secured our National Coach, Richard Nizielski as the head coach of the camp.

**Richard Nizielski** is a 3 times short track Olympian who had competed for Australia in the 1992 (Albertville), 1994 (Lillehammer) and 1998 (Nagano) Winter Olympics. In 1991, Richard was part of the Australian quartet that won the 5,000m relay at the World Championships in 1991 in Sydney. It was the first time that Australia had won a World Championship in a winter sport. The team then went on and won Australia's first ever Winter Olympic medal (bronze for the 5,000m men's relay) at the 1994 Lillehammer games. As a coach and trainer, Richard has worked with sports men and women of all levels and in a variety of team and individual sports, including many elite professional golfers such as Shin Ji-ae and Oh Ji-Young. Richard holds a Bachelor of Exercise Science First Class Honours, Bachelor of Human Movement and Diploma of Fitness. He has obtained Mental Performance Coaching Accreditation with Mental Strength Academy and levels 1 and 2 accreditation with the Australian Strength and Conditioning Association.

Other available club coaches who are interested in assisting with coaching at the camp are encouraged to contact Margaret Blunden at [generalsecretary@australianiceracing.org](mailto:generalsecretary@australianiceracing.org).

<b>Date</b>	From Sunday 29 <sup>th</sup> September to Thursday 3 <sup>rd</sup> October, 2019
<b>Venue</b>	O'Brien Group Arena, 105 Pearl River Road, Docklands, VIC
<b>Eligibility</b>	All financial members of AIR State Association members or financial members of ISU members. This camp is open to all ages and abilities and skaters will be divided into various groups in the first session.
<b>Cost</b>	<i>\$250 (with 14.50 hours ice time plus off ice sessions over 5 days)</i> Please note that the cost exclude travel and accommodation which is to be organised by participants
<b>Registration</b>	Registration is now open via online entry only with credit card payment. Registration will close on <b>Fri, 20<sup>th</sup> September</b> to allow proper assessment of participants and finalisation of the training program. <a href="#">Click here</a> to register.  If you have registered for 2019 or previous Development camp or 2018 Australian Open Championships, you can use the same user ID and password as before. Once you have logged in, all the personal information should be prefilled for you.
<b>Contact</b>	If you have any questions, please email <a href="mailto:generalsecretary@australianiceracing.org">generalsecretary@australianiceracing.org</a>

***Program (Draft) – Ice sessions only, land training to be advised***

DAY	TIME	ACTIVITY
Sun Sept 29	3.30pm to 6.00pm	Ice Session
Mon Sept 30	11.30am to 1.30pm	Ice Session
Tues Oct 1	11.30am to 1.30pm	Ice Session
	5.00pm to 7.00pm	Ice Session
Wed Oct 2	11.30am to 1.30pm	Ice Session
	5.00pm to 7.00pm	Ice Session
Thur Oct 3	11.30am to 1.30pm	Ice Session

**Note:** Draft Program is subject to change. A detailed program will be available closer to the date.

***Accommodation Option***

**The Sebel Melbourne Docklands Hotel & Residences**

18 Aquitania Way, Docklands VIC 3008 Melbourne Australia

[www.sebeldocklands.com.au](http://www.sebeldocklands.com.au)

**BOOKING METHOD**

- Direct Reservations Only - Customers must quote code: **AIRRES**
- Telephone : +61 3 9641 7500
- [Email: info@sebeldocklands.com.au](mailto:info@sebeldocklands.com.au)