

FLEXAΔFIT

BY SIGNE RONKA

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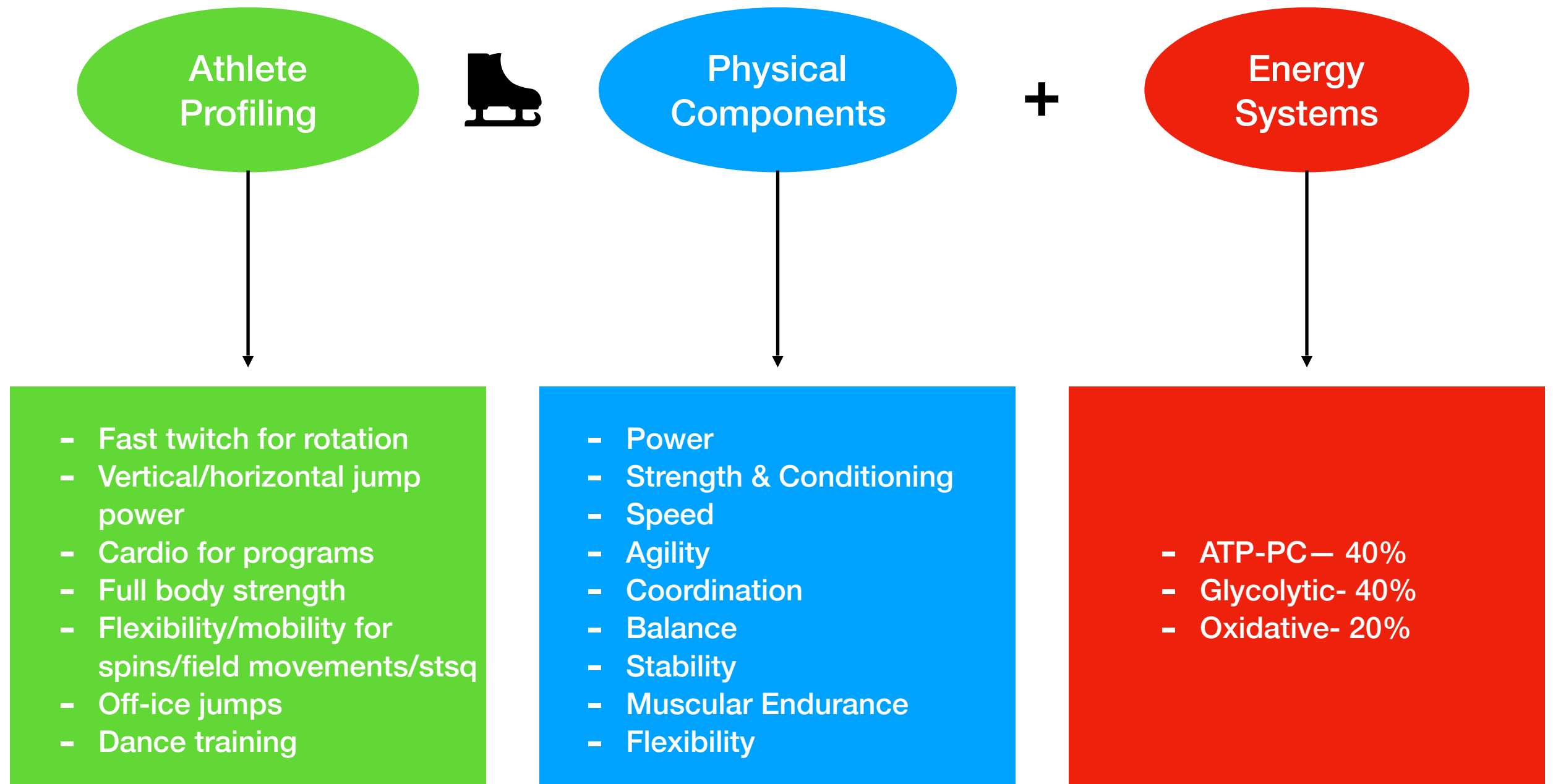
www.flexafit.com

ABOUT ME...

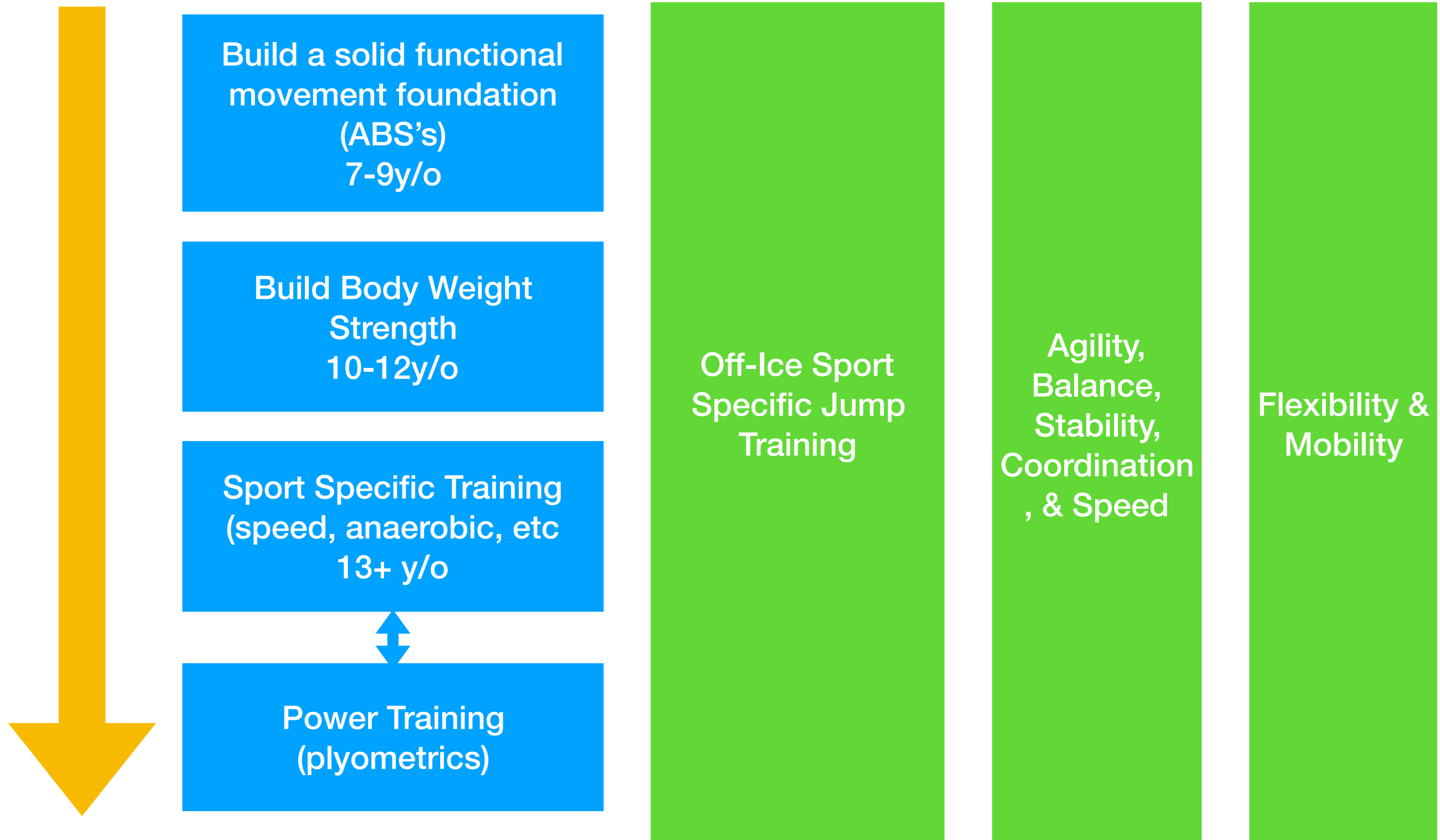
- **Competitive History-**
(Coached by Ellen Burka & Marcus Christensen)
 - Canadian bronze medalist- Junior Ladies
 - Junior Grand Prix Finalist
 - Junior Worlds Competitor
 - Canadians Senior Ladies (10th)
- **Education/Memberships**
 - Honours BA from University of Toronto
 - National Strength & Conditioning Association
 - Skate Canada Association & Hall of Fame/Heritage Committee Member
- **Certifications**
 - Certified Strength & Conditioning Specialist (CSCS)
 - Personal Trainer Specialist (PTS)
 - NCCP 3 National Competitive Coach (Canada)
- **Business Owner**
 - Flexafit by Signe Ronka
 - Publisher/Editor-in-Chief, Figure Skater Fitness Magazine



What is Sport Specific Training?



Specialization vs Athletic Development



AGE APPROPRIATE TRAINING

1. Learn to Skate
(age: females 3-8; males 3-9)
2. Learn to Train
(age: females 7-11; males 8-12)
3. Learn to Compete
(age: females 9-13; males 10-14)
4. Train to Compete
(age: females 10-16; males 11-17)
5. Learn/Live to Win
(age: female 13-19; male 14-21) 15 +
6. Active for Life (any age)

Age 7-11
1-2 days/week Off-ice jumps introduced
<p>Encourage learning about:</p> <ul style="list-style-type: none"> - warm-up - cool-down - stretching - nutrition - hydration - rest and recovery

LTAD- Skate Canada

AGE APPROPRIATE TRAINING

Age 9-13
3-5 days/week
<p>Each session should be approximately one hour in length and should include some type of dance and movement classes for both males and females. Strength training sessions for females are of particular importance. Sessions should focus on exercises that utilize body weight, medicine balls, and exercise/stability balls.</p> <p>Stamina also needs to be a focus for both females and males and cardiovascular conditioning sessions should be introduced.</p>

LTAD- Skate Canada

AGE APPROPRIATE TRAINING

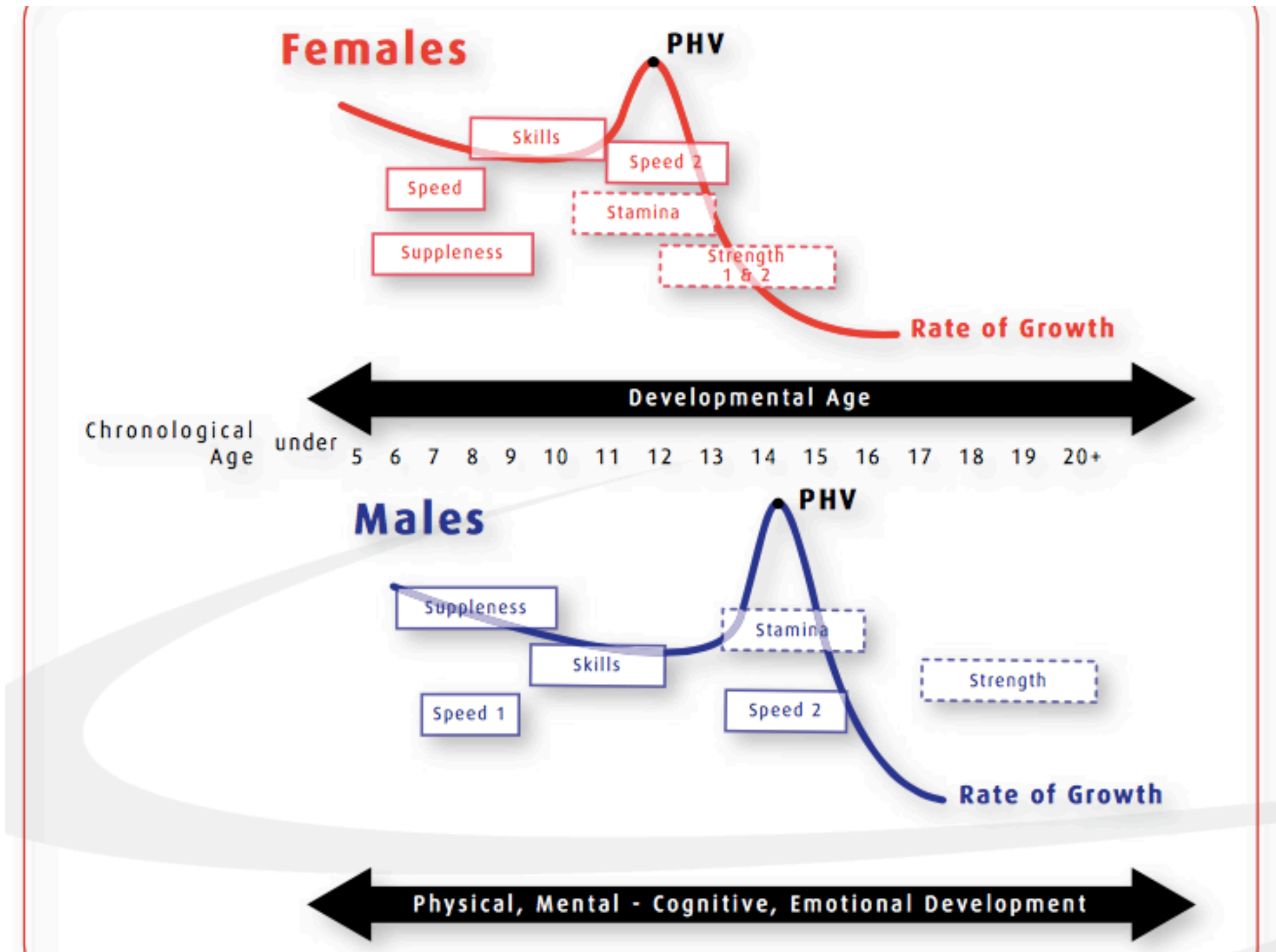
Age 10-16
4-13 hours/week
<p>In addition to warm-up and cool-down periods, athletes optimal on-ice activity at this level ranges from four hours (for younger ages) to 13 hours (for older athletes). All off-ice activity should be focused on enhancing on-ice performance. This might include off-ice jump classes, dance, movement and theatre classes, core strength conditioning, flexibility work, cardiovascular enhancement and overall strength training.</p>

LTAD- Skate Canada

AGE APPROPRIATE TRAINING

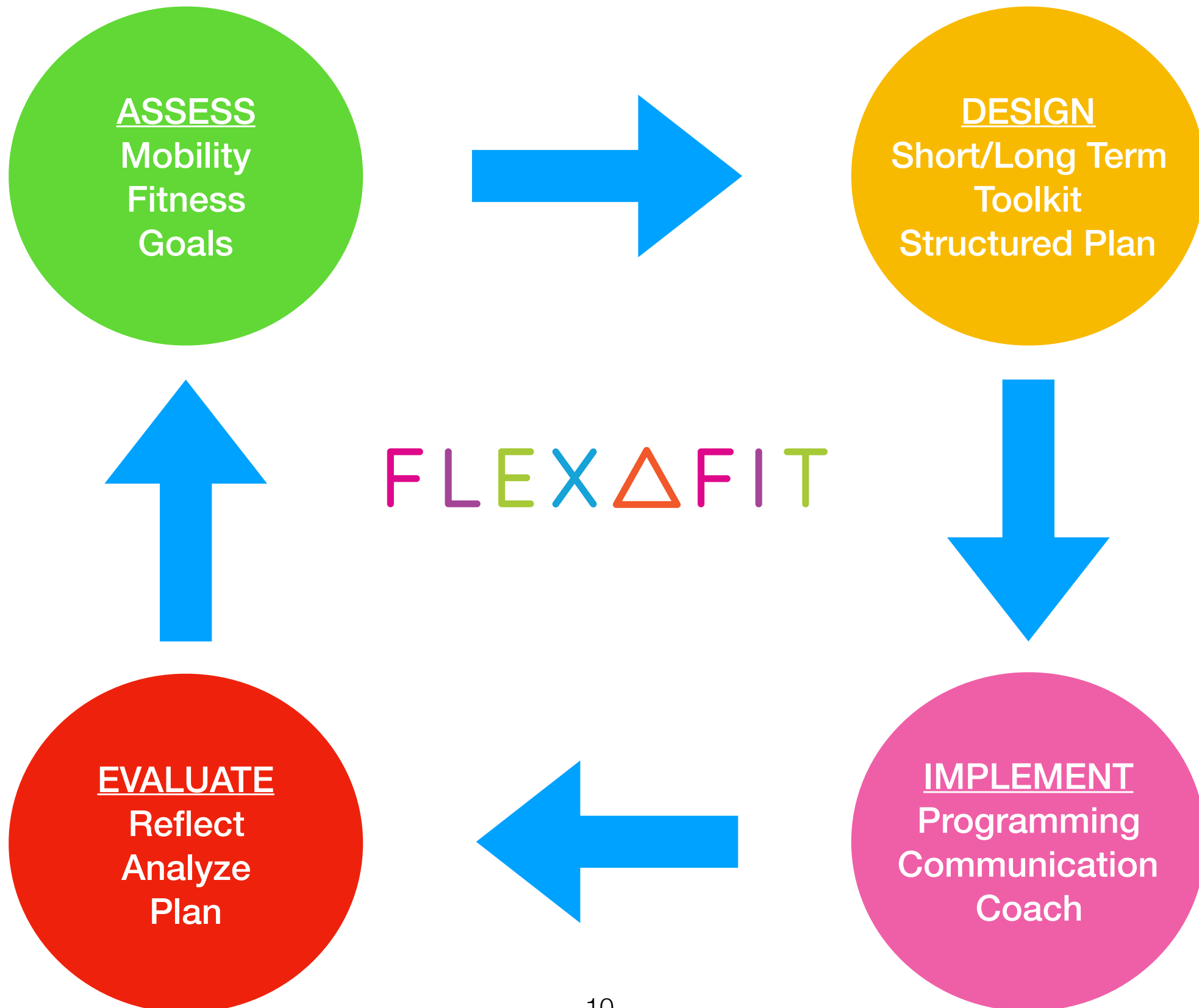
Age 13-19
10-14 hours/week S&C 5 days/week
<p>In general, off-ice training needs to have the same commitment as on-ice training and needs to include short, medium and long-term goals. Specific work done off-ice must reflect the principles of periodization and take into account the age, growth and development of the athlete. At this level off-ice programs should be very sport-specific and based on the individual needs and fitness test results of the athlete.</p>

LTAD- Skate Canada



Flexafit Standard- Educate + Motivate + Teach

Teaching why fitness training is key for long lasting athletes

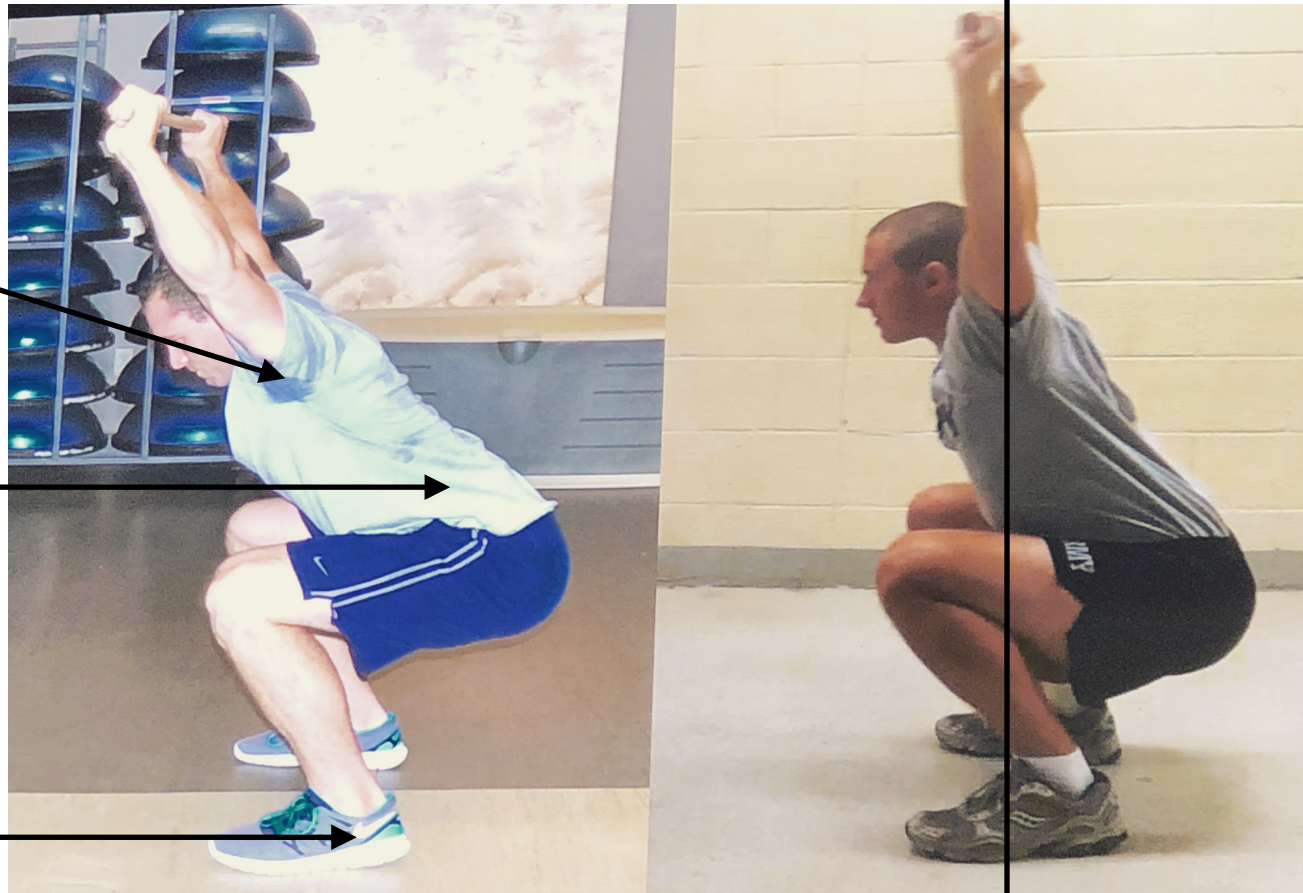


Mobility First!

Shoulders

Hips

Ankles



Reference: David Frost, PhD, CSCS

Movement Assessment

Overhead Squat with Heels Down

Ankle Dorsiflexion

- **Knees past toes (ROM)**
- **Knee in line with hips/feet (Control)**

Hip Flexion

- **Thigh parallel with floor (ROM)**
- **Normal low back curvature (Control)**

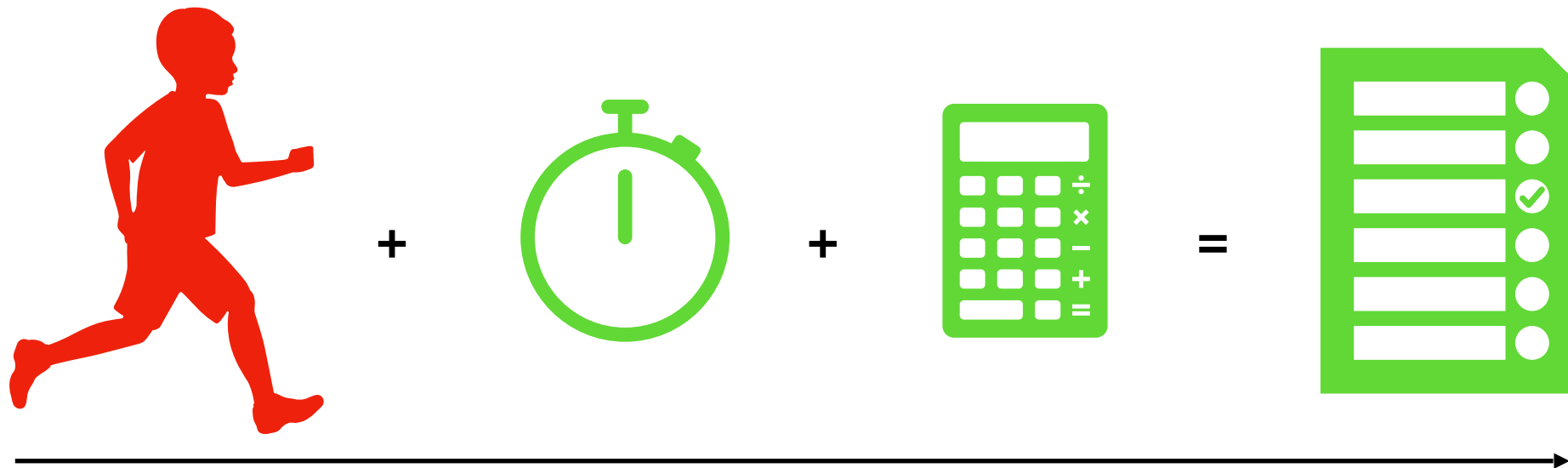
Shoulder Flexion

- **Dowel behind toes (ROM)**
- **Shoulders back and down (Control)**

Reference: David Frost, PhD, CSCS

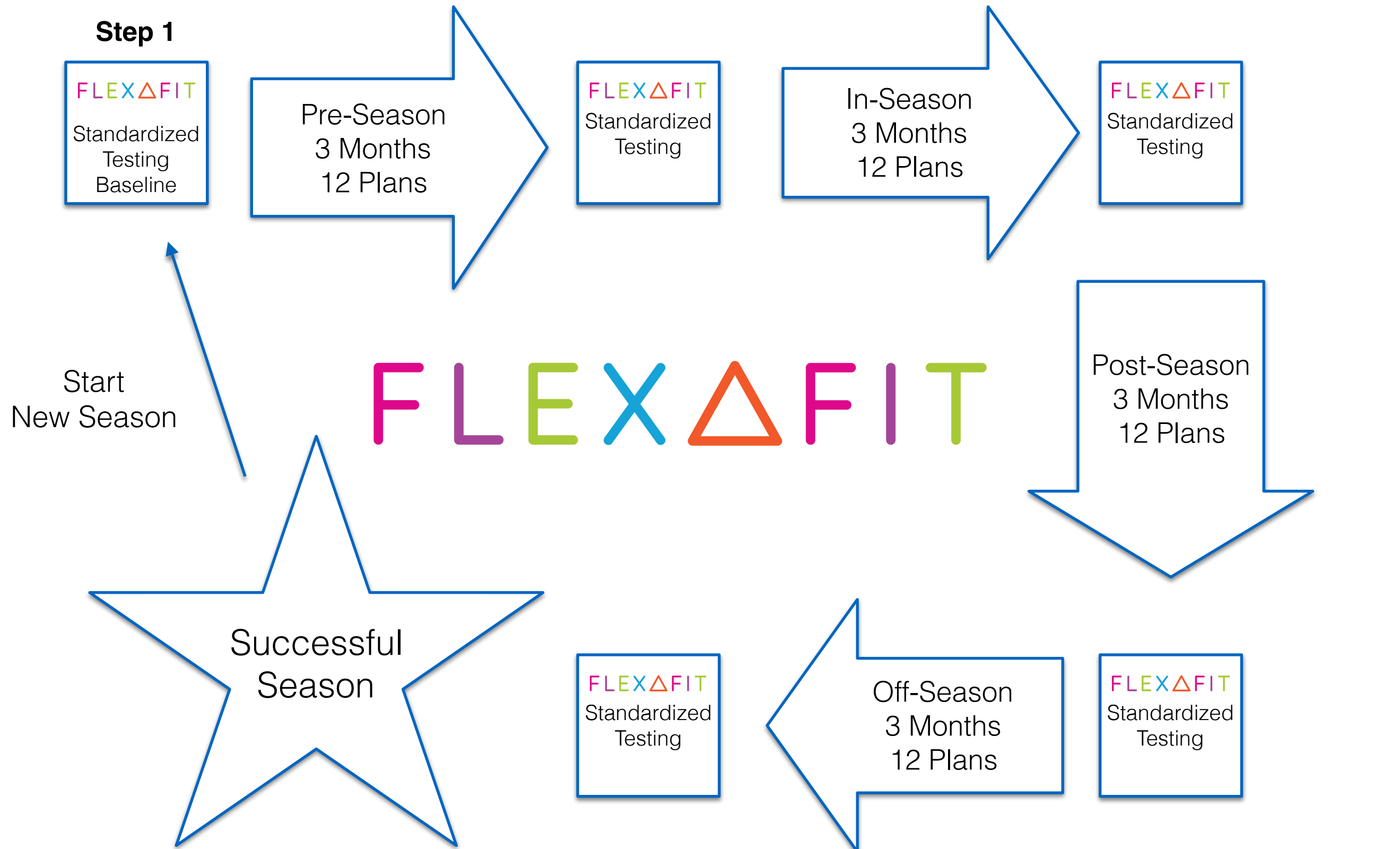
How can we measure off-ice success?

Flexafit Standardized Testing



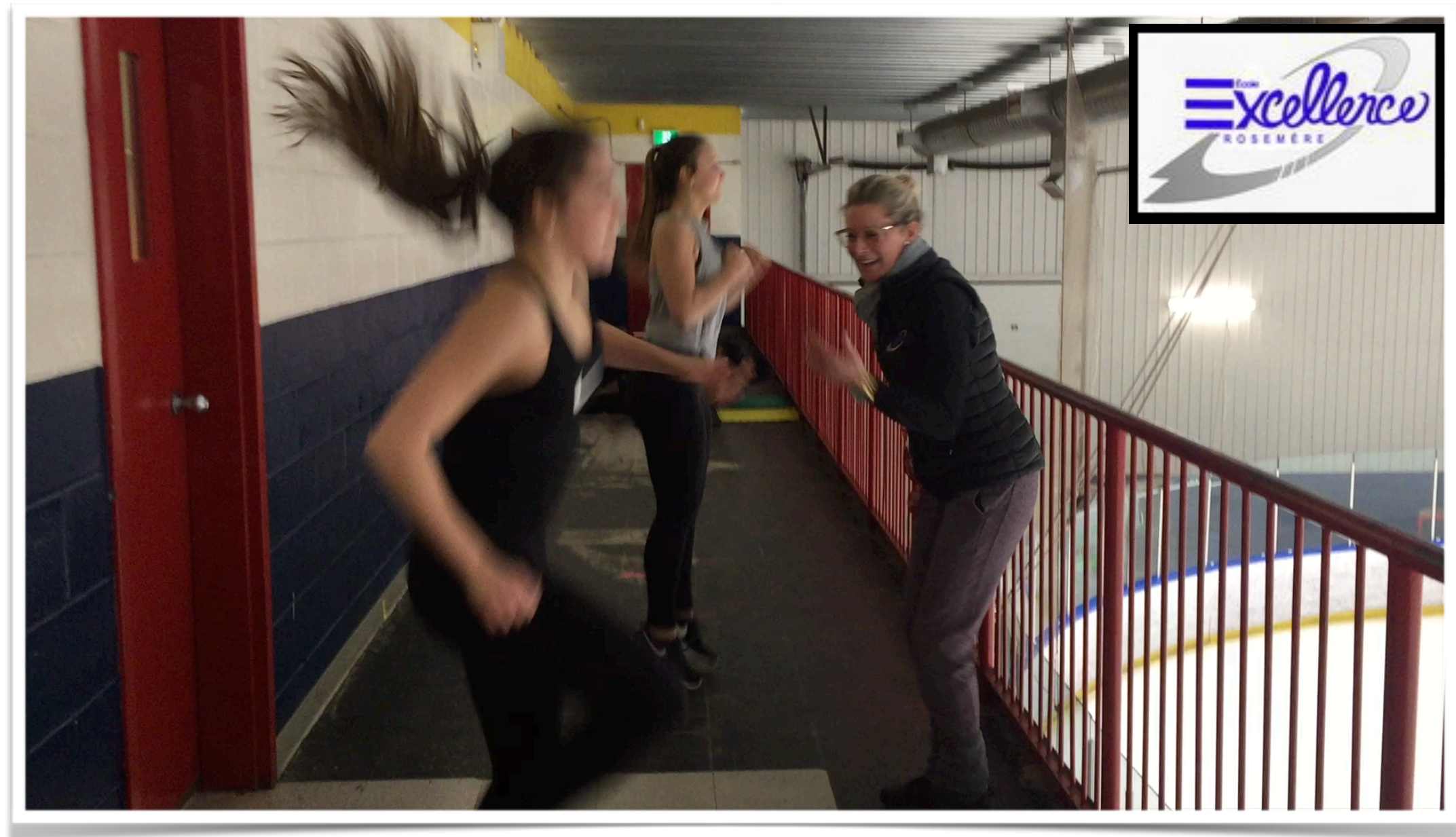
Power Output
Anaerobic Capacity
Speed
Agility
Strength
Muscular Endurance
Flexibility

HOW IT WORKS...



What should a typical warm up routine include?

1. Blood flow activation exercises



What should a typical warm up routine include?

2. Sport specific drills



What should a typical warm up routine include?

3. Dynamic Stretching

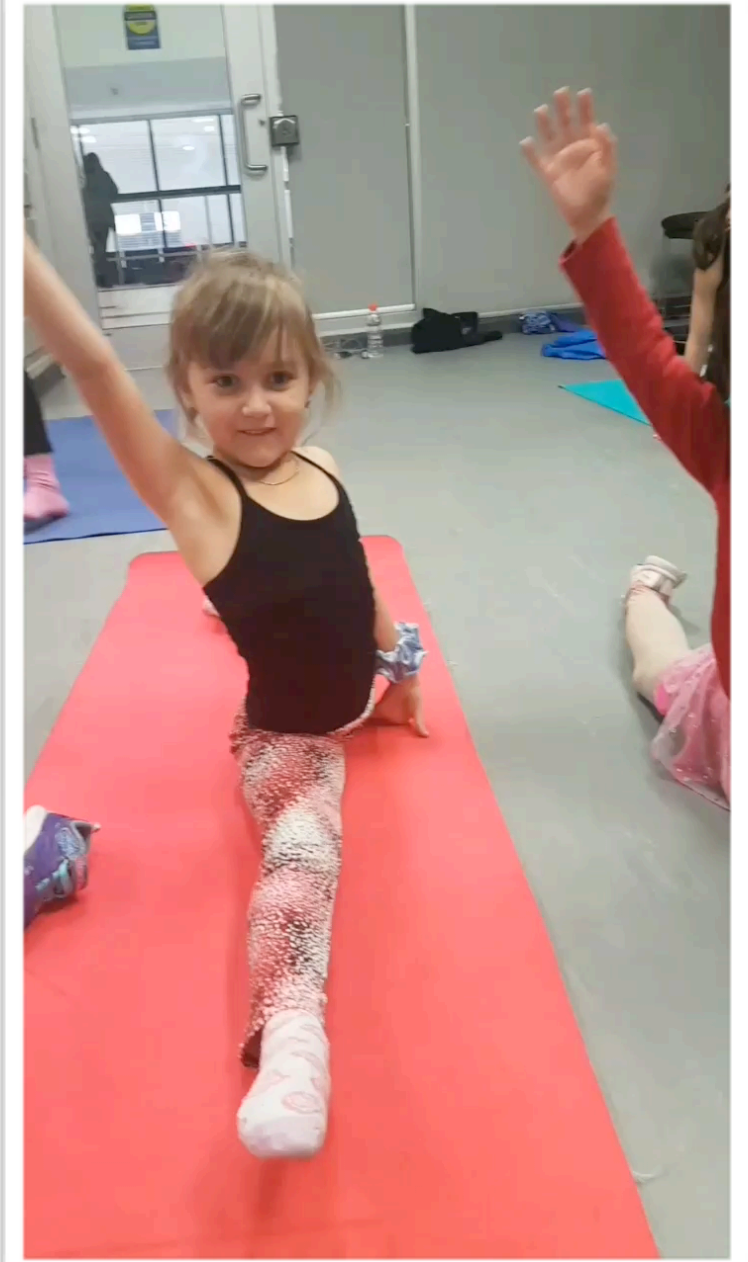


What should a typical cool down routine include?



Light jog, bike, jump rope for 5-10 min helps flush lactic acid

Static Stretching for 1-3 min allows muscles to relax and get deeper stretch



Flexibility Training

4 Private Stretch Sessions



How to generate more height in jumps?

STEP 1

Triple Extension

STEP 2

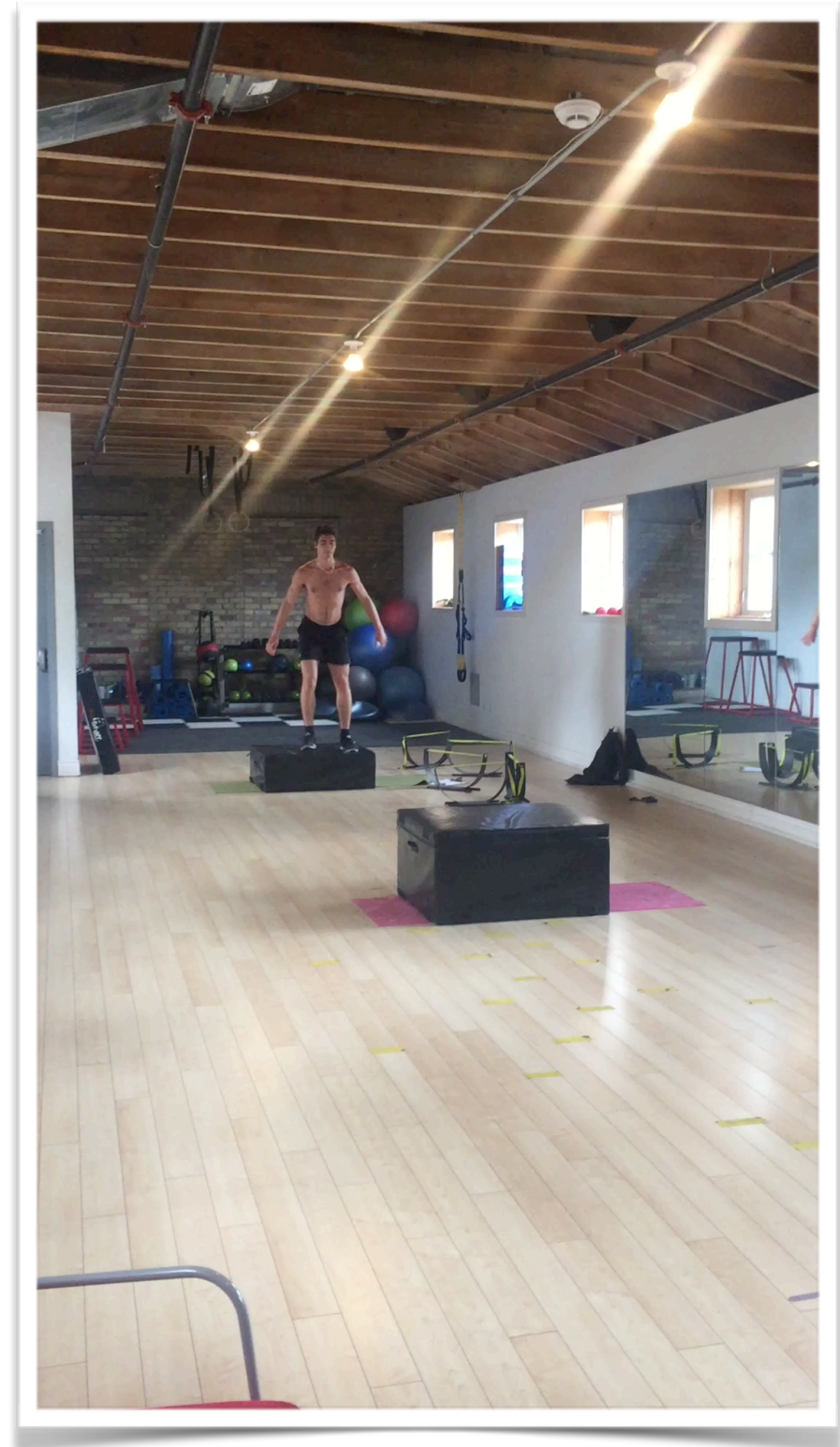
**Maximum Power Training
Off Two Feet & Single Leg**

STEP 3

Plyometrics

STEP 4

Add Load



How to increase quick twitch for rotation?

Functional Core Exercises



Off-Ice Fast Twitch Exercises



Walk throughs are key to train proprioceptive movement!



How to increase quick twitch for rotation?



How to increase quick twitch for rotation?



How to increase quick twitch for rotation- off-ice?

Before



After



Why skaters need to train deep/intermediate hip muscle groups?

Gluteus Medius Muscle - Function

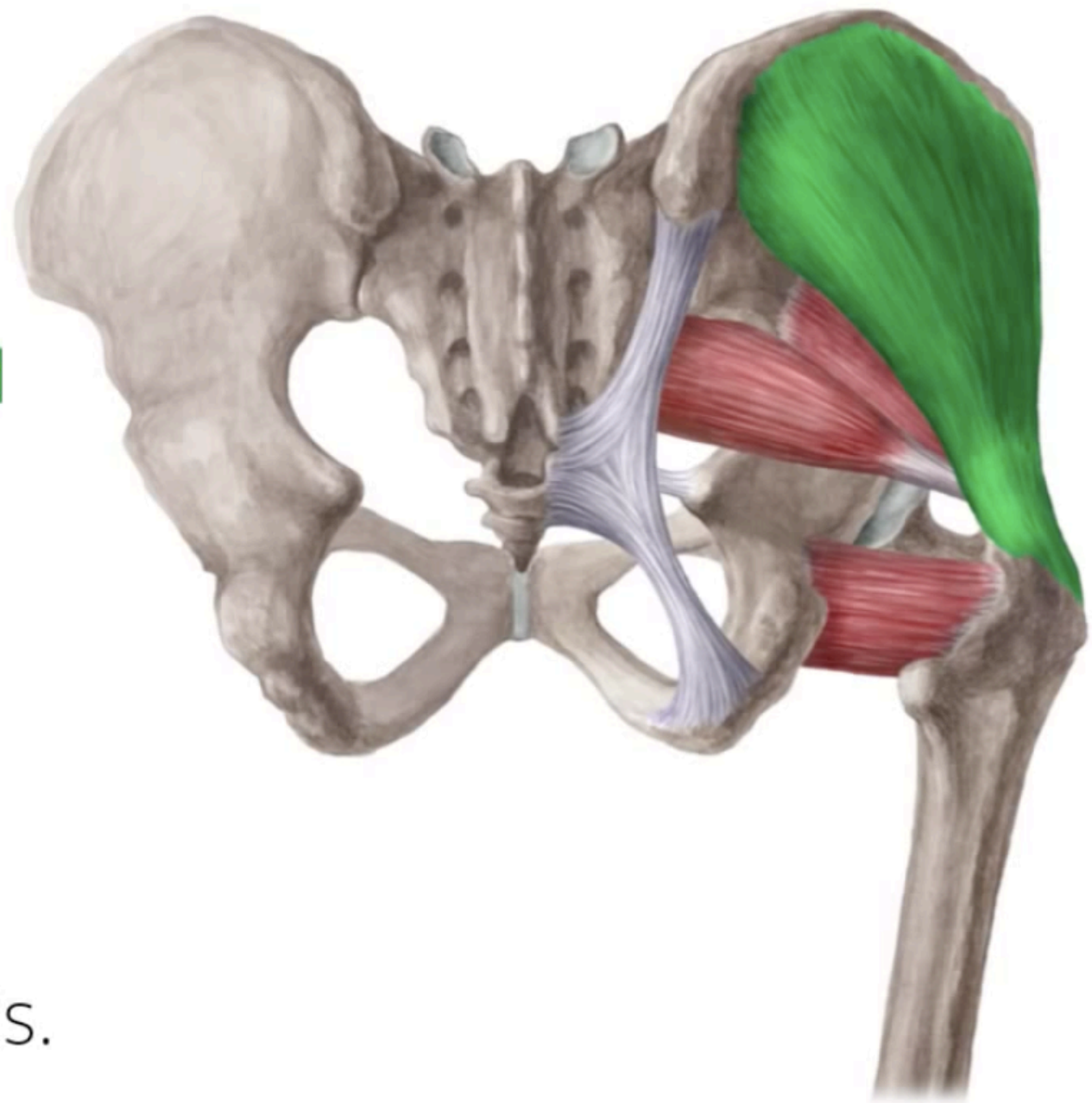
function:

One of the most powerful abductors and internal rotators of hip.

Flexion and internal rotation.

Extension and external rotation.

Stabilization of the pelvis.



Why skaters need to train deep/intermediate hip muscle groups?

Stability of the pelvis

Prevent wear and tear of hip joint

Improve spiral extensions

Improve internal rotation of the hips for in air position



Why is it important to periodize your skaters off-ice plan?

Skaters training on the ice changes throughout the season.

Off-Ice training should change along with on-ice goals.

Helps prevent over training

Manage injury reduction

**Adjust training/tapering for
competitions**

FIGURE SKATER PERIODIZATION

“Periodization is defined as the “long-term cyclic structuring of training and practice to maximize performance to coincide with important competitions.” - Sport Strength Training Methodology

Pre-Season	In-Season	Post-Season	Off-Season
July-August	Sep-Feb	Mar/Apr	May/Jun
Intensity- moderate/high	Intensity- moderate	Intensity- low	Intensity- moderate
Load- moderate/high	Load- low/moderate	Load- low	Load- moderate/high
Variation- Anaerobic circuits/ metabolic training/speed/ agility/cardio conditioning	Variation- Plyometrics/anaerobic circuits/functional strength/ speed/agility/sport specific drills	Variation- Recovery/Muscular endurance/Various forms of cardio	Variation- Muscular endurance/ metabolic circuits/general strength

Macrocycle —> 1 year
 Mesocycle —> 3-4 weeks
 Microcycle —> 1 week

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

1. How many times a week do they train off-ice?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

2. What kind of off-ice do they do?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

3. What do you do to baseline their results?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

4. Do you have a yearly fitness plan in place?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

5. Does it cover the key areas of figure skaters training?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

6. Do you have a qualified instructor teaching these classes?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

7. How often do you check in to follow up?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

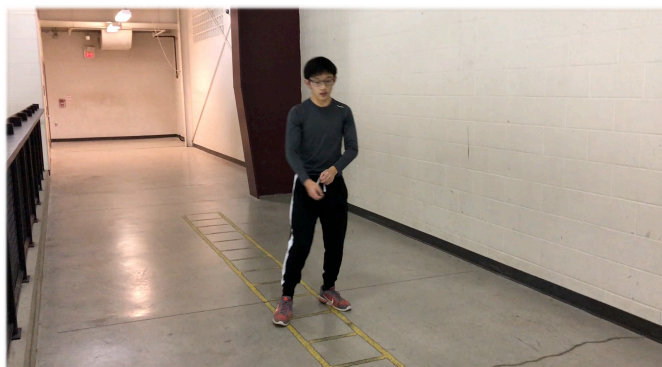
- 1. How many times a week do they train off-ice?**
- 2. What is kind of off-ice do they do?**
- 3. What do you do to baseline their results?**
- 4. Do you have a yearly fitness plan in place?**
- 5. Does it cover the key areas of figure skaters training?**
- 6. Do you have a qualified instructor teaching these classes?**
- 7. How often do you check in to follow up?**

FLEX△FIT PROGRAMS...



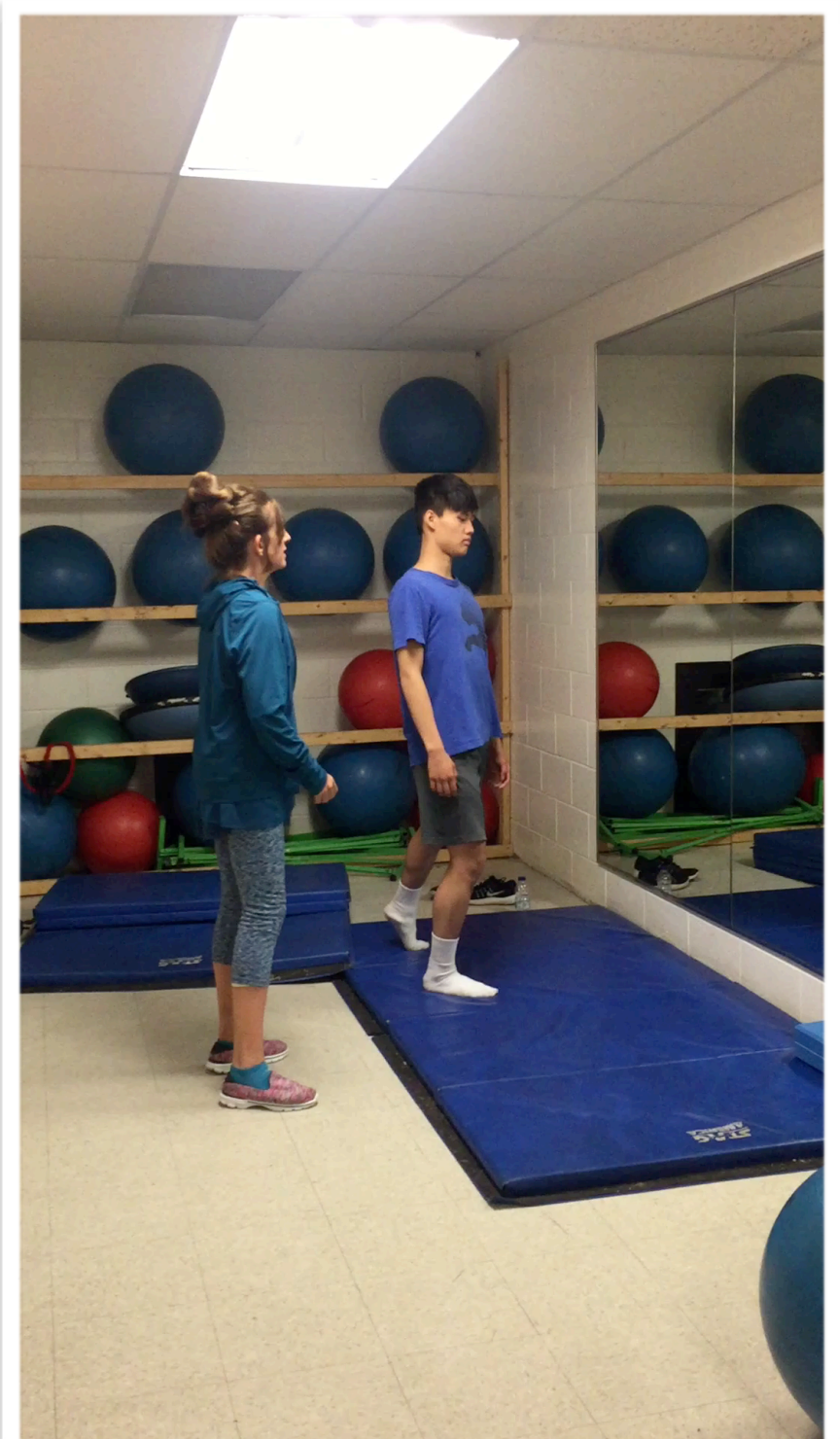
Figure Skater Bootcamp

Off-Ice Jumps/
Plyometrics



Flexibility/Stretch

Week 1 Week 2 Week 3



Dance Fusion

LOCATIONS

ONTARIO

FLEX△FIT



LICENSED LOCATION

FLEX△FIT

SOUTH AFRICA



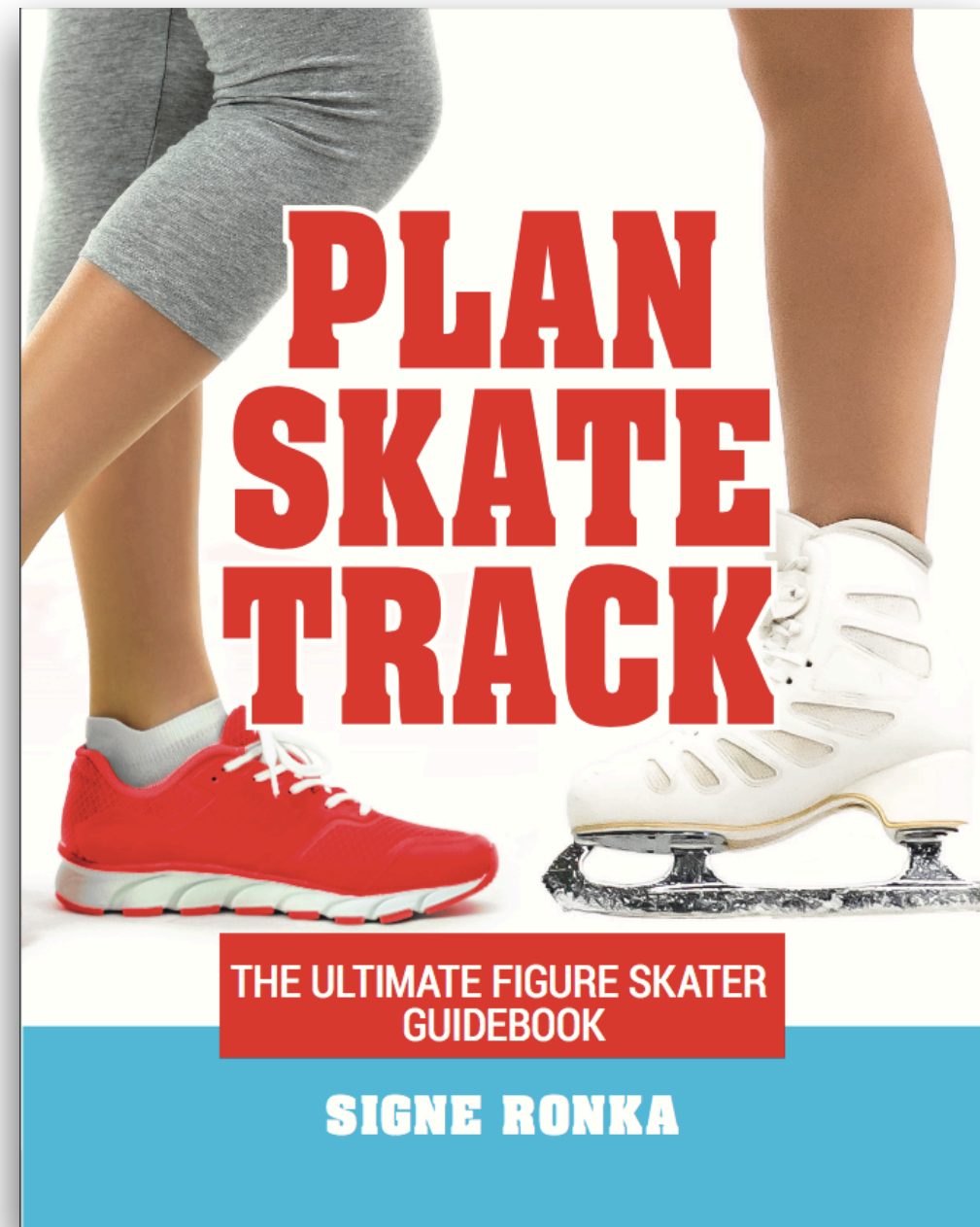
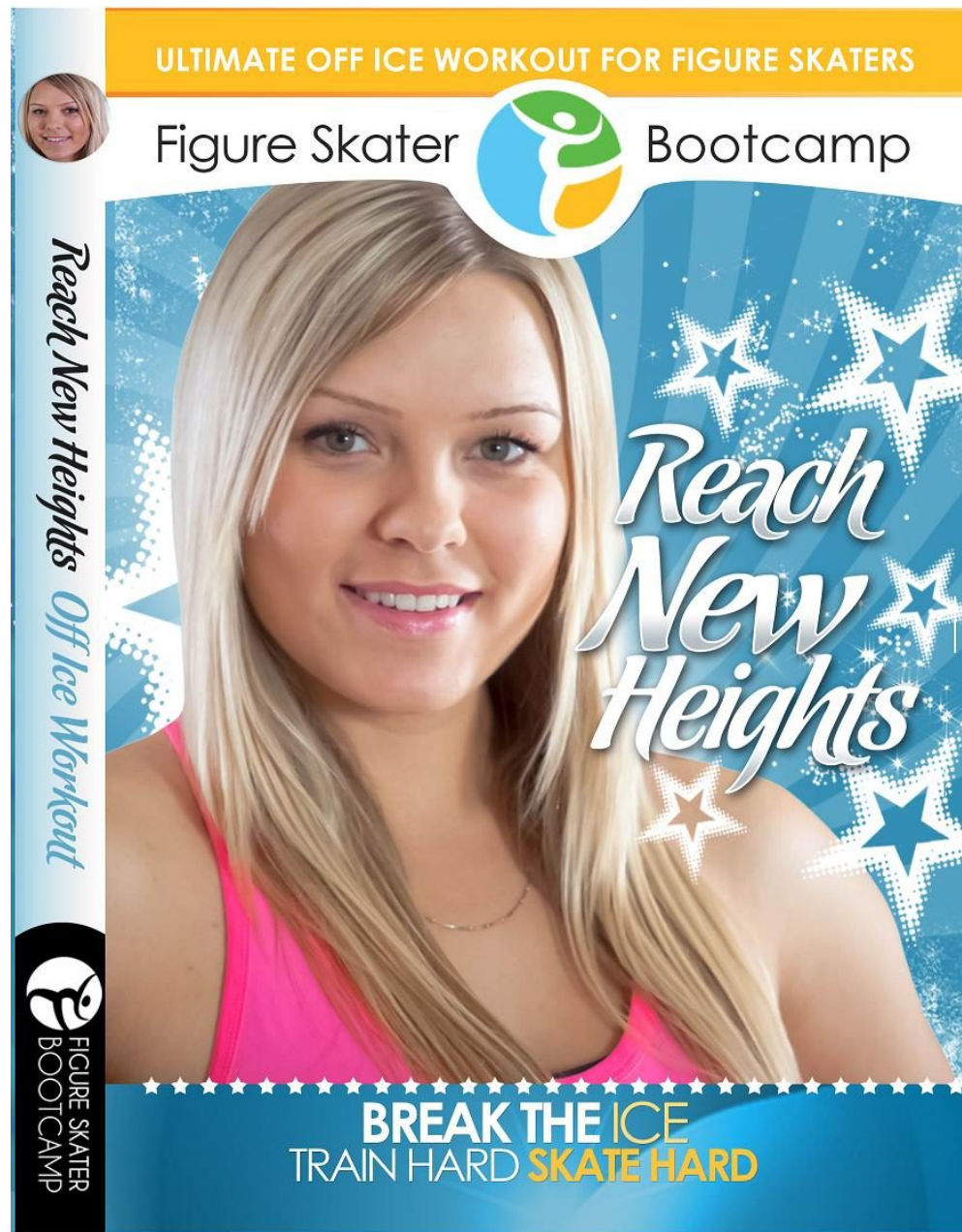
QUEBEC



NEWFOUNDLAND & LABRADOR SUMMER CAMP



Resources Available



flexafit.com

FIGURE SKATER MAGAZINE FITNESS

figureskaterfitness.com





Questions/Answers

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