

Off-Ice Training: Strength-Flexibility



We are very excited to have the opportunity to reintroduce Off-Ice Training classes at Winterhurst!

With the guidance of **Wendy Brewer-Burns, PT, DPT, CSCS** for the Strength and Flexibility component, our goal is to develop fit athletes that are prepared to maximize their ability to perform at their best.

Strength and flexibility play a critical role in a skater's development. To be able to teach sport-specific movement (i.e. figure skating technique), your physical development and awareness should be prioritized. Equally important is reducing the risk of injury through this growth.

Plainly stated: Athletes/Skaters are rapidly more successful when they are physically prepared to perform!

Wendy will start us off with:

- Pre-Test Screening at Winterhurst
- Provide Individually Tailored Fitness Plan
- Periodic Individual Assessments to evaluate progress
- Coaches' Protocol Training (*Weekly class oversight will be led by a combination of Wendy and approved skating coaches*)

Wendy Brewer Burns, PT, DPT, CSCS

Wendy Burns is a former figure skater with accomplishments including a Gold Medal in Ice Dancing. She has been a Physical Therapist since 1987 and completed her Doctorate of Physical Therapy in 2012. Since 1999, she has been a Certified Strength and Conditioning Specialist, working with figure skaters for off-ice conditioning. Wendy's off-ice students have included beginner to National level competitors. In 2009, she had the wonderful opportunity to be a part of the medical provider team for the USFS National Championships in Cleveland. She has also been a USFS STARS assessor on two occasions. Wendy is part of the Cleveland Clinic Skate Smart committee, specializing in assessment and care of figure skaters for injury rehabilitation and education with the goal of keeping athletes on the ice.

The off-ice conditioning class that Wendy will provide includes education in body awareness, emphasis on core strengthening/stabilization, flexibility, balance and skating specific skills to assist with on-ice progression and success. Participants will also learn warm up and cool down strategies, all in a fun and supportive environment. She is grateful for the opportunity to be a part of your training team.

Schedule

Classes will be run by a combination of Wendy Brewer-Burns & Approved Coaches

	Winterhurst in Lakewood
Mondays	5:50-6:35pm - Str & Flexibility
Wednesdays	5:50-6:35pm - Str & Flexibility