



Winterhurst Clinics

Summer 2024

On & Off-Ice Classes

This summer we are thrilled to offer On & Off-Ice classes to compliment your training!

Clinic Coaches - Kayla Becka, Wendy Brewer-Burns, Emily Derimiggio, Erika Devine, Tonia Kwiatkoski, Christian Martin, Jacqueline Redenshek-Henry, Chip Rossbach

Winterhurst On-Ice Classes



D.E.A.P. - Development of Edge & Power

Mondays, Tuesdays, Wednesdays 8-8:30am

Edgework development is the basis of jumping, choreography & ice dancing. The ability to control the rock of the blade efficiently, generating flow and power is critical to a skater's success. This is a great way to start your skating day!

The Winterhurst Clinic coaches will bring their own vision and approach which should provide a dynamic and diverse composition to each class. [To make certain skaters of a similar skill set are grouped together you will be asked your testing level on the registration.]

T.E.A.M. - Together Everyone Achieves More

Thursdays 8-8:30am

This is a skater favorite! Towards the end of a good week of training, skaters have the opportunity to divide up in small teams for skating challenges. Skaters of all levels will enjoy participating. This has been a great way to develop skating friends and fun memories with a friendly competitive spirit.



CAUTION: The cheering can get a bit loud!

Winterhurst Off-Ice Classes

Strength & Flexibility

Mondays & Wednesdays 10:50-11:35am

With the guidance of **Wendy Brewer-Burns, PT, DPT, CSCS** for the Strength and Flexibility component, our goal is to develop fit athletes that are prepared to maximize your ability to perform at your best. *(Wendy's resume included)*



Strength and flexibility play a critical role in a skater's development. To be able to teach sport-specific movement (i.e. figure skating technique), an athlete's physical development and awareness cannot be undervalued. Equally important is reducing the risk of injury through your skater's participation.

Plainly stated: Athletes/Skaters are rapidly more successful when they are physically prepared to perform!

Wendy will:

- Provide Individually Tailored Fitness Plan*)
- Periodic Individual Assessments to evaluate progress*

**Separate class fee for evaluations*



Wendy Brewer Burns, PT, DPT, CSCS

Wendy Burns is a former figure skater with accomplishments including a Gold Medal in Ice Dancing. She has been a Physical Therapist since 1987, and completed her Doctorate of Physical Therapy in 2012. Since 1999 she has been a Certified Strength and Conditioning Specialist, working with figure skaters for off-ice conditioning. Wendy's

off-ice students have included beginners to National competitors. In 2009, she had the wonderful opportunity to be a part of the medical provider team for the USFS National Championships in Cleveland. She has also been a USFS STARS assessor on two occasions. Wendy is part of the Cleveland Clinic Skate Smart committee, specializing in assessment and care of figure skaters for injury rehabilitation and education with the goal of keeping athletes on the ice.

The off-ice conditioning class that Wendy will provide includes education in body awareness, emphasis on core strengthening/stabilization, flexibility, balance and skating specific skills to assist with on-ice progression and success. Participants will also learn warm up and cool down strategies, all in a fun and supportive environment. She is grateful for the opportunity to be a part of your training team.

What to bring Strength & Flexibility:

- Sneakers
- Exercise Mat
- Water
- Dumbbells - Will be determined at Pre-Testing. Not needed prior.

Off-Ice Jump Classes

Tuesdays 10:50-11:35am - Double Jumps & Higher

Thursdays 10:50-11:35am - Single Jumps to Axels



Dry Land Jump Training is critical for effectively developing the mental and physical components of the three parts of a jump: The Drive, Area of Rotation, and Preparation for Landing. Learning these proper habits while developing fast-twitch muscle action without having to balance on a slippery surface, and on a skinny metal blade, speeds the learning process significantly!

Skaters will undergo exercises that will go over how to generate Power through the Drive, Quickness through the Area of Rotation, and Deceleration for Preparation for Landing. Class protocols has been developed by Team USA-International Coach and guest coach for Grassroots to Champions, Christian Martin

What to bring Off-Ice Jump Class:

- Sneakers
- Jump Rope
- Edea Spinner (Bring if you have one)
- Water



Video Review - IJS

Thursdays 10:50-11:35am

Ideal for the free skating skater that is or will be competing under the International Judging System (IJS). Video reference will be used to identify and understand how the IJS system scores your programs for both Excel & NQS elements. This understanding will give you the knowledge to take responsibility for your skating and how to be strategic in program development.



Summer Clinic Schedule & Details

Classes	Mondays	Tuesdays	Wednesdays	Thursdays
On-Ice 8-8:30am	DEAP	DEAP	DEAP	TEAM
Off-Ice 10:50-11:35am	Strength & Flexibility	Jump Double Jumps & Higher	Strength & Flexibility	Jump Singles to Axels Video Review Excel & NQS Tracks

Class Fees

- Pre-Registered now through June 9th: Classes are \$15*
*10% Discount applied for weeks with 6 or more weekly classes.
- June 10th & after: \$16 per class
- Walk-Ons: \$20

Registration Page Link:

<https://docs.google.com/forms/d/1TsJi8-CCsNnW0zeAeZbVQ6cLFwKPK6V2befabh9vZX0/edit>