

# Invitation

Dear Freestyle Ski Aerial Friends,

The 2024 FIS Freestyle Ski Aerials Water Ramp Competition will be held in Qinhuangdao Training Center, General Administration of Sport of China from September 21st to 22nd. The water ramp will be open to the teams that will compete in the upcoming FIS competition after September 1st, and we sincerely invite you to Qinhuangdao Training Center for training.

Qinhuangdao Training Center is located in Qinhuangdao, Hebei Province. It is about 300 kilometers away from Beijing and is a world-famous tourist destination. It is adjacent to the sea and has a pleasant climate. Here lies the largest and fully equipped summer training venue for freestyle aerials in Asia, with 9 slides of different difficulties. The China National Freestyle Ski Aerials Team has trained here all year round. Qinhuangdao Training Center integrates athlete restaurants, apartments and training venues, and will wholeheartedly provide you with the most convenient living conditions and the best training guarantee.

You can contact us for reception service as shown below:

Contact Person: SUN Jun

Phone Number: +86 18811396576

E-mail: Sun18811396576@163.com

Please contact us if you have other questions. In anticipation with thanks.

Attachment: Qinhuangdao Training Center Quotation of Prices

Best Regards,

Qinhuangdao Training Center

03.07.2024



 Sun Jun .

Attachment:

## Qinhuangdao Training Center Quotation of Prices

**Standard: 100 Euros for a person a day.**

**Service included:**

1. **Meals:** 3 meals a day, Buffet, each meal provides more than 30 kinds of dishes, staples and drinks in all. The ingredients have been tested for anti-doping.
2. **Accommodation:** 4-star hotel standard. Provide standard twins room and also provide standard single room for leader, head coach and therapist in extra. The room has air conditioning, 24-hour hot water, free WIFI, laundry and meeting room.





**3.Training Venues:** Water ramp and physical training venues which is traditional gym and non-digital physical training.





## Other Service ( pay extra ):

**1.Transportation:** from Beijing Daxing Airport to Qinhuangdao Training Center, one way.

54-sets bus, 650 Euros.

38-sets bus, 570 Euros.

19-sets bus, 450 Euros.

7-sets bus, 320 Euros.

**2. Scientific and Technological service** (rehabilitation physiotherapy, digital training, etc.).

Category (类别)		Item (项目)	Unit (单位)	Unit Price (EUR) (单价: 欧元)
Athletic Rehabilitation (运动康复)	physical agents therapy (物理因子治疗)	Shortwave Therapy (短波)	10min per part	5
		Microwave Therapy (微波)	10min per part	5
		Ultrasonic Therapy (超声波)	10min per part	5
		Low Temperature Shock Analgesic Therapy (冷空气)	5min per part	5
		Magnetic Resonance Hyperthermia (磁振热)	15min per part	5
		Interferential Current Therapy (干扰电)	20min per part	5
		Intermediate Frequency Therapy (中频)	20min per part	5
		Shock-wave Therapy (冲击波)	5min per part	8
		Laser Therapy (激光)	3min per part	5
		Stretching Spinal Therapy (伸筋脊疗)	30min per time	5
		Traction (waist) 牵引 (腰部)	15min per part	15
		Traction (neck) 牵引 (颈部)	15min per part	12
		Microbaric Oxygen-chamber (微压氧舱)	30min per time	8
		Pressure Recovery System (加压恢复系统)	20min per part	5
Wireless Electrotherapy (无线电疗)	20min per time	12		

	Pressure cryotherapy (加压冷疗)	20min per part	8
	Thermal Design Power(TDP) (特定电磁波)	30min per time	5
	Physiotherapy Workstation (理疗工作站)	10min per part	5
	Electric Deep Muscle Stimulator DMS (筋膜枪)	15min per time	5
Traditional Chinese Medical Diagnosis & Treatment (中医特色诊疗)	Electroacupuncture & Moxibustion & TDP (电针灸+TDP)	30min per time	12
	Acupuncture & Moxibustion (针灸)	30min per time	6
	Electroacupuncture & Moxibustion (电针灸)	30min per time	9
	Cupping Therapy (拔罐)	15min per time	5
	Scraping (刮痧)	15min per time	6
Massage Therapy (手法推拿治疗)	Fatigue Recovery (疲劳恢复)	40min per time	30
	Reduction of Small Joint Disorders (Thoracic Vertebra, Lumbar Vertebra) (胸、腰椎小关节紊乱整复)	per part	8
	Reduction of Shoulder Joint Dislocation (Conservative treatment) 肩关节脱位复位术(保守治疗)	per time	15
	Reduction of Interphalangeal Dislocation(Conservative Treatment) 指间关节脱位(保守治疗)	per time	8
	Massage Therapy for Sacroiliac Joint Dysfunction (骶髂关节紊乱症推拿治疗)	per time	8
	Massage Therapy for The Third Lumbar Transverse Process Syndrome (第三腰椎横突综合征推拿治疗)	per time	8
	Composite Massage Therapy (复合手法推拿治疗)	per time	8
	Massage Therapy for External Humeral Epicondylitis (肱骨外上髁炎推拿治疗)	per time	8
	Massage Therapy for Ankle Injury (踝关节损伤推拿治疗)	per time	8
	Massage Therapy for Bursitis (滑囊炎推拿治疗)	per time	8
	Massage Therapy for Atlanto-axial Joint	per time	8

Instability (寰枢关节失稳推拿治疗)		
Massage Therapy for Acute Lumbar Sprain (急性腰扭伤推拿治疗)	per time	8
Massage Therapy for Cervical Spondylosis (颈椎病推拿治疗)	per time	8
Massage Therapy for Disturbance of Cervical Facet Joints (颈椎小关节紊乱推拿治疗)	per time	8
Massage Therapy for Scapulohumeral Periarthritis (肩周炎推拿治疗)	per time	8
Massage Therapy for Piriformis Syndrome (梨状肌综合征推拿治疗)	per time	8
Massage Therapy for Stiff Neck (落枕推拿治疗)	per time	8
Massage Therapy for De Quervain Disease (桡骨茎突狭窄性腱鞘炎推拿治疗)	per time	8
Digital-acupoint Pressing Therapy (手指点穴治疗)	per time	8
Massage Therapy for Limb Joint Dislocation (四肢关节错缝推拿治疗)	per time	30
Massage Therapy for Headache (头痛推拿治疗)	per time	8
Massage Therapy for Retrograde Spondylitis (退行性脊柱炎推拿治疗)	per time	8
Massage Therapy for Degenerative Knee Osteoarthritis (退行性膝关节炎推拿治疗)	per time	8
Massage Therapy for Wrist Joint Injury (腕关节损伤推拿治疗)	per time	8
Massage Therapy for Dorsonuchal Myofasciitis (项背肌筋膜炎推拿治疗)	per time	8
Massage Therapy for Joint (运动关节手法推拿治疗)	per time per part	8
Massage Therapy for Strain of Lumbar Muscles	per time	15

		(腰肌劳损推拿治疗)		
		Massage Therapy for Lumbar Disc Protrusion (腰椎间盘突出推拿治疗)	per time	15
	Exercise Therapy (One-on-one) 运动治疗(一对一)	Exercise Therapy (运动治疗)	per time	30
	Functional Screening and Evaluation (功能筛查与评估)	Functional Screening and Evaluation (功能筛查与评估)	per time	30
	Clinical Examination (临床检查)	Electrocardiogram (心电图)	per time	5
Sports Scientific Research (体育科研)	Physical Function Testing (身体机能测试)	Body Composition Assessment (体成分测试)	per time	12
		Isokinetic Muscle Strength Test (等速肌力测试)	per part one side	24
		VO <sub>2</sub> Max Test (最大摄氧量测试)	per time	30
		(National Physical Fitness Surveillance) 国民体质检测	per time	12
		Dynamometric Platform (测力台)	per time	18
		Body Shape Test (身体形态测试)	per time	15
		Psychological State Test (心理状态测试)	per time	8
		Balance Test (平衡测试)	per time	15
		Urinalysis (尿十项检测)	per time	5
		Blood Lactate Monitoring (血乳酸检测)	per time	5
	Hemoglobin and Hematocrit Detection (血红蛋白及红细胞压积检测)	per time	5	
	Regenerative Recovery (再生恢复)	Hydrotherapy (水疗)	per time	18
		Cryotherapy (超低温冷疗)	5min per time	45
		Floating Tank (漂浮舱)	45min per time	23
		Microbaric Oxygen-chamber (微压氧舱)	30min per time	8
Pressure Recovery (加压恢复)		20min per part	5	



	Sports Nutrition (运动营养)	Nutritional Investigation for Athlete (运动员膳食营养调查)	per time	8
		Nutritional Assessment for Athlete (运动员膳食营养评价)	per time	15
	Psychological Adjustment (心理调试)	Psychological Adjustment (心理调试)	30-40min per time	75
Physical Fitness Test and Evaluation (体能测试与评估)	Digital Physical Fitness Training (数字化体能训练)	Physical Fitness Training (One-on-one) 体能训练 (一对一)	1 hr per time	75
		Functional Movement Screen (功能性动作筛查测试)	per time	15
		Y-Balance Test (Y 平衡测试)	per time	12
		Explosive Force Test (爆发力测试)	per time	12
	Physical Fitness Test (体能测试)	Sensitivity Test (灵敏测试)	per time	12
		Speed Test (速度测试)	per time	12
		Repetition Maximum (最大力量测试)	per time	12
		Hip Joint Strength Test (髋关节力量测试)	per time	12
		Hamstring Strength Test (腘绳肌力量测试)	per time	12
		Core Endurance Test (核心耐力测试)	per time	12
	Motor Assessment (竞技状态综合监控)	Motor Assessment (omegawave) 运动竞技状态评估 (omegawave)	per time	12
	Overall Test Plan Design (整体测试方案设计)	Test Evaluation Report (测试评估报告)	per time	120