

# Tips and Information for U.S. Adult Figure Skaters competing at the ISU International Adult Figure Skating Competition, Oberstdorf Germany

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**THINGS CAN CHANGE WITHOUT NOTICE. PLEASE DOUBLE CHECK ALL INFORMATION!**

Order your USA Adult Competition Team jacket through U.S. Figure Skating's online store:

<http://www.shopusfigureskating.com/WomensAdultJacket>

<http://www.shopusfigureskating.com/MensAdultJacket>

**NOTE: USA logo on the back of the jacket is large!**

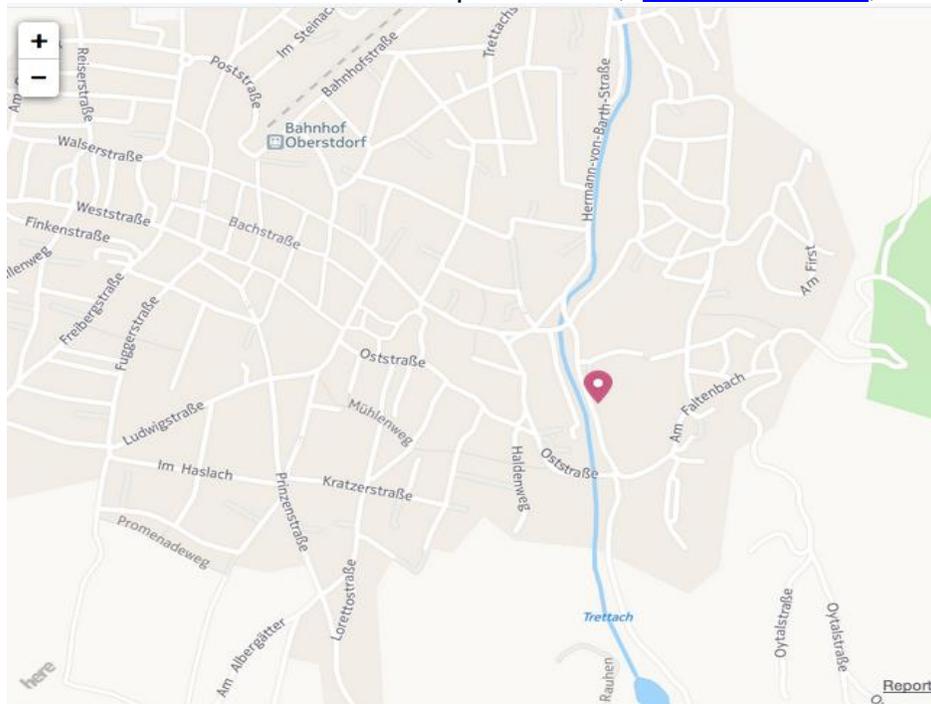


The competition itself:

**READ THE ANNOUNCEMENT!!!!!! KNOW WHAT IT SAYS!!!!!!**

**This is true for travel and for program/competition requirements events!**

The rinks are located in the Eissportzentrum, [Roßbichlstr. 2-6](#), Oberstdorf.



This event is run like an ISU Grand Prix event. Yes, like you see on TV. Kiss and Cry, bugles announcing the beginning of your event, name in lights, computer monitor in front of you in the K&C so you can see your result (briefly), flowers decorating the rink boards, no glass and no lines in the ice, you draw your start number the evening before your event.

**There are no ice monitors checking you into your event or to practice ice. Be honest and don't skate on ice that you were not assigned to skate.**

**Practice Ice is called "Patch"**. You will be assigned patch according to your level and discipline. It can be changed if space allows. Stefan Betz can make changes, see below.

The person to resolve issues is Stefan Betz. This man is amazing! Be nice and miracles can be worked through him.

There is a **Victory Ceremony** at the end of each competition day. The ceremony is for ALL competitors in each event. The top three places are awarded "Cups" and all others receive a medal. Everyone receives a certificate. Be there with costume and skates on.

There are **locker rooms**. Do not be surprised when the Ladies Locker room also has men and the reverse. Yes, the locker rooms are assigned but for the most part ignored. Not an issue unless you want a same gender space. If yes, the appropriate restrooms are your option at the rink.

The **Zoran Restaurant** up stairs at the rink offers good food and a view of the practice rink. SWEET!

Due to time constraints **tossies** are not to be thrown on the ice. However, the alternative is quite fun! Look for volunteers (hint, hint) with baskets below the seating. They will do their best to catch the tossies in their baskets for the skaters. No volunteers mean you have to leave your seat and toss to the skater in the K&C.

Tossies: Anything reasonable goes, chocolate is good.....

Your **credentials WILL be checked** entering the competition arena (Rink 1) once the competition begins.

**Music is given to the announcer before your event begins.** It will be returned to you in the Kiss and Cry.

During the competition you will enter the ice at the end of the rink and exit on the announcer's corner at the Kiss and Cry.

**Your elements WILL be reviewed** by the technical panel if there is any question that they do not meet the IJS rules. Yes, this applies to EVERYONE and every ELEMENT.

Things to be honest about:

Jump rotations and correct entrance edges.

This applies to ALL IJS coded jumps. Don't kid yourself that your double or Axel is clean. And Flip and Lutz entrance edges are checked. They WILL be reviewed.

Spins:

**KNOW THE IJS SPIN CODES!** Forward spins and back spins have the same code and are not considered DIFFERENT spins. If you have them in your program as different spins, the second one will be voided, no credit. Your spin will be void if it does not meet the requirement for number of revolutions and/or position. Camels get voided for lack of revolutions and/or incorrect position. Sit spins MUST SIT, as in the thigh of the support leg must be at or below horizontal for the required revolutions. READ the announcement for specific requirements!

**ARTISTIC FREE SKATING: READ the announcement!**

This event is NOT your USA Showcase type event!!! NO PROPS!!!!!!

Judging is pure Program Component Score! One spin and one jump are required but not given technical points. NO more than two spins and two jumps are allowed. More than two of either or none will result in a penalty!

HEY! Watch the Synchro. Teams! They are AMAZING!!!

Attend the **Opening Welcome Party** and the **Closing Banquet!**

**Team photos** are taken at the Welcome Party.

Bring your USA Flag! Wear your USA Jacket!

Dress nicely for the Banquet and be prepared to DANCE.

### **In General:**

**READ the announcement regarding early and late flights from Munich Airport and the train schedules if you plan on using the trains.**

Before you leave the U.S. make sure your bank knows when and where you will be traveling so your ATM cards and Credit Cards are NOT LOCKED!

Before you leave **print a map** of how to get to your lodging and the rink! Remember, you can't count on your smart phone because you won't have data and WiFi is sketchy even if you can find it!

People in Germany are friendly and will do their best to help you even if they don't speak English. However MANY people speak more than one language and English is common!

If you plan on using the trains (very good idea) there are things to know: A **Bayren ticket** is the most economical way to go when traveling within Germany. You can purchase this ticket before you travel through the German Train web site: (<https://www.bahn.com/i/view/USA/en/prices/germany/laender-ticket.shtml>, click on Bavaria). Or you can get this ticket at the Munich Airport at the S-Bahn counter or ticket machine. The ticket is good beginning at 9:00am for all trains and can be used for up to five people traveling TOGETHER. There ARE S-Bahn ticket police! Don't travel without a ticket! If you travel with a regular (Zone) ticket you must validate it by having it stamped in the blue validation box before you travel.

**Important! To get on and off the trains you must open the door yourself!** Don't wait for the door to open! Either push the green lighted button or pull the handle! WATCH how this is done if there are others on the trains and be ready to get off at your stop before that stop! Stop times can be very short. The S8 from the Munich Airport will get you to the Munich Main (Hbf) station where you can catch ALX trains to Oberstdorf.

If you want to look at the German train schedules here is the link:

<https://www.bahn.com/i/view/USA/en/index.shtml>

You will need to know your station stops to use this site. **The Munich Airport is stop Munich Airport T, Oberstdorf is Oberstdorf Busbahnhof.** For the local S Bahn you need to know the direction the train is traveling. On S8 to the airport it is Flughafen, from the airport the S8 will take you to Munich Main/Central (Hbf) station. The S8 from the airport will have the end stop of Herrsching.

If you are injured or ill Oberstdorf has excellent medical care. Note: You will have to pay in full for services rendered! Check with you insurance company for how and what can be reimbursed. My husband paid 20€ for an office visit for a sinus infection and he got a prescription for medication which was very inexpensive. My sister had a serious neck injury that required a doctor's visit. She had an exam, x-rays were taken and a prescription for pain medication was written. She was required to give up her passport before seeing a doctor. Her total bill after a walk-in appointment (two hour stay) with a copy of her x-rays was 220€.

There are **ATM's**. There are called International Geld-o-mats. They can be found in banks, the train stations and airports. Oberstdorf lodging, shops and restaurants do not always accept credit cards!!!! Plan accordingly! You will need change if you plan on using the WC (restrooms) in the Munich Main (Hbf) train station.

WiFi and Data

**Data:**

TURN OFF YOUR DATA!!!! Unless you have access to a local (German) data plan your US plan will be very expensive to use.

**WiFi:**

WiFi in Oberstdorf can be trying.... Even if the lodging you have reserved says there is WiFi don't be shocked if is NOT what you expect! There is WiFi in the Oberstdorf Haus Café for a reasonable fee, or free with a Premium Allgau Card. The Allgau Card comes with some lodging establishments/hotels and has different types of discounts for businesses around town depending on your card type.

Be prepared for rain. **It will rain. Waterproof shoes and raingear are a must.** Check the weather report to help with packing. It can snow, rain and be HOT all in the same week.

Laundry: NO coin/public Laundromats in Oberstdorf. PLAN accordingly. Some lodging establishments have clothes washers and dryers. The instructions for use will probably be in German. The machines take forever to run the cycles!

Oberstdorf is a tiny town! We do not need a car to get around, and if you have one, good luck with parking. Walking or bike riding is the norm. Bike rentals are available if you can get there before the Aussies! Walking at night is safe, but be aware and try not to walk alone at night.

Hiking: YES! Walking and hiking trails are EVERYWHERE! They are rated from casual shoes and baby carriages to hiking boots, “sticks” and a good head for heights.

**Bring a grocery shopping bag(s)** with you, otherwise you will be charged for your bags.

**Almost all glass and plastic beverage containers have a deposit**, so return them! The Feneberg Grocery store on Weststr. Has the coolest bottle return machine, bottles go in, ticket for cash comes out, take ticket to register and get your deposit back!

**Everything can be recycled!** There are big recycle bins around the town for glass, paper, plastic, compost, metal. Use them!

**You will hear church bells.** LOTS of them, all the time.

## Things to see, places to go:

Local Web Page for LOTS of things to do and see!

<http://www.oberstdorf.de/en/vacation/>

### **Cows in Oberstdorf:**

There are cows walking through town twice a day with the precision of an atomic clock. For dining cow watching choose Alberto's on Ost Strasse at 5:50pm to 6:10pm. There are different routes the cows take on their way to and from the cow fields. The routes are the same every day and the cows walk in the same order as they go to and from their respective barns. The cows are lead by a farmer on a bicycle with various younger helpers and they do have the right of way, no mistake.

### **Nebelhorn Mountain:**

<http://www.das-hoehste.de/en/summer/mountains/nebelhorn/>

Awesome **Webcams of Oberstdorf** and surrounding area:

<http://www.oberstdorf.de/webcams/>

**Breitachklamm Gorge:**

<http://www.breitachklamm.com/en/summer/>

Well worth the time! You can take a 10 minute bus ride from the Train station to the gorge. The bus schedule is available from the Tourist information by the bus/train station and the you can have the schedule explained to you if needed. Taxi's are available as well but are much more expensive.

**Bobsled Rollercoaster!**

<http://www.das-hoehste.de/sommer/erlebnis/allgaeu-coaster/>

**High Ropes Course/Zip Line:**

<http://www.das-hoehste.de/en/summer/highlights/high-ropes-course.html>

**Neuschwanstein Castle:**

<http://www.oberstdorf.de/en/vacation/transportation.html>

To book a bus to Neuschwanstein Castle go to the coach bus company in person from the addresses listed and ask for tour days. Reservations are recommended.

**Ski Jumping Tower:**

You may go to the top of the Ski Jump Tower for amazing views of the area. Just go the entrance and ask for a ticket! There are signs to direct you up the street from the ice rink.