

Dear participants of the 1st LSC,

We are looking forward to welcoming you all to Luxembourg next weekend. The participants have been split into two groups based on their skill level. Below you find the schedule and the group to which each participant belongs. We ask you to be present 45 minutes before each training session so you can properly warm up your muscles before going on the ice.

For group 2 we will organize a time attack on the last training session to create the ideal circumstances to beat your personal best times. For group 1 we foresee some competition simulation. More information about this will be given during the camp.

Schedule:

Friday 9 September 18h15-21h15

Group 1: 18h15

Group 2: 19h45

Saturday 10 September 8h00-11h00

Group 1: 8h00

Group 2: 9h30

Saturday 10 September 15h00-18h00

Group 1: 15h00

Group 2: 16h30

Sunday 11 September 8h00-11h00

Group 2: 8h00

Group 1: 9h30

Sunday 11 September 15h15-18h15

Group 2: 15h15 - Time attack

Group 1: 16h45 - Competition simulation

Groups:

Group 1:

1. Julie Kiesgen
2. Emma Arns
3. Sophia Bumsteinaite
4. Lou Pirar
5. Edoardo Detournay
6. Luc Arns
7. Lars Van Aerde
8. Laurens Van der Vlist
9. Menthe De Vriendt
10. Fiona Cuppens
11. Karolina Bumsteinaite
12. Juliette Rayen
13. Josiane Hoffmann
14. Amanda Yao

Group 2:

1. Bob Kiss
2. Max Backström
3. Larsen Casubolo

4. Jimmy Kiesgen
5. Tijmen Van Laethem
6. Daphne Merlevede
7. Loy Cremers
8. Alexander Van Buren
9. Lotta Van Herck
10. Jesse-Jan Rayen
11. Mirthe Michiels
12. Zander Liekens
13. Tilde De Vriendt
14. Luna Marie Lau
15. Caroline Vandenbulcke
16. Nienke De Jong

See you soon!

The coaches:

Maarten Slembrouck
Liselot Noiron
Kiril Pandov

Best regards
ULPV committee

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