



Off Ice Conditioning

It is important for athletes to train sport specifically, and to achieve overall fitness to maintain a healthy life style. Through the Off Ice training program the skaters will be warming up properly before practice sessions and simulating pre- competition warm ups. They will also be

building their cardiovascular strength in order to finish a long program with ease, and increasing their core strength which is important for good posture and maintaining strong positions while performing difficult manoeuvres such as jumps and spins. The sessions will also focus on stretching and flexibility in order to improve positions and reduce the risk of injury.



Long Term Benefits:

During the Off Ice portion of CSA the skaters will be working on their conditioning, core strength, flexibility, off ice jumps and spins, as well as goal setting, mental imagery, positive thinking, focusing, nutrition, handling pressure etc. This will be helpful to them as figure skaters, as well as for developing good life skills.

Instructor- Erika Chew

Erika has successfully completed her second year at the University of Western Ontario studying Kinesiology. She competed, again this year, as a member of the University's Varsity team. Erika looks forward to working with all of the skaters in the Off Ice portion of the CSA training schedule. With her experience, she will be able to assist the young CSA skaters to set their goals and achieve their dreams.

Recent Accomplishments

- 2009 National Starskate Championships- Gold Triathlon
- 2009 Trill. Starskate Championships- Gold Ladies- Br. Medalist
- 2009 EOSIC- Gold Ladies- Gold Medalist
- 2009 EOSIC- Gold Triathlon- Gold Medalist
- 2009 OUA Varsity Championships- Bronze Medalists
- 2008 BMO Eastern Challenge- Junior
- 2008 BMO Eastern Ontario Sectionals- Junior- Bronze Medalist
- 2006 BMO Eastern Challenge- Novice
- 2006 BMO Eastern Ontario Sectionals- Novice- Bronze Medalist



