



## AUSTRALIAN ICE RACING

AIR is pleased to announce our National Open Development Camp in October 2018. We have secured 2 highly qualified and experience coaches for the camp: Mr Lee Young Min (William) and Mr Richard Nizielski.

**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.

**Mr Lee Young Min (William)** has over 40 years experience in speed skating, starting his competitive skating career in 1976 with the Korea National Sport University where he was on the Korean National team from 1982 to 1992. After his competition career, William became the head coach and manager of the Incheon Ice Rink (1994-2002), then as team coach at Taereung International Ice Rink (2002-2016). In 2016, he moved to Sydney and has been the head coach of the Sydney Speed Skating Club since then. In addition to his skating and coaching career, William has also had experience as the Chief Referee for the Korea Skating Union.

All other available club coaches are also encouraged to assist with coaching at the camp.

<b>Date</b>	From Sunday 30 <sup>th</sup> September to Thursday 4 <sup>th</sup> October, 2018
<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>\$300 (with 21 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, 21<sup>st</sup> September</b> to allow proper assessment of participants and finalisation of the training program. Visit <a href="http://www.australianiceracing.org">www.australianiceracing.org</a> to register.  If you have registered for 2018 or previous Development camp or 2017 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 30	3.30pm to 6.30pm	Ice Session
Mon Oct 1	7.45am to 10.45am	Ice Session
Tues Oct 2	7.45am to 10.45am	Ice Session
	3.30pm to 6.30pm	Ice Session
Wed Oct 3	7.45pm to 10.45am	Ice Session
	3.30pm to 6.30pm	Ice Session
Thur Oct 4	7.45pm to 10.45am	Ice Session

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

***Accommodation Options***

**Four Points Sheraton Melbourne Docklands**

443 Docklands Drive, Docklands, Melbourne VIC 3008  
[www.fourpointsmelbournedocklands.com](http://www.fourpointsmelbournedocklands.com)

**Atlantis Hotel**

300 Spencer St, Melbourne 3000. Ph: (03) 9600 2900  
<http://www.atlantishotel.com.au>

**Travelodge Hotel Melbourne Docklands**

66 Aurora Lane, Docklands 3008. Ph: 1300 886886  
<http://www.travelodge.com.au>

**Miami Hotel**

13 Hawke St, West Melbourne 3003. Ph (03) 9321 2444  
<http://www.themiami.com.au>

**The Sebel Docklands Apartments**

<http://www.sebeldocklands.com.au/>

**Quest Docklands**

<http://www.questapartments.com.au/properties/vic/docklands/quest-docklands/overview>

**Holiday Inn Flinders**

<https://holidayinmelbourne.com.au/>

**Melbourne Metro Youth Hostel**

<https://www.yha.com.au/hostels/vic/melbourne-hostels/>

**Docklands Private Collections of Apartments**

<http://www.docklandsprivatecollection.com.au/>