

**TO: SKATING PARENTS and SKATING COACHES – PLEASE READ THOROUGHLY**

**FROM: NANCY STILSON-HERZOG, Off-ice Conditioning Coach**

**RE: EPIC's 3rd QUARTER PERSONAL BEST FITNESS TESTING SCHEDULE**

**Sign ups** are posted in the lobby of the rink. **10 sessions are scheduled Starting Tuesday, June 29th - Tuesday, July 13th – DON'T MISS IT.**

**There is just a \$5 fee for the test. It needs to be paid directly to the front desk.**

**New Participants can sign up by filling out a general information sheet located at the front desk with the contracts. Return it to the front desk. A brief explanation of Epic's Conditioning Program is included here.**

**You'll be able to compare the previous quarter fitness test results !** Included in the results are tips to help make a better skater. A brief evaluation on their participation and ability ratings in the group classes will be included.

Skaters begin tracking the 3rd Quarter "Weekly Off-Ice Conditioning Log" Sheets **BEGINNING July 1<sup>st</sup>** . The log sheets are to be marked after participating in a conditioning class or a personal workout. **The File box is located in the conditioning room.**

## **Skaters should be prepared on testing day:**

### **Rational for Testing**

- Assess current fitness levels
- Identify training needs
- Select training regimens
- Evaluate success of program in achieving objectives
- Motivate participants

### **Testing Day & Appointment**

- A sign up sheet will be posted in the lobby
- Only testing participants are allowed in testing room
- Wear exercise clothing and supportive athletic shoes for the test
- No food for 2 hours prior to testing
- No caffeinated beverages
- Stay hydrated and bring a water bottle

### **What are skaters testing?**

**Full test 11 years and older is recommended.**

**Pre-Preliminary:** jumps, abs & back evaluation, flexibility

**Preliminary/Pre-Juvenile:** jumps, abs & back evaluation, flexibility

**Juvenile/Intermediate:** jumps, abs & back evaluation, flexibility, power, strength, cardio

**Novice/Junior/Senior:** jumps, abs & back evaluation, flexibility, power, strength, cardio

**Note:** Generally, a full fitness test is appropriate for athletes 11 years of age and older. If a younger athlete has conditioned on a regular basis for a period of at least 6 months, contact Nancy Stilson-Herzog to discuss the testing areas that would best suit the athlete.

# IN-SEASON PERIODIZATION TRAINING BEGINS

**We are just starting a new periodization training segment.** All classes will implement the training goals. When we transition into a new training mode fatigue can occur in the skater for a short period of time as their bodies adapt.

Note: Skaters that are doing their own training need to get a new training program from Nancy. You can set it up a time by emailing [fitnas@hotmail.com](mailto:fitnas@hotmail.com) or calling Nancy at 970-231-7201.

If you are training with an outside trainer you will want to take a copy of this periodization schedule to them – include your test results so they know where your training needs are. Remember, in order to get the most out of your skating, you want to train skate specific.

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# **Periodization Training**

## ***In-Season***

From: *June* To: *mid October*

Purpose: To maintain strength, power, aerobic, anaerobic conditioning throughout the season.

Flexibility: Several times daily, pre-practice warm-up, post practice cool-down.

Aerobic Conditioning: None. Note: More may be required depending on skater needs.

Anaerobic Activity: 2-3 times per week at 95% MAX HR. This conditioning can be done on-ice with program run-throughs.

Strength Training: 2 times per week.

Plyometrics: 1 time per week.

Other: Constantly refine and improve choreography and additional new moves, develop nutritional knowledge for meals while traveling and pre-competition, improve sports psychology skills for focus and program performance.



# **EPIC FREESTYLE AND CONDITIONING PROGRAM**

## **Explanation**

### **EPIC'S OFF-ICE CONDITIONING CLASSES**

Epic's off-ice conditioning classes are available to all skaters in the Figure Skating and Learn to Skate Freestyle programs. Fees are extremely reasonable and all classes are taught by highly experienced conditioning coaches. The group classes are designed to improve the strength, skills, and abilities of the skater while helping to prevent injuries.

Class schedules and fees are available at the front desk with the contracts.

#### **Jumps/Harness**

The athlete will have the opportunity to practice off-ice jumps, work on plyometric jumping to help increase jump height on the ice, and work on the harness and spinner plates improving rotational skills and technique.

#### **Cardio/Strength/Combos**

This class includes cardiovascular, strength and core training into one class. This class is done in the weight room using tubing, free weights, and cardio and weight machines.

#### **Circuit Training**

This class implements a variety of strength, cardio, balance, core, and flexibility into one class. The class is held in the conditioning room using fit balls, tubing, small free weights, cables and more.

#### **Abs & Back Care**

Pilates and pilates based methods are used to improve core strength.

#### **Flexibility**

This class includes general stretching of the muscles and includes deep tissue stretching using foam rollers and balls that help release tissue tightness.

## EPIC'S OFF-ICE CONDITIONING PROGRAM

All skaters have the option to participate in the conditioning program by completing a *general information form* located at the front desk by the contracts. Simply return the completed form to the front desk and the skater will be signed up for the program.

The off-ice conditioning program includes:

~ *Coach Evaluation* – This form is completed for the student by the head coach. The form includes pertinent information regarding the technical on-ice errors the skater is challenged with. The form is sent to the off-ice conditioning coach for review.

~ *Quarterly Personal Best Fitness Test* – Consists of strength and power tests for the upper and lower body, cardio strength and endurance test, jump height and flexibility test, an abdominal strength evaluation which consists of 7 various core exercises. Test results are entered into the EPIC database.

*Note: A quarterly email reminder for tests is sent to the parents. Test sign-up and dates are posted in the lobby.*

~ *Off-Ice Coach Evaluation* – An evaluation of each class participant is conducted at the end of each quarter by the off-ice coaches. This evaluation includes level of participation, ability and attendance.

~ *Results* – Evaluations and fitness test results are compiled. Recommendations for off-ice conditioning are sent to each parent/student and coach. Each quarterly result can be compared for improvements and conditioning needs.

~ *Conditioning Log* - Students are provided a log sheet to track their participation in off-ice conditioning workouts.

**New participants can come into the program at any time.**

The fee for the Quarterly Personal Best Fitness Test is \$5.00 and needs to be paid at the front desk at the time of the fitness test.

Watch for emails through the Fort Collins Skating Club for updates.

If you have questions regarding EPIC'S Off-ICE CONDITIONING PROGRAM please contact Off-Ice Conditioning Coach, Nancy Stilson-Herzog at [fitnas@hotmail.com](mailto:fitnas@hotmail.com) or 970-231-7201.