Successfull off-ice and on-ice training programs for the serious skater

Saturday, Jan. 27, 2007
Davenport Hotel, Spokane, Washington

7:00-7:30 a.m. Registration
7:30-10:15 a.m. Congress

7:00 - 7:30 am     Registration/Welcome/Breakfast
7:30 - 7:40 am     Welcome and Introductory Remarks
                    Linda Haack-Rogers Ph.D.
                    President, U.S. Figure Skating Sports Medicine Society
                    Cynthia Ferrara Ph.D.
                    Vice-President, U.S. Figure Skating Sports Medicine Society
7:40 – 8:00 am     Train or Teach our Young Serious Athletes
                    Maureen Brooks, ATC, HFI
8:00 – 8:20 am     Off-ice Care for the Athlete Using Massage Therapy
                    Jennifer Zimmerman, LMT
8:20 – 8:40 am     Physical Characteristics and Incidence of Injuries in Adult Figure Skaters
                    Cynthia Ferrara, Ph.D.
8:40 am – 9:30 am  Keynote Speaker
                    Kat Arbour, M.S., MPT, CSCS
9:30 am - 9:40 am  Break
9:40 am - 10:15 am Sports Medicine Society Business Meeting and Elections
10:15 am           Adjourn for Senior Ladies Final

This meeting has been approved by Professional Skaters Association for 3-4 PSA educational credits.
Faculty

12th Annual Congress
U.S. Figure Skating Sports Medicine Society

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Today’s figure skating athletes have amazingly high demands put on their young immature musculoskeletal systems. These demands are dictated by the sport, their coaches, parents and most often the athlete themselves. With the sport becoming more advanced technically and the addition of longer competitive seasons athletes are being asked to peak more often and at a younger age. Sometimes the level of difficulty and the peak performance become more important than the basic skills of the sport.

The goals of our current athletes are to train harder on and off the ice and peak more often. So many coaches who train our young athletes are so focused on the final outcome that training becomes more important than teaching. The get it now, fix it later theory.

Incorporating off ice strength and conditioning education programs for our young pre-regional level competitors allows the athlete time to learn. The off ice coach has this time to teach the athlete and the athlete has this time to learn. Delete the thought process of training an untrained body by teaching our younger athletes body awareness, proprioception, and control. Stop trying to periodize the lower level serious athlete most coaches train and teach that athlete how to use his or her body on and off the ice.

This poster presentation will focus on taking our young pre-regional competitors and teaching them the basics of strength training and how it relates to their on ice performance. The presentation will focus on basic techniques for improving an athlete’s body awareness, proprioception, core stability and strengthening the athlete and how to incorporate on ice education.

Maureen Brooks holds a BA in kinesiology from New England College. With her degree she has become a Certified Athletic Trainer, ACSM Health Fitness Instructor and a faculty member of the U.S. Figure Skating Sports Medicine Society. She currently coaches figure skating and off-ice training for the athletes training at the Atlanta Ice Forum in Duluth, Ga. Maureen is a U.S. Figure Skating gold medalist in freestyle and moves in the field and a member of the Skating Club of Lake Placid.

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OFF-ICE CARE FOR THE ATHLETE USING MASSAGE THERAPY. Jennifer Zimmerman, L.M.T. Z therapies, l.l.c.

Techniques for trainers, physicians, therapists and other care providers to rebuild, replenish and renew the athlete, and to aid in recuperation from rigorous practice and competition, as well as recovery from surgery and other medical treatments.

I. ROUTINE CARE:

Swedish and Deep Tissue Massage— Regularly scheduled maintenance, weekly.

A. Calming, soothing. Reduces athlete’s stress and treats general muscle soreness.
B. Removes toxins and waste products from muscles. Increases circulation.
C. Returns muscles to normal resting length.
D. Reduces recovery time from strenuous workouts and medical treatments such as surgery. Returns athlete to ice sooner.

II. ADDRESSING INJURIES AND PROBLEM AREAS:

Neuromuscular Therapy— Treating the “big knots” formed due to repetitive holding patterns forced on the athlete’s muscles.

A. Treats trigger points in the muscle.
B. Creates a “crisis of healing” signaling the brain that a trauma is in process.
C. Releases endorphins and natural pain killers.
D. Encourages muscle to release. Increases flexibility.

III. ON-SITE CARE FOR THE ATHLETE AT PRACTICE AND COMPETITION

Soft Tissue Release- Just before getting on the ice. Warming up the tissues to prevent injuries.

A. Shortening the muscle and hold in place with light pressure, then stretching and lengthening the muscle and fascia.
B. Direct and to the point. Short, in-and-out bursts.
C. Helps condition the hip rotational muscles.
D. Relieves chronic low back pain. Improves posture.

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Purpose. The purpose of this study is to examine physical characteristics and injuries in adult figure skaters.

Methods. One hundred and thirty adult figure skaters (113 women and 17 men) completed study questionnaires concerning health, height and weight, exercise habits, and injuries in the past year.

Results. The men were older, taller, and weighed more than the women (p<0.05). Approximately 80% had normal body mass index (BMI, weight (kg)/height (m)²), while the remaining participants were overweight or obese based on BMI. Study participants had been skating for 12±10 years (range 1 to 68 years). The majority skate 4-5 h/wk (competitive > recreational skaters, p<0.05). Although approximately 50% of competitive skaters always warm-up or stretch before skating, less than 30% of the recreational skaters always warm-up or stretch before skating (p<0.05).

Seventy-two skaters (56%) reported at least one injury in the past year. The majority of the injuries were acute injuries to the lower extremity, and were related to skating (76%). The number of hours per week spent skating was not different in those with a skating-related injury compared to those who were not injured.

Conclusions. The results suggest adult skaters may have training and exercise habits that increase their risk of injury and may impair athletic performance. This suggests the importance of educational programming for adult skaters, designed to address injury prevention and basic exercise training principles.

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