

Off-Ice Dryland Training

All PreStar & 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 training plays a crucial role in developing today's modern figure skater. It is important to understand that simply practicing on the ice and taking figure skating lessons may not guarantee becoming a champion or achieving a gold test status. There are many parts to making a dream come true!

Off-Ice Conditioning

In a sport where twisting and torquing is required to complete multiple rotations in the air, the figure skater's body is put to the highest impact challenge. Engaging in off-ice training programs is well established in the world of figure skating to maximize the skater's progress. By identifying past or current problems, and addressing flexibility and strength limitations, injuries or performance plateaus can be avoided as skaters transition into the competitive and test season. Off-ice training helps to establish comprehensive strength, flexibility, balance, core, and conditioning. Off-ice is programmed 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, improving 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

Saturdays 10:00-11:00AM

Sundays 10:45-11:45AM

(Star only!)

Sundays 3:45-4:15PM (4:00-4:30PM on Apr 21) (PreStar only!)

Purchase of a dryland training package works like a membership for the Spring 2024 season. Skaters should come to all or any days that work in their schedule, even if not skating on those days.

What to Bring

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