

# Off-Ice Dryland Training

## All Star Skaters



Figure skating demands a high level of both aerobic (cardiovascular) and anaerobic (short burst) capacity, along with power (explosiveness), muscle strength and endurance, balance, agility (the ability to engage quick-twitch muscles), flexibility, and core stability (the stabilizing muscles of the spine and abdomen).

Off-ice training is a crucial component in developing today's modern figure skater. In simple terms, no amount of ice time or lessons alone can guarantee success as a champion or a gold test skater. Achieving your dreams involves many essential elements!

## Off-Ice Conditioning

In a sport that demands twisting and turning to achieve two, three, and four rotations in mid-air, figure skaters face significant physical challenges. To enhance their skills, participating in off-ice training programs has become a key practice in figure skating. By identifying previous or current issues, along with any flexibility and strength deficiencies, athletes can avoid injuries and performance plateaus as they approach competitive seasons. Additional off-ice training will focus on building overall strength, flexibility, balance, core stability, and conditioning. A comprehensive yearly training plan for athletes will include the following objectives:

- Periodic assessments to identify each skater's needs
- Movement training
- Enhancement of on-ice performance
- Education on common injuries and methods to prevent them.

## Off-ice Jumps

This training is part of dryland exercises aimed at teaching new jumps and enhancing the technical aspects of skating, away from the ice. Skaters will focus on learning landing positions, mastering new jumps and techniques, developing body awareness, and refining their landing positions. This approach will assist each figure skater in making faster progress on the ice while also reducing the risk of injury.

## Schedule

Mondays 5:30-6:15 PM  
Tuesdays 5:30-6:15 PM  
Wednesdays 5:30-6:15 PM  
Fridays 5:30-6:15 PM  
Sundays 10:45-11:45 AM

Purchase of a dryland training package works like a membership and skaters can come to all or 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