



COMPETITION SUPPORT

1. Administrative Management & Music Editing — 150 CHF

- Athlete registration for the competition and chosen category.
- Creation of music in MP3 format.
- Preparation and submission of technical forms.
- Management of licenses and required documents.
- Athlete must send all information at least two weeks before the official deadline.
- Coaches are not responsible for penalties related to forms.
- Official IPSF review is not included.

2. Motivational Evaluation with Your Coach — 110 CHF

- 2 to 3 sessions of 30 minutes.
- Work on motivation, goals, and stress management.
- Preparation follow-up.
- Conducted by a coach certified in sports psychology with competition experience.

3. Physical Evaluation with the Coach — 110 CHF

- Mobility, strength, endurance, and power testing.
- Personalized report with recommendations.
- Date: To be confirmed.

4. Choreography Coaching — 290 CHF

- 3 sessions of 1 hour or 2 sessions of 1h30.
- Artistic creation and improvement of the performance.
- Stage work, dance, floorwork, and artistic expression.
- Additional hours: 95 CHF/hour.

5. Private or Semi-Private Classes

- Private classes: 1 class 100 CHF | 5 classes 400 CHF | 8 classes 650 CHF | 12 classes 940 CHF
- Semi-private classes (max. 3 people): 1 class 140 CHF | 5 classes 610 CHF | 8 classes 960 CHF | 12 classes 1,400 CHF

6. Group Training Sessions — 30 CHF / 2h

- Intensive warm-up.
- Routine presentation in front of the group.
- Detailed feedback based on competition criteria.
- Spring 2026 dates: To be confirmed.

7. Open Studio Rental

- Unlimited access: 60 CHF per month until the competition.
- Rules and liability waiver signature required.

8. Coaching & Competition Day Support — 150 CHF

- Coach present throughout the competition.
- Help with warm-up and timing.
- Mental support before and after the competition.
- Not included: Makeup, hairstyle, or costume.

Workshops & Masterclasses

- Mental Preparation Workshop with Specialized Coach — 90 CHF
- Stress management, breathing, concentration, and mental tools for competition.
- Pole Sport Masterclass with Giannina Galleres, experienced IPSF Judge.
- Technical and artistic bonuses, drops, re-grips, dynamic combinations, static and spinning spins.
- Internal students: 70 CHF | External participants: 80 CHF
- Floorwork & Dance Masterclass: body expression, musicality, creativity, and fluidity.
- Internal students: 70 CHF | External participants: 80 CHF

We look forward to sharing all these exciting moments together!