



Off-Ice Training Classes

Fall-Winter 2024

This fall we are thrilled to continue offering On & Off-Ice classes to compliment your training!

Strength & Flexibility

Mondays & Thursdays 5:50-6:35pm
Winterhurst Ice Arena, Lakewood

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 your ability to perform at your best. *(Wendy's resume included)*

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), an athlete's physical development and awareness cannot be undervalued. Equally important is reducing the risk of injury through your skater's participation.



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

Wendy will:

- Provide Individually Tailored Fitness Plan*
- Periodic Individual Assessments to evaluate progress*

**Separate class fee for evaluations*



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 beginners to National 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.

What to bring Strength & Flexibility:

- Sneakers, Exercise Mat, Water, Dumbbells - Will be determined at Pre-Testing. Not needed prior.

Off-Ice Jump Classes

Saturdays 10:40-11:25am

Gilmour Academy Ice Arena



Dry Land Jump Training is critical for effectively developing the mental and physical components of the three parts of a jump: The Drive, Area of Rotation, and Preparation for Landing. Learning these proper habits while developing fast-twitch muscle action without having to balance on a slippery surface, and on a skinny metal blade, speeds the learning process significantly!

Skaters will undergo exercises that will go over how to generate Power through the Drive, Quickness through the Area of Rotation, and Deceleration for Preparation for Landing. Class protocols has been

developed by Team USA-International Coach and guest coach for Grassroots to Champions, Christian Martin



What to bring Off-Ice Jump Class:

- Sneakers
- Jump Rope
- Edea Spinner (Bring if you have one)
- Water

Fall Class Schedule & Details

Classes	Mondays	Wednesdays	Thursdays
	Strength & Flexibility 5:50-6:35pm Winterhurst Ice Arena Lakewood	Strength & Flexibility 5:50-6:35pm Winterhurst Ice Arena Lakewood	Jump 10:40-11:25am Gilmour Academy Ice Arena

Class Fees - see Billing Details below

- *Pre-Registration:*
 - 1-2 Classes per week \$16 each.
 - 3 Classes per week - **10% discount**
 - Walk-Ins: \$20

Registration Page Link: <https://forms.gle/4cHX5QnQeTcmt5XeA>

Billing Details

- *Classes will run October 28th, 2024 through May 2025. Registration is continuous for this period. (A new registration period will be created for continued programming after May 2025.)*
 - **No class on Halloween 10/31. Holiday Break Dec 23 - Jan 3 will be separate enrollment.**
- *Billing will be done on a monthly basis via email upon registering.*
- *Participation may be canceled with a 7 day notice prior to the upcoming month.*
- *Upgrading your monthly commitment can be done at any time subject to class size.*
- *Make-ups are available depending upon class capacity and availability.*