

HANDBOOK



SYNCHRONIZED SKATING
BavariaCup
March 18, 2023



Icerink Hoechststadt a.d. Aisch

International Competition for
Synchronized Skating

www.bavariacup.eu

Dear Teams,

We are very happy to welcome you to the 1st Bavaria Cup 2023!

Amazingly, for our first competition we expect 35 teams from 10 nations here in Höchststadt. Good luck to all the teams and enjoy your stay in beautiful Bavaria.

Your organizing committee:

Nadja Müller

(1st president ESC sports club, organization)

Trixi Meier

(2nd president ESC sports club, organization)

Susanne Schöne

(organization, communication)

Claudia Gallwitz

(public relation, social media)

Mareen Eisenmann

(ESC sports club, homepage, organization)



with sporty support from the city of Höchststadt (in the center of the picture: Mayor Gerald Brehm).

Competition / (Un)official practice:

Icerink Höchststadt a.d. Aisch

Kieferndorfer Weg 77, 91315 Höchststadt

The ice rink in Höchststadt a.d. Aisch is located at Kieferndorfer Weg 77, not far from the town center of Höchststadt. Easy to be reached: 5 minutes by car from the highway exit (highway A3 #80). The nearby larger cities of Nuremberg, Erlangen or Forchheim are only a 20 to 30 minutes drive away. Nuremberg has an international airport NUE (www.airport-nuernberg.de/english).

The ice rink of Höchststadt a.d. Aisch has a total capacity of 2000 people. The ice surface has a size of 29.7 m x 59.7 m. At the moment it is a semi-closed, **unheated building**. **Warm clothes and blankets are definitely an advantage. You might want to bring a seat cushion along to sit on.** Future planning, in summer 2023 and 2024, the entire building will be completely renewed: it receives a new roof, will be completely closed and equipped with a new ice technology for over 12 Mio. €.



Registration:

Competition office
Icerink Höchststadt a.d. Aisch
Kieferndorfer Weg 77, 91315 Höchststadt

Friday March 18, 2023: 13:00 – 19:00
Saturday March 18, 2023: 05:30 – 14:00

Communication:

News, results and other information will be posted on our homepage (www.bavariacup.eu). If you need a print copy, please come to our office.

Protocols:

Protocols will also be uploaded to the homepage: www.bavariacup.eu.

Draw:

The starting order for the competition will be drawn LIVE on Facebook prior to the event on Wednesday 15th March at 20:00. The result of the draw will be published on the competition website no later than 23:59 on Wednesday, March 15, 2023.

TV Livestream:

We proudly provide a world-wide livestream free of charge. The event will be streamed via Sportdeutschland.tv. The streaming link will be published on the Bavaria Cup homepage.

Extra practice ice on Friday, March 17, 2023:

The extra practice schedule has been sent to the teams concerned. The music can be played with a music reproduction device (CD/Aux [mobile phone] / USB Stick) directly at the ice by the team.

Parking for cars/buses/camper:

There will be extra bus parking lots on both sides of the road of Kieferndorfer Weg reserved only for team buses. Volunteers will be there when you arrive to arrange parking. For teams traveling with cars, please use the parking lot for cars 1-3. Please do not enter car parking 1-4 with team buses. There is also a reserved parking slot for campers (no electricity etc.). All parking slots can be seen in the following picture, which gives an overview of the whole area.

Parking for official panel/VIPs/volunteers:

There is a reserved parking space for the official panel, VIPs and volunteers. Please use the car park for cars no. 4, which is located on the left (west) side of the ice rink. All parking slots can be seen in the following picture, which gives an overview of the whole area.



Places to rest & to do hair/make-up:

As it will be a long day for everyone we try to provide space for teams to rest, do hair and make-up, etc. in heated rooms.

Please make sure to always keep your belongings with you, as these designated spaces shall be used by many teams and are not to be used as a storage place. We ask for your understanding that if this is the case, our volunteers will put these things aside. Rooms and spaces are to be shared by more (!) than one team.

The following rooms can be used at these times:

- Dressing Rooms at warm-up area: 06:00 – 20:30
- Lounge at warm-up area: 06:00 – 20:30
- Warm-up Area 5: 06:00 – 15:00
- Dressing Rooms DR6/DR7 in tent: 08:15 – 15:00

Warm-up areas:

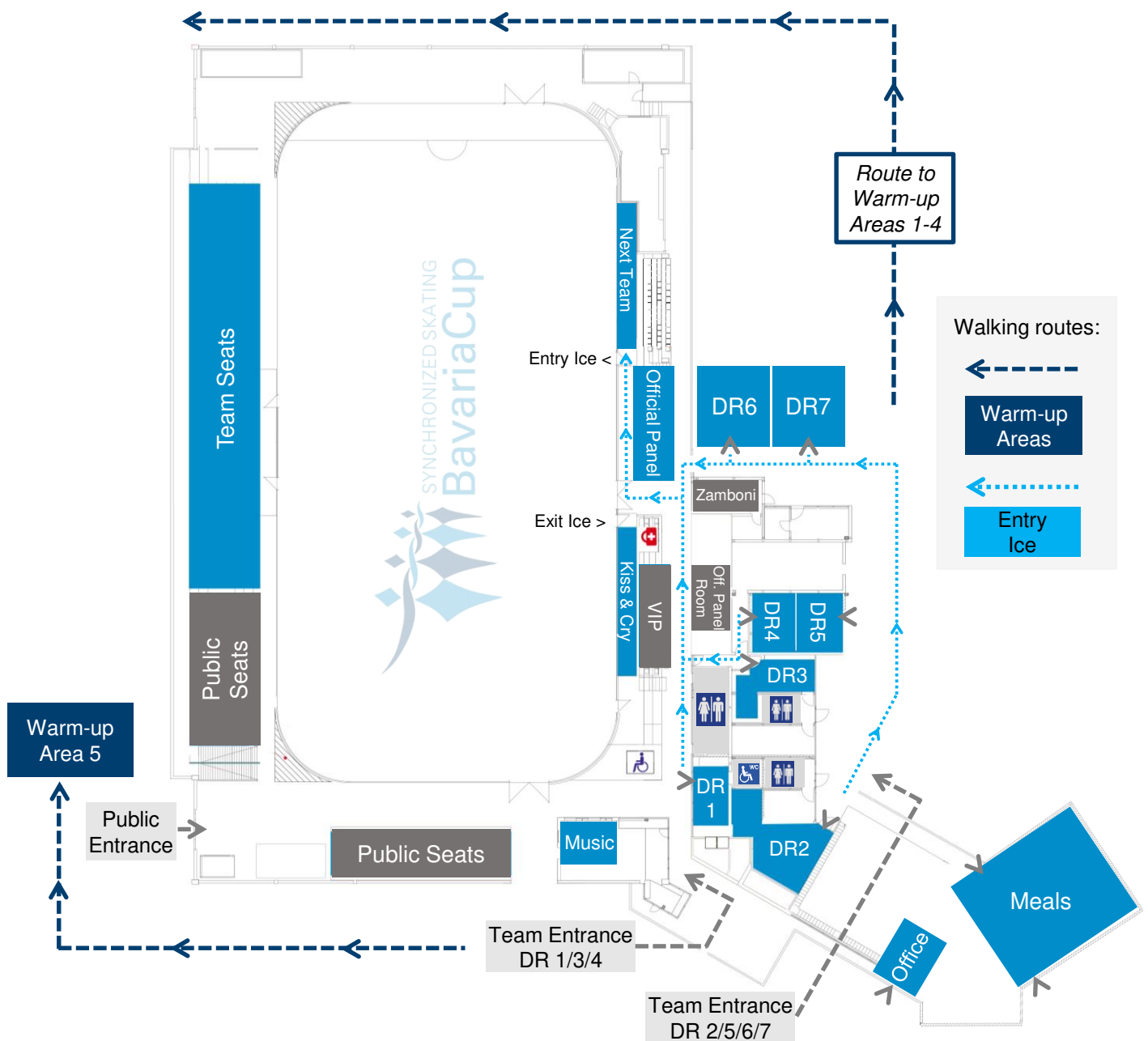
There are 5 warm-up areas (WU). All rooms are signposted. The warm-up spaces are designated as such and assigned in the detailed schedule. Please do not use big boom boxes in respect for the other teams! Or at least talk to your fellow coaches about the usage of loud music. **Please do not enter the warm-up areas with outdoor street shoes. Please bring extra clean trainers or just wear thick socks or similar.** The volunteers will take care of this, as the gym must not be entered with dirty outdoor shoes, so that the floor is not damaged. Please check the walking route how to get to

the warm-up areas. We recommend: If the weather conditions allow it, you can use the space outside around the sport facilities.

Dressing rooms:

There are 7 dressing rooms (DR). The dressing rooms DR6 and DR7 are located in a heated tent. Please check the following plan, which gives you an overview of the whole ice rink and the walking routes how to get to the ice entry.

Please note: DR 1/3/4 use the main entrance of the ice rink (“Eisstadion”). For DR 2/5/6/7, please use the main entrance for the outdoor swimming pool (“Freibad”) - as you can see in the following picture. Mirrors are provided in every dressing room.



Meals:

Meals for teams who reserved their meal tickets in advance will be provided at the restaurant of the sport centre (“Freibadgaststätte”). Due to the amount of teams, we will have a schedule for mealtimes. Please, stay informed at the OC office.

- Lunch: 11:00 – 14:00
- Dinner: 17:00 – 20:00

Official practice free skating:

10 and 11 minutes (depending on the category, please compare announcement, status: November 04, 2022). Music can be played twice. Once the music has started, it will be played through completely and cannot be restarted. The music will start for the first time no later than 2 minutes after the start of the practice and for the second time, no later than 6 minutes (7 min for junior teams) after the start of the practice.

Opening ceremony on ice:

The opening ceremony will take place on ice on Saturday, March 18 at 15.15. Every team may appoint no more than 2 skaters to take part in the ceremony. Please meet at the Zamboni entrance at 15:05 latest. Every team receives a sign with their team name on it. All teams will enter the ice sorted as follows: by country (English A-Z) and by team name (A-Z). Please hand the sign back to the volunteers when you exit the ice after the ceremony (we will distribute them again at the award ceremony).

Award ceremony:

The first three places of each category will receive awards. Each team will be handed a certificate and each skater receives a medal. The podium at the award ceremony will be on the north side of the ice rink. Please enter the ice from the south and east side when the ceremony begins. All teams please line up by category in rows of two skaters. On the ice you will find skaters with signs for the respective category. There you will be handed out your team signs again. Due to the very long day of competition, we offer our youngest participants a small award ceremony off-ice, in consultation with the teams. The small award ceremony for the categories Non ISU Novice and Juvenile will take place at 17:45. The teams will receive more information on site.

Party on ice:

We invite you to celebrate the day with the whole synchro family on ice at the “Party on ice” following the award ceremony. To make your memories last we will provide a fotobox on the ice for you. All pictures will be uploaded to the homepage afterwards and can be downloaded there for free. Let’s finish the day together and when all photos are taken, the disco lights will be turned on, open end.

Medical service:

Medical service for athletes competing at the Bavaria Cup includes rink-side emergency coverage during the event and practice sessions.

Officials and judges:

The official panel is located on the east side of the rink, besides the Zamboni entrance. There will be a heated room for judges and technical panel on the backside of the VIP places (“Schiedsrichterraum”). Please feel free to use the reserved parking spaces.

<u>Referee:</u>	Ludwig Czoczek (GER)	
<u>Judges:</u>	Michelle Daleweij (NED)	Tony Krähenbühl (SUI)
	Dominic Fuhlbrügge (GER)	Hans-Ulrich Lüthi (SUI)
	Juliane Gerber (GER)	Peter Rittmann (GER)
<u>Technical panel:</u>	Carolina Crisafulli (ITA)	Eugen Larasser (GER)
	Marco Derpa (GER)	Maja Tandecka (POL)
	Sergey Gross (GER)	Julia Uhlitzsch (GER)

Event schedule:

Friday, March 17, 2023

13:00 - 20:00 Extra unofficial practice ice	Ice rink Höchststadt a.d. Aisch
18:00 TC and Referee's meeting	Landgasthof Scheubel
19:00 Officials dinner	(Hauptstraße 1, 91350 Gremsdorf)

Saturday, March 18, 2023: Ice rink Höchststadt

07:00 – 07:30	Official practice Non ISU Novice
07:45 – 08:45	Official practice Juvenile
09:00 – 10:15	Official practice Adult
10:15 – 10:45	Official practice Adult ISU
11:00 – 14:04	Official practice Mixed Age
14:19 – 14:52	Official practice Junior ISU

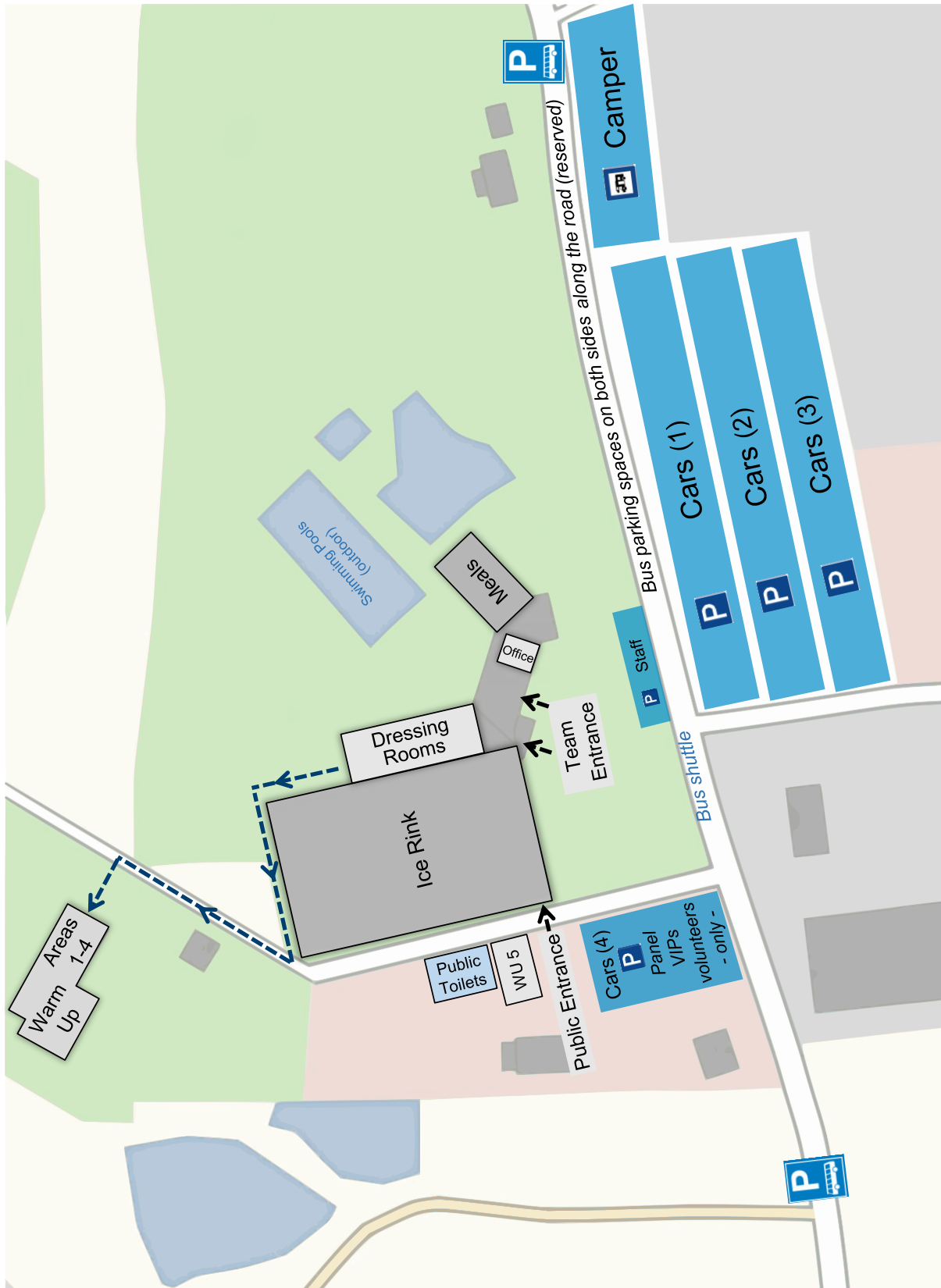
15:15 Opening ceremony on ice

16:00 – 16:18	Competition Non ISU Novice
16:33 – 17:09	Competition Juvenile
17:24 – 18:15	Competition Adult
18:15 – 18:34	Competition Adult ISU
18:49 – 20:57	Competition Mixed Age
21:12 – 21:33	Competition Junior ISU

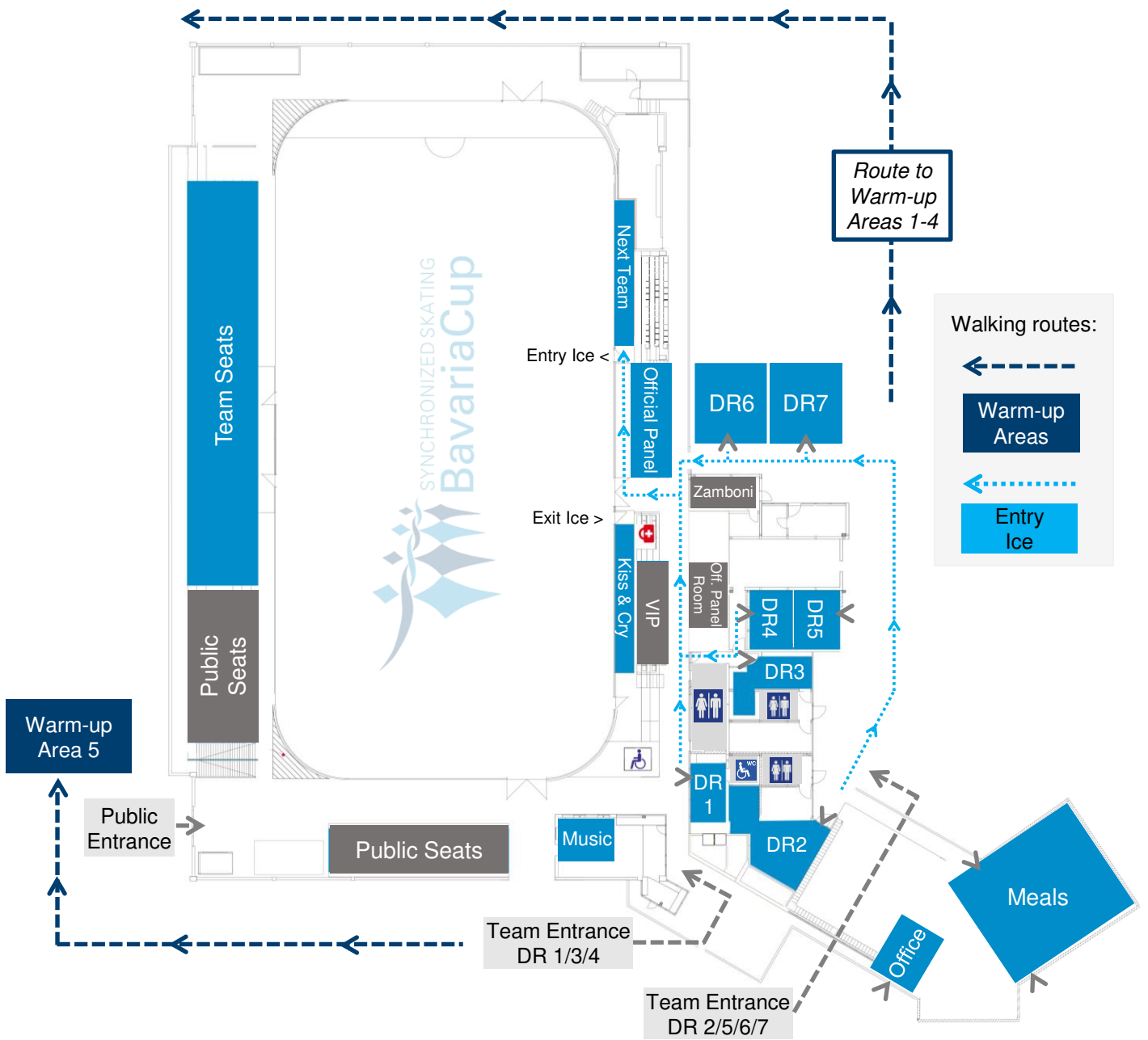
approx. 21:45 Award ceremony on ice

from 22:30 – open end Party on ice with fotobox

Attachment 1: General overview



Attachment 2: Ice rink overview



Contact:

Organizing committee:

- Mail: info@bavariacup.eu
- Nadja Müller: +49 172 8131469
- Trixi Meier: +49 176 55595008

Emergency call:

- Germany (EU): 112

Taxi:

- Taxi Max: +49 9193 9214

Thank you for your participation in the 1st Bavaria Cup 2023!



The pictures and videos will be available on the competition homepage after the competition.

*We hope you had a successful competition and a great day in Höchststadt and we hope to see you again next year for the 2nd Bavaria Cup 2024.
So stay tuned!*

You will still find the latest information on social media and on the homepage and we will stay in contact with you.

We wish all teams an injury-free summer season!

See you soon somewhere in the synchro world:

Nadja, Trixi, Suse, Claudia & Mareen