

Title:

2009 Off Ice Symposium: Essentials of Figure Skating Sports
Science and Medicine for Skaters, Parents and Coaches

Presented by:

Skating Council of Illinois
Chicago-area members of US Figure Skating National Sports
Science and Medicine Network

Date

July 18, 2009

Time

9:30am-2:00pm (1/2 hr. lunch break)

Location

Park Ridge – Olympic Room

Registration fee: \$50

Limited to: First 100 registrants

Event Agenda

9:15-9:30- check in

9:30-9:45- Get the Edge: Benefits of Sports Science and Medicine for Figure Skating
Athletes

Dr. Christine Lawless
Member- US Figure Skating National SSM Network,
Team Physician for US Figure Skating World Team Tokyo 2007, and
Chair Sports Science and Medicine Committee 2007-2008

9:45-10:15- Essentials of Strength & Conditioning for the Figure Skating Athlete
Bryan Ryndak PT, MHS, OCS, CSCS
Member- US Figure Skating National SSM Network

10:15-10:45- Practical Nutrition for the Figure Skating Athlete
Pat Sutor MS, RD, LDN
Member- US Figure Skating National SSM Network

10:45-10:50- Break

- 10:50-11:20- Figure Fours and Six Packs: Lower abdominal strengthening and hip joint stretching
Linda Tremain PT, ATC
Member- US Figure Skating National SSM Network
- 11:20-11:50- Functional Stretching and Movement for Figure Skaters
Heidi Barnett PT, DPT
Member- US Figure Skating National SSM Network
- 11:50-12:20- Lunch
- 12:20-12:50- Injuries and Medical Issues in Figure Skaters:
Injuries: Shortening the Time from Injury to Recovery
Dr. Craig Westin
Member- US Figure Skating National SSM Network
Orthopaedic Surgeon
Team Physician US Figure Skating
Non- musculoskeletal medical issues
Dr Lawless
- 12:50-1:20- The Mental Edge- off – ice training methods and on ice correlations
Debbie Stoery B.A. Psychology, Northwestern Univ
Member- US Figure Skating National SSM Network
Former Chair, PSA Sports Science
- 1:20-1:25- Panel discussion: Handling Injury

ESSENTIALS OF FIGURE SKATING SPORTS SCIENCE AND MEDICINE

JULY 18, 2009 Oakton Ice Arena

9:30AM – 2PM

REGISTRATION FORM

Name: _____

Address: _____

Phone: _____ E-Mail: _____

Are you a: Coach Skater Parent

USFS Club: _____ USFS # _____

Fee \$50.00 _____

I _____ agree to hold harmless Skating Council of Illinois (US Figure Skating?) from any loss, damages and/or injury that may be sustained in any manner while participating in this activity.

Mail check and form to: Skating Council of Illinois

837 Park Plaine Avenue

Park Ridge, IL 60068