



NORTHERN *Lights*

— ARTISTIC CUP —

— 2026 —

INTERNATIONAL ARTISTIC ROLLER SKATING
SEMINAR & COMPETITION

20.-21.11 & 22.11



ESTONIA

X

ISRAEL



International artistic skating seminar in collaboration with Israel, Italy, Portugal and Estonia!

Objective	Jumps, spins and skating skills in artistic skating
Date	20-21.11.2026
Organizer	Estonia- Karin Uudevald, Foxartistic, Info@foxartistic.com, +372 56627983 Israel - Idan Bierman, idanbierman@gmail.com +972 547371106 Israeli artistic skating coach whose students have placed seventh in both the solo dance (2022) and the senior quartet (2019) at the World Championships. At the European Championships, his students placed tenth in the solo (2021), sixth in the senior quartet (2017, both coach and skater), and first in the large group (1999, skater). Idan Bierman's students from Israel will also participate in the seminar.
Target group	All artistic skaters – all clubs, all ages (at least one year skating experience).
Price	Free skating 100€ Solo dance 100€ Free skating and solo dance 180€
Payment	Payment deadline 25.10.2026 Fox MTÜ EE912200221041952174, SWEDBANK, SWIFT kood/BIC HABAE2X Mandatory reference number - 260320245
Location	Viimsi Kooli Spordikeskus (Randvere tee 8, Harjumaa, Estonia)
Max number of participators	80
Coach	Graziella De Simone (Italy) Italian artistic skating coach whose best student has won the free skating world championship title (Luca Dalisera). Mario Lago (Portugal) Portuguese artistic skating solo dance coach, holding the World Skate Academy Level 3 coach qualification. Coach of the Portuguese national team from 2005-2021 and again from 2026. Also worked as a dance (couples and solo dance) coach for the German national team. International judge from 2003-2010.
Seminar info	Focus points: • Jumps technique and leading exercises • Spins technique and leading exercises • Solo dance (compulsory dance, dance elements, new rules) Free skating is in three level groups. Solo dance is in two level groups. Seminar also includes skating skills, physical preparation and choreography lessons. An organizer will help divide the skaters into groups.

Coaches have the opportunity to participate in the seminar as an observer.

Registration

Pre-registration until 06.09.2026

Final registration deadline 25.10.2026

Use GOOGLE FORMS link to sign up - [here](#)

Schedule

Friday, 20.11.2026

16:00-21:00

Saturday, 21.11.2026

11:00-20:00

The final agenda will be announced after registration closes. Groups will be formed by the organizer.

The organizer reserves the right to make changes to the schedule.