



March Kanata Skating Club

Mlacak Arena, Campeau Drive, Kanata

2010/2011 Off-Ice Conditioning

Why Off-Ice Conditioning?

Conditioning classes focus on teaching skaters how to improve their strength, increase their power, and condition their body off the ice, so they can improve their on-ice performance, as well as help reduce the incidence of a skating related injury. So what does a skater need from off-ice training? First, they need a high level of cardio-respiratory fitness to enhance their endurance on the ice. If the heart and lungs are not in top condition, the skater will not be able to get enough fuel and oxygen to the working muscles for constant muscle contraction. Second, a skater needs to work on core strength and balance, which work hand-in-hand with one another. A strong core body will help connect the upper and lower body so the skater has more power in his/her movements. Muscle strength is essential for powerful movements such as jumps, quick change of edge and lifts during a skating program. Strength training for the upper body is imperative for good skating posture, shoulder stabilization, and injury prevention. Lastly, our off-ice training regime includes flexibility sessions where a skater works on improving his/her range of motion, attempting to remove the tightness around certain joints. Overall, a figure skater must have the endurance of a long distance runner, the speed of a sprinter, the power of a high jumper, the strength of a body builder, the balance of a tightrope walker, and the flexibility of a dancer.

March Kanata Skating Club includes variety in our off-ice conditioning classes to improve all aspects of our skaters. The club tries to include a mixture of dance classes, cardio training, as well as strength and flexibility training.

The club offers two 10-week sessions: one starting in September and another starting in January. (Always check the bulletin board for any updates and scheduled holidays.)

Sundays in Hall A at the Mlacak Centre

11:45 am - 12:45 pm (aimed mostly for Juniors and Low Intermediates)

or

1:05 pm - 2:05 pm (aimed mostly for High intermediates and Seniors)

COST: \$87.00 per session or \$145.00 if you pre-register for both sessions.

For more information please email Karen Wigglesworth at karenwigs@rogers.com or phone at 613-599-4573.

Off-Ice Conditioning Registration

Skater's Name: _____

Circle a session:	Fall (\$87)	Winter (\$87)	Both Fall & Winter (\$145)
--------------------------	-------------	---------------	----------------------------

Circle a Class Time:	11:45 am - 12:45 pm	1:05 pm - 2:05 pm
-----------------------------	---------------------	-------------------

****Please include this form and payment with your registration
(separate cheque, payable to M.K.S.C.)**