



## Skate Kingston 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. We offer a **one-hour Off-Ice Training session** in a group setting, our off-ice training classes are an opportunity for building relationships among our skaters, as they work out together.

**Our off ice instructors for our Fall session will be Laura Breck and Edward Itliong.**

**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.

**Edward is a certified (CSEP-CPT)** personal trainer, in addition he has YMCA individual conditioning level II training, YMCA group fitness certification, CanFit pro fitness instructor training and Zumba fitness license. His training specialties include muscle conditioning, sports specific programs, cardiovascular fitness and strength conditioning – all of which can be beneficial to a skaters' training.



- ✚ 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 do at least one off-ice class per week to enhance their strength, balance, endurance and flexibility.



**INVISTA Centre** 1350 Gardiners Road,  
 Kingston, ON K7P 0E5  
 Tel: 613-544-4442 x 1892  
[www.skatekingston.com](http://www.skatekingston.com)  
 We have a MAIL BOX at INVISTA Centre

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

STARSkate Programs  
**OFF- ICE TRAINING REGISTRATION FORM**  
**Fall 2018 Session**

**DEADLINE: September 10, 2018. SPACE is LIMITED  
 SESSION WILL ONLY RUN IF SUFFICIENT NUMBERS**

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

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

**Session will run for 12 weeks starting Sept 15 (no session on Sept 22<sup>nd</sup>)**

**Sessions will run on Saturdays from 2-3 pm, except on Sept 15 & 29 it will be 1-2 pm.**

Day, time and dates	Room	Total # sessions	Cost
<b>Saturdays</b> 2-3 pm 1-2 pm Oct 6, 13, 20, 27 Nov 3, 10, 17, 24; Dec 8 <b>Sept 15</b>	INVISTA please check schedule	<b>12</b>	<b>\$145</b>
<b>Saturdays</b> 2-3 pm 1-2 pm Dec 1 <b>Sept 29</b>	Cataraqui- Sunnyside Hall		

**We accept cash, cheque or money order - payable to: Skate Kingston** (cheque may be post-dated to Sept 15, 2018). We do NOT have debit or credit card capabilities. **REFUND** requests must be made in writing prior to Sept 29, 2018. Fees will be prorated. After this a medical note is required.

<b>FOR SKATE KINGSTON USE ONLY</b>			Payment due: _____	Received by _____
Payment method:	_____ CASH	_____ CHEQUE (# _____)	_____ MONEY ORDER	