



Winter 2017 STARSkate Programs OFF-ICE TRAINING INFORMATION



What is off-ice training?

Figure skating is a sport that requires significant **strength**, **flexibility** and **balance**. Off-ice training is a fitness class – done OFF the ice - designed for the figure skater to optimize their potential ON the ice. The training focuses on building muscle, stability and endurance, in order to optimize jumping, spinning and dancing on ice. There is also an emphasis on stretching to help with flexibility and prevention of injuries. Off-ice training can benefit figure skaters of any level by helping them to achieve their best.



Yoga, Pilates and ballet can all improve **flexibility** and **balance** – very important qualities for a skater – by working on your posture and provide a lot of stretching. Ballet would also develop your grace and musical rhythm. Aerobic exercises and jogging are examples of how to improve your **endurance** and **agility**. Properly instructed weight-lifting (if you are old enough) and exercises that use your own body for resistance (like the plank, wall squats, etc.) are great for **strength** training which builds your muscle mass. Your **core strength** – from your back and abdominal muscles - is crucial to maintain balance, tight jumps, well-controlled spin rotations and upper body position during stroking, footwork and crossovers. Off-ice training can incorporate all of these components.

What does Skate Kingston offer?

At Skate Kingston we believe that off-ice training is an important part of preparation for all of our skaters. Provided in a group setting, our off-ice training class is an opportunity for building relationships among our skaters, as they work out together.

Our Off-Ice Instructor, **Laura Breck NSCA-CPT**, brings 10 years of experience as a fitness instructor and personal trainer, including off-ice workshops for Skate Canada, off-ice training for Skate Kingston skaters and several certifications, such as Certified Personal Trainer (National Strength and Conditioning Association), Personal Trainer Specialist (Can-Fit-Pro) and CPR. Off-Ice Training with Laura will include:

- ✚ Athletic warm-up
- ✚ Speed, agility and strength training
- ✚ Core and balance work
- ✚ Injury prevention/maintenance - associated with common injuries in figure skating
- ✚ Athletic or skating related game, if time permits
- ✚ Cool down and flexibility specific to figure skating skills



We **STRONGLY** encourage all our STARSkate skaters to participate in our off-ice class to enhance their strength, balance, endurance and flexibility.

***Join us for your off-ice training and
strive to be the best skater you can possibly be!***



INVISTA Centre
 1350 Gardiners Road, Kingston, ON K7P 0E5
 Tel: 613-544-4442 x 1892
www.skatekingston.com

We have a MAIL BOX at INVISTA Centre

OFF- ICE TRAINING REGISTRATION FORM Winter Session

DEADLINE: Saturday January 7, 2017. SPACE is LIMITED

PLEASE PRINT Skater Information. Use one REGISTRATION FORM per skater.

Surname:		First Name:		Init.
Street Address:				
City:		Province:		Postal Code:
Birthdate: DD / MM / YYYY		Age:		Male / Female
Health Card #		Relevant medical issues		
Emergency Contact: Name: Phone:			Relation:	
E-Mail Address: (for internal communications to members only)				

PLEASE CIRCLE Skating Level for STARSkate season 2015 - 2016

Junior	Intermediate (Low and High)	Senior	Adult STARSkate
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Check (✓)	Day, time and dates	Room	# sessions	Cost
	Saturdays 1:00 to 2:00 pm	Jan 7, 28; Mar 4, 25 <hr/> Jan 14, 21; Feb 11, 18; March 11, 18	10	\$125.00
		Sunnyside Cat Arena <hr/> Fitness Studio INVISTA		

We accept cash, cheque or money order - payable to: Skate Kingston (post-date cheque to January 7, 2017). We do NOT have debit or credit card capabilities. **REFUND** requests must be made in writing prior to January 14, 2017. Fees will be prorated. After this a medical note is required.

FOR SKATE KINGSTON USE ONLY Payment due: _____ Received by: _____

Payment method: _____ CASH _____ CHEQUE (# _____) _____ MONEY ORDER