

North Star FSC Summer 2019

Off Ice and Small Group Training

Monday	Tuesday	Wednesday	Thursday
8:45-9:30 AB Off Ice Dynamic Strength Barbara		8:45-9:30 AB Off Ice Power, Precision and Plyometrics Danielle	
10:00-10:50 B* C Off Ice B.A.S.E (Balance and Stretching Exercises) Donna	10:10-11:00 B* C Off Ice Dance Exploration Amy	10:00-10:50 B* C Off Ice Strength and Speed Kayla	10:10-11:00 B* C Off Ice Dynamic Strength Barbara
12:50-1:40*** SGT A B B* Spin Mania Danielle AND Power, Performance, and Presentation Barbara	12:50-1:40*** SGT A B B* Skills, Drills, and Transitions Danielle AND Jump Drills...Instead of Spills Lisa	12:50-1:40 SGT A B B* School Figures: A Blast from the Past Denise (50 minutes)	12:50-1:40*** SGT A B B* Music Interpretation Barbara AND IJS Spins Lisa
12:50-1:40*** SGT C Intro to Basic Spins Denise AND Learning Step Sequences Danielle	12:50-1:40*** SGT C Train Like a Champion Barbara AND Stroking, Edges, Posture and Presentation Denise	12:50-1:40*** SGT C Stroking and Edge Class Danielle AND Learning to Land Lisa	12:50-1:40*** SGT C Intro to Basic Spins Lisa AND Music Interpretation Barbara
1:50 – 2:40 A B B* C Off Ice Ballet Amy	1:50 – 2:40 A B B* C Off Ice Balance and Coordination Kelly	1:50 – 2:40 A B B* C Off Ice Dynamic Strength Barbara	1:50 – 2:40 A B B* C Off Ice Music & Movement Vicki
	1:50-2:35 PEAK Off Ice 13-18 years		1:50-2:35 PEAK Off Ice 13-18 years
	2:50-3:35 PEAK Off Ice 9-13 years		2:50-3:35 PEAK Off Ice 9-13 years

Classes may vary from the schedule. Subs may be other coaches than listed coaches.

***Skaters signing up for this session are enrolling in two 25 minute classes.

Off Ice Class Descriptions

Balance and Coordination (Kelly) *A B B* C Tuesday 1:50*

Skaters in this class will work to improve their balance and coordination. Core strength and good posture will help skaters maintain balance while stroking, jumping, and spinning. Skaters will rotate through exercises that challenge their coordination, build core strength, and enhance stability.

Ballet (Amy) *A B B* C Monday 1:50*

This class will focus on traditional ballet exercises geared towards figure skaters to help improve posture, line and extension for programs, jumps and moves in the field.

B.A.S.E (Balance and Stretching Exercises) (Donna) *B* C Monday 10:00*

This class is devised to improve the skaters balance, flexibility and strength based on existing principles. The class will concentrate on skater specific movements, stretches and body weight exercises. With proper execution these practices will boost the skater's development and build a strong, solid foundation. The combination of these components will directly translate to enhancing core skating skills and key body positions essential for the skaters progress on the ice. Please come with sneakers(gym shoes) and water bottle!

Dance Exploration (Amy) *B* C Tuesday 10:10*

This class will explore different types of dance to help skaters improve rhythm, line, and musicality for programs.

Dynamic Strength (Barbara) *A B Monday 8:45, A B B* C Wednesday 1:50, B* C Thursday 10:10*

This class explores dynamic movements through strength and quickness exercises to create strong foundations for skaters to jump higher and skate faster. Off ice jumping will be an integral part of this class.

Music & Movement (Vicki) *A B B* C Thursday 1:50*

Move to the rhythm and feel the beat! In this exciting new class, students will explore the relationship between music and movement as it relates to and enhances their on ice presentation. Topics discussed include timing, tempo, flow, and how it relates to all areas of skating. Skaters will enjoy learning upbeat, fun, dances and work to develop an appreciation of traditional music that accompanies them! Get trendy to salsa, tango, trot and slide your way through the summer!

Peak Fitness Performance Training *13-18 years Tuesday/Thursday 1:50, 9-13 years Tuesday/Thursday 2:50*

This class is taught by Exercise Physiologists, Certified Personal Trainers, Athletic Trainers, and/or Graduate Degree Specialists in the field of Human Movement and Performance. Classes are designed specifically for skaters and exercises will be tailored to each individual with special attention to any areas of weakness or misalignment. These small group classes are designed for skaters to receive more individualized instruction. Skaters must contract a minimum of 4 weeks (same date/time) to participate.

Power, Precision, and Plyometrics (Danielle) *A B Wednesday 8:45*

Classes will commence with a dynamic warm up designed for injury prevention and muscle activation so skaters can reach their optimum on ice performance. The remainder of class will focus on skating specific balance, strength and quickness exercises, and off ice jumping.

Strength and Speed (Kayla) *B* C Wednesday 10:00*

This class will focus on getting a stronger core for better jump control and improving stamina for a stronger program. Exercises will include a variety of interval training, coordination, quickness and strength.

North Star Figure Skating Club Small Group Training

Description

The North Star Figure Skating Club Small Group Training Program is designed to give skaters specialized instruction in small groups in areas such as skating skills, figures, moves in the field, spins, and jump exercises.

Why Small Groups Training?

1. Small groups promote competition, friendships, teamwork, mental toughness, and variety.
2. Small groups are ideal for introducing many skills in a more streamlined and efficient manner.
3. Small groups enable skaters to practice elements together during the class and still receive tailored corrections from the coach focused on individual needs.
4. Small groups provide a less expensive option for skaters and parents of all levels. Small group training does NOT replace private lessons but is an excellent supplement.

Class Descriptions

Denise Marco is the Skating Director and coach of several double USFS Gold Medalists and Disney on Ice Skaters. She has over 45 years of skating experience.

School Figures: A Blast from the Past A B B* Wednesday 12:50

School figures, the basis of which the sport began, taught edge control and body alignment two of the most important elements of skating. School figures teach body awareness, concentration, discipline, proper stroke from blade, and body positions essential to jumping. Being able to control edges at all times means that each skater's jumps, spins, and footwork will be much more solid.

**Skaters planning on taking this class MUST take one of the introduction to patch classes offered prior to summer.

Stroking, Edge, Posture and Presentation C Tuesday 1:15

Stroking and edges are the foundation of all skating. Skaters will learn to lean on their edges, create power and bend into the ice.

Introduction to Basic Spins C Monday 12:50

The best advanced spinners start with the best basic spins. There are three basic spin positions in figure skating: upright, sit spin, and camel spin. Athletes will work on spin entries, spin positions, and spin exits for all three of these basic spins to prepare them for success with more difficult spins in the future.

Danielle David is senior rated in moves in the field and freestyle. She has coached many USFS double gold medalists and coaches skaters of all levels. She is also the Assistant to the Skating Director.

Skills, Drills, and Transitions A B B* Tuesday 12:50

Skating skills is one of the 5 program components of the International Judging System and is valued the most at the developmental levels. Skaters will drill edge quality, flow and power through various skill patterns including crossovers, turns, and fun features such as split jumps and hydroblades. As the class progresses skaters will be encouraged to use their creativity to develop their own combinations of moves.

Spin Mania A B B* Monday 12:50

Under the International Judging Systems completion of various spin features leads to a higher level. Features include jumping in a spin, spinning in the other direction, and difficult entries among many others. Focuses for each individual skater will be based on their current spinning mastery.

Learning Step Sequences C Monday 1:15

Step sequences is an integral part of a program at every level. This class will focus on combining basic turns, strokes and crossovers with a focus on edge quality, power, and posture. As the class progresses skaters will be encouraged to use their creativity to develop their own combination of moves.

Stroking and Edge Class C Wednesday 12:50

Stroking and edges are the foundation of all skating. Skaters will learn to lean on their edges, create power and bend into the ice.

Additional Small Group Training Class Descriptions

Barbara Kossowska is a World, Olympic, and National Coach. She coaches skaters of all levels.

Power, Performance, and Presentation A B B*- Monday 12:50

For athletes to compete at their best they must generate power and perform with intensity. This class will focus on generating power, posture, alignment, and extension to enhance athletes' competition success.

Music Interpretation A B B* Thursday 12:50 AND C Thursday 1:15

Interpretation of music is one of the 5 program components of the International Judging System. This class will focus on different types of performance to diverse pieces of music. Skaters will interpret the character of the music through various movements.

Train Like a Champion C Tuesday 12:50

To be a champion requires certain qualities. Skaters will learn the mindset of a champion and how to work to their maximum potential. The class will emphasize the focus, determination, and intensity needed in their practice habits.

Lisa Sussman is a double gold medalist in moves and freestyle and has earned ratings from the Professional Skaters Association. She coaches all levels of skaters.

IJS Spins A B B* Thursday 12:50

There are currently 13 ways to raise the level of a spin under the International Judging System (IJS). Athletes will be introduced to and work on these more advanced spin techniques throughout the session.

Jump Drills...Instead of Spills A B B* Tuesday 12:50

Yes, athletes will fall when working on jumps. However, there are drills and exercises that can reinforce correct body position and alignment at take off, in air, and landing. Athletes will learn several exercises pertaining to each of the six figure skating jumps and more general drills reinforcing the quickness and coordination needed for multi-rotation jumps.

Learning to Land C Wednesday 1:15

Good landing positions are difficult to perfect but crucial to figure skating success. Athletes will work on drills and exercises to perfect their landing positions, including head position; arm and back positions; and hip, leg, and foot positions. In addition, the class will cover various beginning exercises for air position and body alignment in jumps.

Introduction to Basic Spins C Thursdays 12:50

The best advanced spinners start with the best basic spins. There are three basic spin positions in figure skating: upright, sit spin, and camel spin. Athletes will work on spin entries, spin positions, and spin exits for all three of these basic spins to prepare them for success with more difficult spins in the future.
