LEARN TO TRAIN
(Pre-preliminary to Junior Bronze)
SKATER OFF-ICE BOOKLET

A) LONG TERM ATHLETE DEVELOPMENT
B) OFF-ICE SKATER MODEL
C) SUPPORT TEAM
D) OFF-ICE TRAINING RECOMMENDATIONS – Strength, Suppleness, speed, stamina & skill
E) SUSTENANCE – HEALTHY EATING
F) (P)SYCHOLOGY – Positive living practices

RESOURCES: Example Stretches & Strength exercises

Last updated Aug 30, 2015 – stay tuned for updates
LONG TERM ATHLETE DEVELOPMENT (LTAD) PLAN

**LTAD STAGE/LEVEL:** LEARN TO TRAIN (Competing at pre-preliminary to junior bronze)

**SUGGESTED AGE:** Females 7–11 years; Males 8–12 years

**WINDOWS OF OPPORTUNITY/TRAINABILITY:** Quality basic skating skills (“golden age” 8-12 yrs.)
- Skill – M & F 8-12 yrs.
- Strength – Strength is based on Peak Height Velocity (PHV) – Look for growth spurts
- Suppleness – M & F 6-10 yrs.
- Speed 1 – M 7-9 yrs. & F 6-8 yrs.
- Speed 2 – M 13-16 yrs.; F 11-13 yrs.; up to 20 seconds
- Stamina – Stamina should be developed before Peak Height Velocity (PHV) is reached
  (Often around, M 13 to 16; F 10 to 13 yrs.)

**ON-ICE**

**FOCUS:** Continue developing fundamental skating skills. At entry level of learn to train the on-ice focus should be on stroking, field movements, edges/turns, jumps and spins (technical skills/activities). At exit level, the focus is divided by 60% technical skills/activities and 40% program component (creative movement, ice dance, program development, musicality, rhythm and timing (Taught in both individual and group formats) (Skate Canada, 2010, p. 25).

**FREQUENCY:**
- **Entry point** –
  - 1 session per day (45 – 60 minute on-ice sessions, 15 min off-ice warm-up)
  - 2-4 days per week
  - 20-40 weeks per year.
- **Exit point** –
  - 1 to 2 session per day (45 – 60 minutes, 15 min off-ice warm-up)
  - 4-5 days per week
  - 40-44 weeks per year

**OFF-ICE**

**FOCUS:** Continued exposure to different sports and physical activities (Those that develop agility, coordination, balance, speed & flexibility). Develop more sport-specific activities such as off-ice technical jumping classes to help introduce body development and awareness of movement patterns (e.g., jump, spin, and field move exercises). Explanation of the intentions behind and practice of proper warm-up, cool-down, stretching, hydration, and rest and recovery should be encouraged (Skate Canada, 2010, p. 25).

**FREQUENCY:**
- **Entry point** –
  - 1 to 2 hours of off-ice per week.
  - 20-40 weeks of the year.
- **Exit point** –
  - 3 hours of off-ice per week
  - 44 weeks of the year.
In figure skating, there are a variety of factors that directly impact a skater's success and enjoyment of the sport such as the support team, (p)Sychoology, Sustenance, and physical fitness – **Strength**, Suppleness, Speed, Stamina, and Skill (*Skate Canada, 2010).

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A skater’s support team is made up of on-ice coaches, off-ice coaches, the skating club, parents/family, health care providers, skate sharpeners, skate Canada and many more.

Here are few resources to help get you started:

GSC club office
[www.gloucesterskatingclub.ca](http://www.gloucesterskatingclub.ca)
613 830 1610

Holistic nutritionist/Healthy Eating Resources
[www.eatwellwithlinda.ca](http://www.eatwellwithlinda.ca)

Physiotherapists
[www.physiosportplus.ca](http://www.physiosportplus.ca)

Equipment/Skate sharpening:
[www.figure8.net](http://www.figure8.net)

‘B-sharp’
613-680-4800
[bsharpp.appointy.com](http://bsharpp.appointy.com)
Appointments are made on-line with Joe

Figure 8 Hockey One
613-731-4007
[www.figure8.net](http://www.figure8.net)

Vince Derochie
613-822-1570
Drop off at coaches room on assigned days

SKATE CANADA
[www.skatecanada.ca](http://www.skatecanada.ca)

LTAD PARENT RESOURCES
[http://canadiansportforlife.ca/parents](http://canadiansportforlife.ca/parents)

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WATER
Our bodies are made of 60% water. We need to stay hydrated so that all our systems run smoothly and efficiently (Water to humans is like oil for a car: Would you run a car without putting oil in?).

PLANTS
Vegetables and fruits are full of phytochemicals, antioxidants, vitamins, minerals and enzymes all necessary in supporting optimal health and growth.

FREQUENT MEALS
Keeping fuelled throughout the day prevents dips in blood glucose and low energy. Start with a well balance breakfast!

MINDFUL EATING
Some suggest that paying attention to our food helps us absorb more nutrients. Up to 30-40% of nutrients may not be properly absorbed if you are distracted while eating. Mindful eating is also a great focusing exercise!

LIMIT PROCESSED FOODS
Processed foods tend to be full of un-natural products (toxins). According to naturopathic doctors toxins can lead to unnecessary fatigue and weight gain. Choose home made snacks and meals more often.

Simple Snack Ideas
- Apple and old cheddar cheese
- Hummus and veggies
- Almonds and raisins or grapes

Simple Supper Idea
- Whole grain wraps
- 1–2 cans of tuna (2–3 tbsp olive oil) or chicken breast
- Fresh green veggies & grated carrots/beets
- Avocado

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Local & organic Foods
Local and organic foods usually spend less time travelling and therefore retain more of their nutritious value. Choosing local foods more often can make sure you are getting the wonderful benefits of fruits and vegetables.

Include healthy fats (e.g. olive, avocado, flax)
Contrary to what you may have heard fat does not make you fat. Healthy fats are required for proper immune system function. Healthy fats also help you to feel more satisfied with your meals.

Include healthy protein
Protein supports the immune system and muscle generation and regeneration. Protein also helps us to feel satisfied and energized throughout the day.

Focus on inclusion of healthy foods rather than restriction
Shift the perspective. Rather than limiting your foods make healthy choices more often. You will feel better longer. Eventually you will crave the good feeling that lasts, rather than the immediate high from sugary snack.

Enjoy eating
Our attitude is everything. The more you enjoy eating the healthier you will feel and be overall. Take time to prepare meals (it can be fun!) and then enjoy every bite!

Everybody & ever “body” is different
Respect, love and work with where you are and what you’ve got!

Healthy Eating Resources:
Website with information on healthy eating and recipes
www.eatwellwithlinda.ca

Simple ways to cook and eat well
http://simplyrealhealthblog.com/

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## OFF-ICE TRAINING RECOMMENDATIONS

<table>
<thead>
<tr>
<th>TYPES OF TRAINING</th>
<th>DESCRIPTION</th>
<th>GSC</th>
<th>OWN TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>WARM-UP (See page 10)</td>
<td>Jogging, biking or skipping (8-10 minutes); Range of motion movements; dynamic movements; off-ice jumps/ quickness</td>
<td>Off-ice classes that are before skating sessions cover a warm-up for the ice.</td>
<td>Every day before training sessions (20 mins before each skating session)</td>
</tr>
<tr>
<td>COOL-DOWN (See page 11)</td>
<td>Jogging, biking or skipping (5 min); Easy range of motion; Full body stretch; Relaxation/ recovery imagery (see p(s)ychology section)</td>
<td>Off-ice classes that are after skating sessions cover a cool-down.</td>
<td>Everyday after training sessions</td>
</tr>
<tr>
<td>STAMINA</td>
<td>Continuous movement through running, biking, cross-country skiing etc.</td>
<td></td>
<td>Some form of continuous movement everyday through play or other sports</td>
</tr>
<tr>
<td>SPEED</td>
<td>5-20 sec. sprints and agility</td>
<td>Agility work covered 1 time per week</td>
<td>Through play or other sports (e.g., soccer)</td>
</tr>
<tr>
<td>STRENGTH (See page 14)</td>
<td>Full body strength with a specific focus on the core of the body.</td>
<td>1 time per week</td>
<td>5 times per week (see pg. 14) &amp; through play or other sports (e.g., gymnastic and dance)</td>
</tr>
<tr>
<td>SKILL (See page 10)</td>
<td>Technique, quickness and off-ice skating jumps.</td>
<td>1 time per week</td>
<td>3 times per week Through exploration of skating moves on and off the ice.</td>
</tr>
<tr>
<td>SUPPLENNESS (See page 12 &amp; 13)</td>
<td>Stretching and lengthening</td>
<td>As above</td>
<td>Everyday</td>
</tr>
<tr>
<td>(P)Sychology (See page 8 &amp; 9)</td>
<td>Focus, positive perspectives, relaxation, practice/ competition plans.</td>
<td>Basic sport psychology principles of relaxation, positive perspectives and focus are covered in off-ice classes.</td>
<td>1-2 time/week of goal reflection; 5-6 days a week of relaxation exercises</td>
</tr>
</tbody>
</table>

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One way to breakdown (p)Schology or mental training is to look at three main mental skill components:

1) **FOCUS**, 2) **RELAXATION** & 3) **POSITIVE PERSPECTIVES**.

Developing each of these skills enhances your ability to self-regulate: To choose how you think, how you feel and how you act/perform.

Below are a few example exercises that will help you develop each area.

**FOCUSING EXERCISES**

**Number Game 30, 28, 547…**

Turn the radio on loud and try to count backwards from 30 in multiples of 2. See how quickly you can do get to 0.

Or have a friend or parent yell out random numbers as you try to count backwards from 30 in multiples of 2.

**Fuzz Game**

Try to stand still, no smiling, laughing or talking while a friend tries to distract you. See how long you can stay focused. How long you can keep your friend fuzzy and your focus clear?

RELAXATION EXERCISES

One Breath relaxation
Whenever you feel stressed or anxious take one really long deep belly breath (fill your belly with as much air as you can).

See how fast you can calm down. If you have access to a heart rate monitor you can watch your heart rate lower as you continue to breathe slowing and deeply.

Spagetti toes/Progressive Relaxation
Starting at your toes wiggle your body from toes to nose. After you wiggle each body part let your body relax like warm spagetti lying on your plate. Alternatively, you can squeeze each body part and then release - moving from toes to your nose!

POSITIVE PERSPECTIVE EXERCISES

Positive Echos
First thing in the morning, before skating or before bed say out loud how you want to be and feel. For example:
I am flexible!
I am strong!
I am balanced!
I am focused!
I am energized!

Envelope it
When you have a thought that is not helpful and just won’t go away, imagine this thought is a physical thing that you can place in an envelope or tree to come back to you later or send off in the mail to the middle of now where.

Most of these exercises are based on Dr. Terry Orlick’s Positive Living Skills for kids and youth: www.zoneofexcellence.com

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### RESOURCES: EXAMPLE WARM-UP EXERCISES

**WARM-UP (Before skating)**

<table>
<thead>
<tr>
<th>SECTIONS*</th>
<th>EXAMPLE EXERCISES</th>
<th>SUGGESTED TIME (20-25 minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WARMING</strong></td>
<td>Jogging, biking and/or skipping, grapevines; side gallops etc. <strong>SKIPPING ROUTINE VIDEO</strong></td>
<td>5 minutes</td>
</tr>
<tr>
<td><strong>RANGE OF MOTION</strong></td>
<td>Neck circles Shoulder circles Hip circles Toe taps Ankle circles Toe/heel walks Lunges Pancake walks Heel hugs to doughnuts Knee hugs to front leg extension Walking spirals <strong>MOVING SUPPLENESS VIDEO</strong></td>
<td>5 minutes</td>
</tr>
<tr>
<td><strong>DYNAMIC MOVEMENTS</strong></td>
<td>Run, run kicks Leg swings &quot;h&quot; wall kicks Wood chopper torso snaps Torso rotations Butt kicks High knees Back spin snaps Fast Push-ups/Dips</td>
<td>5 minutes</td>
</tr>
<tr>
<td><strong>QUICKNESS/ROTATION</strong></td>
<td>Front, side, back snaps Mohawks Run, run back spin (reg/under) Tuck/pike/star/split jumps Two foot 3 turn/bracket Punch-outs Backspin hops Backspin to h/stick Landing to h/stick 1/4, 1/2, full, 1 1/2, double/triple turns</td>
<td>5 minutes</td>
</tr>
<tr>
<td><strong>SKATING SPECIFIC PREP</strong></td>
<td>Singles both directions Doubles (5 each) Spin positions both directions Program run-throughs/sections (watching ice, in-mind, on floor)</td>
<td>5 minutes</td>
</tr>
</tbody>
</table>

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### COOL-DOWN (Right after skating)

<table>
<thead>
<tr>
<th></th>
<th>TIME (25 - 30 minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cool-down</strong></td>
<td></td>
</tr>
<tr>
<td>Jogging, biking and/or light skipping</td>
<td>5-8 minutes</td>
</tr>
<tr>
<td><strong>Range of motion</strong></td>
<td></td>
</tr>
<tr>
<td>Head-to-toe</td>
<td></td>
</tr>
<tr>
<td>Neck circles</td>
<td></td>
</tr>
<tr>
<td>Shoulder circles</td>
<td></td>
</tr>
<tr>
<td>Hip circles</td>
<td></td>
</tr>
<tr>
<td>Ankle circles</td>
<td></td>
</tr>
<tr>
<td>Easy knee hugs</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Easy heel hugs</td>
<td></td>
</tr>
<tr>
<td>Easy leg swings</td>
<td></td>
</tr>
<tr>
<td><strong>STRETCHES</strong></td>
<td>15 minutes</td>
</tr>
<tr>
<td>Middle splits, side splits &amp; donuts/bridges &amp; any other stretches you can remember from off-ice class</td>
<td></td>
</tr>
</tbody>
</table>
EXAMPLE DAILY STRETCHES

Hold each pose for 10 seconds (3-4 deep belly breaths); after 10 seconds, move out of stretch; repeat 10 times

Skaters can work towards going all the way down to the ground on middle and side splits!

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Practice your **doughnut, Spiral, Beillman** and **“Y” Stand** for 10 sec X 10 sets.

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<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>CUES</th>
<th>Timing/weight</th>
<th>REPETITIONS</th>
<th>SETS</th>
</tr>
</thead>
<tbody>
<tr>
<td>One foot balance</td>
<td>Standing on one foot, engage tummy muscles by pulling belly button in and squeeze bottom. Try to stay on the same foot print for 1 minute</td>
<td>1 minute</td>
<td>each foot</td>
<td>3</td>
</tr>
<tr>
<td>Ankle band exercises</td>
<td>See video (click on link to the left)</td>
<td>Theraband</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Bridge pose</td>
<td>Lying on back, knees bent, heels towards bum, pull belly button in; tuck tailbone under; press hands and feet into the ground then and lift hips towards the ceiling</td>
<td>10 second hold</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Plank</td>
<td>Resting on elbows and toes, legs and torso straight, Pull belly button in; tuck tailbone under (squeeze bottom)</td>
<td>10 second hold</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Log roll</td>
<td>Lie on back with arms reach up and toes stretched down; tighten tummy and hip/bottom muscles and then roll to the right; then repeat and roll to the left.</td>
<td>Body weight</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Spirals</td>
<td>Get into a spiral position holding the wall for balancing; Lift leg as high as possible and hold for 10 seconds; Stretch through top of head and free leg.</td>
<td>10 sec hold</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Handstand on the wall</td>
<td>Stretch as tall you can; squeeze tummy and bottom and try to hold handstand for a few counts; repeat</td>
<td>Body weight</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Shoot the duck squats</td>
<td>Holding wall try to go down towards the shoot the duck position and back up; repeat</td>
<td>Body weight</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Push-ups</td>
<td>Resting on hands and toes (or knees); tighten tummy and bottom and try to touch nose to the ground</td>
<td>Body weight</td>
<td>10</td>
<td>3</td>
</tr>
</tbody>
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