

## Fitness Assessment 2009-2010

Over the summer Laura and I met to develop a skating specific fitness appraisal that would measure the key components of fitness necessary for the proper development of figure skaters. Based on this tool skaters will be assessed at the beginning of the program and again at a later date. The new sport specific monthly sessions will then target the key areas that require improvement.

Skaters are asked to register for one of the following:

Introduction to Fitness Assessments - \$20.00 (group format assessment & follow-up)

Younger figure skaters who have not worked with Laura or been involved in a weekly off-ice training program in the past will be required to start with a baseline assessment that will be used to see improvements during the 2009-2010 season. This will be done in a group setting and will include testing in the areas of cardiovascular development, strength and flexibility.

A maximum of 8 skaters can participate in each assessment. Please circle one of the following times to register for the initial group assessment:

Sat Sept. 19 1:30 - 2:30 pm

Sat Sept. 19 2:30 - 3:30 pm

Advanced Fitness Assessments - \$45.00 (individual assessment & follow-up)

This individual assessment is strongly recommended for all senior level skaters that have worked with Laura in the past and/or have been involved in a weekly off-ice training program. This fee includes an initial fitness assessment which is expected to take between 45 min. to one hour to complete and a follow-up fitness appraisal. Skaters will be required to complete this comprehensive fitness assessment at Focus studio one on one with Laura. This will include a variety of tests in the areas of cardiovascular development, strength and flexibility. Please contact Laura @ [lbreck@gmail.com](mailto:lbreck@gmail.com) to arrange a time for your assessment.

All skaters will receive feedback from the initial testing, appropriate exercises to address weaknesses and a follow-up session which will be arranged at the end of the off-ice season (March 2010).

---

### *Fitness Assessment Registration Form*

Parent's Name \_\_\_\_\_ Skater's Name \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

**Introductory Assessment \$20.00**

**Advanced Fitness Assessment \$45.00**

***Please RSVP and make cheque payable to Sharon Nixon on or before Sept. 5<sup>th</sup>, 2009.***

*It is understood and agreed that the off-ice program and/or the coach/fitness instructor shall NOT be liable for any injury, loss or damage suffered by the skater and/or family member(s)/friends while participating in off-ice activities and that the signatory shall indemnify those involved and hold them harmless from any claims.*

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

# Off-Ice Training 2009-2010

**When:**

One Saturday a month from 1:30-2:30 p.m.

**Where:**

Focus Personal Fitness Studio located at 4 Catarauqui St. This fitness studio will allow all participants to access a variety of sport specific fitness equipment including free weights, stability balls, BOSU trainers, medicine balls and tubing.

**Why:**

Figure skating is an early specialization sport that requires core strength, power, speed, agility, balance, muscle memory, co-ordination and flexibility. Off-ice begins at the introductory Canskate level and continues up to the world level.

A specialized off-ice class has been designed to target the specific needs of figure skaters this season. As you know, off-ice is a necessary tool to challenge the athlete, enhance his/her on-ice training, improve performance and prevent injury.

**Instructor:** Laura Breck (back by popular demand!!)

*(Please email [sharon@sharonnixon.ca](mailto:sharon@sharonnixon.ca) for more information or to address questions/concerns).*

**Tentative Session Dates:**

Saturday Oct. 24, Nov. 28, Dec. 12, Jan. 30, Feb. 13 & March 27.

**Cost:**

Full Off-Ice Package (6 sessions): \$95.00

Partial Off-Ice Package (3 sessions): \$60.00

Drop-In Rate \$25.00

*Please RSVP and make cheque payable to Sharon Nixon on or before Sept. 20<sup>th</sup>, 2009. Payment is appreciated in advance. The expectation is that this class will have a min. of 5 participants.*

---

## Off-Ice Registration

Parent's Name \_\_\_\_\_ Skater's Name \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

*It is understood and agreed that the off-ice program and/or the coach/fitness instructor shall NOT be liable for any injury, loss or damage suffered by the skater and/or family member(s)/friends while participating in off-ice activities and that the signatory shall indemnify those involved and hold them harmless from any claims.*

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_



## **Laura Breck, FIS, PTS, NSCA-CPT**

Laura began Highland Dancing at the age of five. She was involved in competitive dancing for many years and later became qualified to teach both Highland and National through the Scottish Dance Teacher's Alliance (SDTA).

After her competitive career ended, she joined the gym and began taking group fitness classes to stay active. In 2003 Laura was certified as a Fitness Instructor Specialist and has since been teaching a variety of group fitness classes at the YMCA.

Motivated to achieve a higher level of fitness, Laura became certified as a Personal Trainer Specialist through Can-Fit-Pro and as a Certified Personal Trainer through the National Strength and Conditioning Association.

Laura continues to upgrade her certifications and works closely with me to develop off-ice training programs geared specifically to figure skaters. For the past three seasons Laura has trained the top local competitive and recreational figure skaters on a weekly basis at the FHHSC and the LWC. With a background in early childhood education Laura is able to make fitness fun for skaters of all ages!

I hope you will join us for an initial fitness assessment some specialized off-ice training this season.

Sincerely,  
Sharon ☺