

# BMETHOD ACADEMY SUMMER CAMP 2025



Please send the completed form to [summercamp@bmethod.ch](mailto:summercamp@bmethod.ch)  
before **registration closes on 15.03.2025.**

## 01 DATA

I the undersigned		Born in (City)
<hr/>		
On (Date)	Address (Street)	City
<hr/>		
Postal code	Country	Passport Number/ I.D.
<hr/>		
Medical Insurance (Cassa malati)	Cell Phone	Email
<hr/>		
Asks on his own exercising parental authority on (Child Name)		Born in (City)
<hr/>		
On (Date)	Address (Street)	City
<hr/>		
Postal code	Country	Passport Number/ I.D.
<hr/>		
Medical Insurance (Cassa malati)	Jump level of skater	Category of Skater
<hr/>		
	(e.g. single jumps, double Axel, triple Toeloop, ...)	(e.g. Swiss: SIS U12, 4 Stella,..; Italy: Junior Gold,..; USA: Junior National,..)

# WHAT KIND OF BMETHOD ACADEMY SUMMER CAMP ARE YOU?



## 02a BMETHOD ACADEMY SUMMER CAMP: **PERFORMANCE LAB**

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- Dedicated to national and international competitive skaters from jump level at least single axel and 2 doubles onwards
- Activities per day on ice training: 2 hours 40 minutes  
off ice training: 2 hours  
private lessons are not included and must be booked additionally in the form under point 05
- Additional activities 2 LAB sessions with body sensors  
2 private lesson electric spinner  
2 lessons mechanical spinner  
2 Feedback interview
- Location Cavalese, TN, Italy
- Partner Hotel Wellness Hotel La Roccia \*\*\*\*  
for bookings: [info@larocciacavalese.com](mailto:info@larocciacavalese.com)  
By booking please communicate that you participating the BMETHOD Academy Summer Camp 2025 to get a discounted rate.

## 02b BMETHOD ACADEMY SUMMER CAMP: **PRO**

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- Dedicated to national and international athletes (competitive skaters)
- Activities per day on ice training: 2 hours 40 minutes  
off ice training: 2 hours  
private lessons are not included and must be booked additionally in the form under point 05
- Location Cavalese, TN, Italy
- Partner Hotel Wellness Hotel La Roccia \*\*\*\*  
for bookings: [info@larocciacavalese.com](mailto:info@larocciacavalese.com)  
By booking please communicate that you participating the BMETHOD Academy Summer Camp 2025 to get a discounted rate.

## 02c BMETHOD ACADEMY SUMMER CAMP: **ADULTS**

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- Dedicated to competitive adult skaters / youngsters / „first steps“
- Activities per day on ice training: 2 hours  
off ice training: 1,5 hours  
private lessons are not included and must be booked additionally in the form under point 05
- Location Cavalese, TN, Italy
- Partner Hotel Wellness Hotel La Roccia \*\*\*\*  
for bookings: [info@larocciacavalese.com](mailto:info@larocciacavalese.com)  
By booking please communicate that you participating the BMETHOD Academy Summer Camp 2025 to get a discounted rate.



### 03 PRICE BMETHOD ACADEMY SUMMER CAMP

CHF

PERFORMANCE LAB	1 week		1'140.-
	2 weeks or more	per week	1'090.-
PRO	1 week		740.-
	2 weeks or more	per week	690.-
	Single Day		150.-
ADULTS	1 week		420.-
	Single Day		90.-
ON-ICE	Private Lesson with Technical Coach (20 minutes)		30.-
	Private Lesson with Head Coach (20 minutes)		50.-
	Private Lesson with Choreographer (20 minutes)		30.-
	Private Lesson Artistic Director (20 minutes)		50.-
	Private LAB-Session with Head Coach and Biomechanical Specialist (60 minutes)		190.-
	<ul style="list-style-type: none"> <li>• Attachment of biomechanical sensors with elastic bands to key body parts</li> <li>• Start of the jumping exercises</li> <li>• Visualization of the jump using the 3D avatar</li> <li>• Concrete and immediate opportunity for optimizing the jump</li> <li>• Data Analysis after the session to optimize the training and see the progress</li> <li>• Recommended for competitive skaters from jump level single Axel and 2 double jumps onwards</li> </ul>		
OFF-ICE	Private Lesson Electric Spinner (20 minutes)		30.-
	Group Lesson (max 4) Mechanical Spinner (20 minutes)		15.- p.p.
	Private Ballet Lesson (20 minutes)		30.-



## 04 APPLICATION FORM

To join the BMETHOD Academy Summer Camp 2025 put a cross on the chosen period

Week 1 Summer Camp	PRO	PERFORMANCE LAB		23.06. - 28.06.2025
Week 2 Summer Camp	PRO	PERFORMANCE LAB		30.06. - 05.07.2025
Week 3 Summer Camp	PRO	PERFORMANCE LAB		07.07. - 12.07.2025
Week 4 Summer Camp	PRO	PERFORMANCE LAB	ADULTS	14.07. - 19.07.2025
Week 5 Summer Camp	PRO	PERFORMANCE LAB		21.07. - 26.07.2025

## PRIVATE LESSONS REQUEST

During the Summer Camp, private lessons will be available upon request. Please indicate the number and type of private lessons you would like your child to attend each week. Once we have received all request, we will do our best to accommodate your preferences.

## 05 TYPE OF PRIVATE LESSONS PER WEEK

Technical Lesson	Choreography Lesson
Number of lessons given by Head Coach	Number of lessons given by Artistic Director
Number of lessons given by Technical Coach	Number of lessons given by Choreographer
Total per week (Technical lessons)	Total per week (Choreography lessons)
Number of private lesson Electric Spinner	Number of lessons Ballet
Number of group lesson Mechanical Spinner	

By signing this registration form, I confirm that I have read and acknowledged the BMETHOD Academy Privacy Policy, which is published and available for review at [www.bmethod.ch](http://www.bmethod.ch).

Place

Date

Participant Signature (or Legal Guardian)

# REGULATIONS BMETHOD ACADEMY SUMMER CAMP 2025 SERVICES OFFERED



## 01 ORGANISATION OF SERVICES

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### **BMETHOD Academy SA**

Viale Carlo Cattaneo 3  
CH-6900 Lugano

The BMETHOD Academy organizes the Summer Camp 2025.

- Phone: +41 91 921 44 89
- Email: [info@bmethod.ch](mailto:info@bmethod.ch)
- Website: [www.bmethod.ch](http://www.bmethod.ch)

Staff: Coaches, Choreographers, Dancers, Athletic Trainers, Osteopaths, and Service Staff are selected based on their qualifications, education, and professional experience in management, sports, and education.

## 02 MODIFICATIONS

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The Management reserves the right to apply modifications to the program should particular circumstances require them (e.g. organizational or meteorological). Any changes to schedules, times, or working methods that may interfere with group activities will not be permitted unless necessary for emergencies or safety. In such cases, the staff and participants will be informed in advance.

## 03 CANCELLATION

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The Management reserves the right to cancel the Summer Camp at any time. In such cases, BMETHOD Academy will ensure timely communication to all affected participants and the reimbursement of sums paid for services not received. No other compensation will be provided.

## 04 REFUNDS

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- A withdrawal from participation **must be communicated in writing to [summercamp@bmethod.ch](mailto:summercamp@bmethod.ch) by May 1, 2025**, to qualify for a **40% refund** of the amount paid.
- After this date, **no refunds** will be issued.
- Participants expelled from the Camp for disciplinary reasons are not entitled to a refund.
- If an athlete enrolled in the Summer Camp suffers an injury during training hours, a refund will be granted proportional to the remaining training days the participant cannot attend.
- However, the cost of the ice fee remains payable in full, regardless of participation.

## 05 PERSONAL OBJECTS

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BMETHOD Academy does not accept responsibility for any lost, stolen, or damaged personal belongings during the Summer Camp. Participants are advised to avoid bringing valuables to the Camp. BMETHOD Academy will not offer any reimbursement for such losses or damages.



## 06 DISCIPLINE

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All participants are expected to uphold the core values of BMETHOD Academy as outlined in the Athletes Agreement, ensuring a positive, professional, and respectful environment at all times.

### Respect and Conduct:

Participants must treat coaches, fellow athletes, staff, and facilities with honesty, fairness, and respect during training sessions, performances, and free time. Disrespectful behavior, lack of discipline, or violations of the Academy's core values will not be tolerated.

### Behavior Violations:

Serious violations, including:

- Damage to sports structures, equipment, or accommodations.
- Disruptive behavior during training hours or free time.
- Inappropriate, irresponsible, or harmful actions toward individuals or groups.

Such behavior will result in immediate disciplinary action, including potential expulsion from the Summer Camp.

Expelled participants will not receive refunds and will be liable for any damages caused.

### Training Responsibility:

Participants are required to adhere to training schedules, demonstrate discipline in preparation and participation, and remain focused throughout all sessions.

### Medication Policy:

Staff members, including trainers and coaches, are not permitted to administer medication of any kind. Parents/guardians are responsible for ensuring the participant can self-administer medication if needed.

BMETHOD Academy reserves the right to dismiss any participant who fails to comply with these rules or the Academy's philosophy and core values as outlined in the Athletes Agreement.

## 07 ACKNOWLEDGEMENT OF ACCEPTANCE

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By signing below, the participant (or their parent/guardian if the participant is a minor) confirms their understanding and acceptance of the above regulations.

By signing this registration form, I confirm that I have read and acknowledged the BMETHOD Academy Privacy Policy, which is published and available for review at [www.bmethod.ch](http://www.bmethod.ch).

Place

Date

Participant Signature (or Legal Guardian)

# DISCLAIMER FOR USE OF PHOTOGRAPHICAL IMAGES AND/OR VIDEO



I the undersigned

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On Own Account

Exercising Parental Authority Over (Name and Surname of minor)

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Authorises

Does not Authorise

Their child to participate in all activities of the **BMETHOD Academy**  
Summer Camp 2025

Authorises

Does not Authorise

**BMETHOD Academy** free of charge, to use photos and/or videos of my son/daughter in the setting of sports activities and recreational activities, and authorise their possible uploading online exclusively on the official website [bmethod.ch](http://bmethod.ch) and on related social media accounts (Facebook; Instagram).

Images and videos taken during the **BMETHOD Academy** Camp 2025 activities will not be used in any context which could jeopardise personal dignity and decorum. **BMETHOD Academy** confirms to not make any claims regarding the aforementioned and to irrevocably relinquish any rights, lawsuits, or claims regarding the above authorised.

By signing this registration form, I confirm that I have read and acknowledged the **BMETHOD Academy** Privacy Policy, which is published and available for review at [www.bmethod.ch](http://www.bmethod.ch).

Place

Date

Participant Signature (or Legal Guardian)