

# Performance Training for Figure Skaters

April 24-May 31: T and/or Th 4:10-5:10pm  
Skaters, dancers, swimmers (ages 10+ or with permission)

*"Success in competition should be the outcome of quality training, not chance or luck. It should be planned for and thus expected."*

-Charlene Boudreau



Enhance performance and prevent injuries through age appropriate training designed specifically for figure skaters and other performance athletes. To include:

- New participants assessed by appointment
- Metabolic Training (aerobic/anaerobic training)
- Core Stabilization & Balance
- General Strength & Power
- Flexibility Training & Tips for Feature Moves
- Agility

Location: Kettle Moraine Ice Center | 2330 S. Main St | West Bend, WI

Attire: Please wear comfortable clothes and supportive athletic shoes.

Bring: Water bottle

Susie Christensen is a licensed athletic trainer, exercise physiologist and certified strength and conditioning specialist with a personal interest in skating. She has studied Dance Medicine, Original Method Pilates and is certified through Stott. She has helped test Junior level skaters at US Figure Skating Championships and instructed at the National Novice Seminars, also in conjunction with the US Figure Skating Championships. She has participated in the S.T.A.R.S. Assessments through USFS. Susie is available for conditioning assessments, personal, partner and small group training, program design, periodized work-out calendars and goal setting/planning. Visit [www.performersadvantage.com](http://www.performersadvantage.com)

-----  
Please fill out the following information and return with payment to:  
Performer's Advantage | 335 Gorman Way | West Bend, WI 53095

Performance Training for Figure Skaters:

- 1x/week \$54 (either day)
- 2x/week \$84

Major Credit Cards accepted

Benefits magnified with consistent and regular training! Consider personal/partner training 1-2x/wk

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

**\*\*New Participants-please fill out medical history/waiver\*\***

<http://www.performersadvantage.com/files/RegWaiverSports.pdf>

building strength, balance, grace and power from within

Email: [susieskate@yahoo.com](mailto:susieskate@yahoo.com) | Call: (262) 353-6544 | Visit: [www.performersadvantage.com](http://www.performersadvantage.com)