

INTERNATIONAL SKATING UNION

HEADQUARTERS ADDRESS: CHEMIN DE PRIMEROSE 2 CH 1007 LAUSANNE SWITZERLAND

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MONTHLY

Please complete and return to the International Skating Union (address above):

Skater: _____

Member: _____

Please fill in the chart below for 3 months using the following key:

- "X" = Training at Permanent Training Location

- "E" = Competition Days

- "B" = Training at Location B (details below)

- "V" = Vacation days

- "A" = Training at Location A (details below)

- "C" = Training at Location C (details below)

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

	Location A Information regarding training location marked with an "A" in the above table	Location B Information regarding training location marked with an "B" in the above table	Location C Information regarding training location marked with an "C" in the above table
Dates (From – to)			
Country			
Name of Hotel or residence owner			
Address (Street, City)			
Telephone			
Name of Rink			
Address (Street, City)			

Athlete signature

Date