



Nantucket Skating Club

Winter 2018 Off Ice Classes

Winter 2018 Off Ice Class Registration

Skater's Name _____

Parent's Name _____

Email _____

Phone _____

Eligible skaters must have passed Pre-Pre MIF and be age 10-18

Mondays: 12/18, 1/8, 1/22, 1/29, 2/5, 2/12

Time of class: 2:45-4:00pm

Location: Nantucket Intermediate School Gymnasium

Portion of this class will be subsidized by the Bill Belichick Foundation Grant

Cost is \$60 for the six classes, registration is for the entire session.

Sign Ups must be completed by Sunday, December 17, on a first come, first serve basis

– no drop ins will be available due to the structure of the class

Intermediate and Advanced Off Ice Strength & Conditioning

This class is based off the basic principles of the USFSA S.T.A.R.S. program. Once the 'naturally talented' skaters reach a level at which double jumps and difficult spins are required, the natural ability will only take them so far. A skater's core strength and plyometric strength requirements in the sport of figure skating are significant, and at some point, a skater needs to build strength beyond what he or she naturally has. This class is for figure skaters who are serious about progressing their on-ice skills at a faster pace and want and need to handle the strength demands of jumping, spinning, and longer programs.

Students will learn and understand the importance of all the components a skater needs to be successful:

- **Core strength and stability**-Must have a strong core to maintain balance, check rotation with spins and maintain tight air position for jumping, control the upper body position during footwork, stroking, and crossovers
- **Balance**- Almost all skating is done on one foot.
- **Strength and Power**-For speed, higher jumps, longer and faster spins, more stable landings, improves endurance to skate through a whole program, strength is the number one necessity for a skater to improve and become consistent.
- **Flexibility**- From basic elements to the more advanced, all require a certain muscle length to be performed correctly. Muscle flexibility controls the angle of the joints on a jump take-off and landing-any deficit can affect the quality of the jump. Each joint in your body needs a balance of flexibility on all sides. If there is an imbalance of muscle length, there is a higher risk of injury.

Class Specifics

- Class will be limited to 15 skaters to provide the best one on one evaluation and instruction
- First Session will be a participant evaluation and goal setting session
- Each class will include a warm-up, strength and endurance, and cool down with static flexibility

Checks payable to Nantucket Skating Club

Payment Received by _____	Date: _____	Amount: \$ _____
Check # _____	Cash \$ _____	Credit Card _____