

# Off-Ice Dryland Training

## All Star Skaters



Figure skating is a sport that requires the ultimate in aerobic (cardiovascular) and anaerobic (quick short distance) capacity, power (explosiveness), muscle strength and endurance, balance, agility (ability to recruit quick-twitch muscles), flexibility and core (stabilizing muscles of spine and abdominal) stability.

Off Ice is an essential part of building today's modern figure skater. Simply put, all the ice time and lessons in the world will not necessarily make a champion or a gold test skater. There are many parts to making a dream come true!

### Off-Ice Conditioning

In a sport where twisting and torquing is required to complete two, three, and four rotations in the air, the figure skater's body is put to the highest impact challenge. Participating in off-ice training programs is well established in the world of figure skating to maximize the skater's progress. Identifying past or existing problems, and deficiencies in flexibility and strength, can help prevent injuries or plateaus in performance as skaters move into the competitive and test season. Training off the ice helps to establish comprehensive strength, flexibility, balance, core, and conditioning. Off-ice is programed as a yearly training plan for athletes with the following goals:

- periodic assessments that identify the needs of each skater
- movement training
- improving on ice performance
- education about common injuries and how to prevent them.

### Off-ice Jumps

This training is included in dryland classes to teach new jumps and work on the technical side of skating, off the ice. Skaters will spend time learning landing positions, new jumps and techniques, developing body awareness, and working on landing positions. This will help each skater to improve quicker on the ice and prevent injury.



### Schedule

Mondays 5:30-6:15PM  
Tuesdays 5:30-6:15PM  
Wednesdays 5:30-6:15PM  
Fridays 5:30-6:15PM  
Sundays 12:00-1:00PM

Purchase of a dryland training package works like a membership for the Spring 2022 season. StarSkaters should come to all and any days that work the best in their schedule.

The skaters are encouraged to attend even if not skating on those days.

### What to Bring

1. Water
2. Skipping Rope
3. Running shoes
4. Comfortable clothes