



Skate Canada



AB|NT|NU

## DRYLAND TRAINING

### Why do dryland training?!

- Taught by Coach Candice who is completing her Master of Science majoring in exercise science and sport psychology. She holds several fitness certifications including a certification with the National Association of Speed and Explosion and has been a personal fitness trainer at the Glencoe Club since 2000.
- Creating 8-week progression plans in dryland helps to increase the strength required for the demands of any sport, not just figure skating.
- Help prevent injury.
- Decrease the time to improve at skills on the ice. Combining dryland jumps and on ice jump training speeds up training windows and also helps prevent falls on the ice.
- Balance, plyometrics, anaerobic and aerobic energy systems, strength, endurance, flexibility and core.
- Windows of speed development: Did you know that you are born with slow and fast twitch muscle fibers. If you didn't train the speed windows correctly with scientific based research soon enough you may never achieve the speed and power required of a muscle to generate for jump rotation and landing.
- Improper training can develop the slow twitch muscle fibers in the physical growth of an athlete.

**When a person skips dry land training in their sport they increase the rate of injuries by an astonishing 50%. This applies to all sports. (Lauersen et al. 2013)**

So if you sign up for dryland and miss some of your sessions your injury rate increases because sessions are research based and a planned progression of strength in eight week blocks.

### Off Ice classes also offer:

- ✓ Nutrition tips
- ✓ Mental training
- ✓ Goal setting
- ✓ Weekly planning
- ✓ Spinners
- ✓ Off ice jumping harness
- ✓ Off ice jump technique

In figure skating, if you do not have the strength off the ice to perform the skill on the ice you may never achieve it, including even modest goals. Understanding movement of all the joints and muscles is important. Figure skating is a very technical sport that requires strength, flexibility and hours of sport specific training.

### Required:

- *Proper foot wear which means running shoes with tied laces*
- *Water bottle*
- *Skipping rope*
- *Comfortable clothing*
- *Folder and pen*