

# BEST Practices for Skaters!

## 1 | Off-Ice

*Little extras make you great!*

- ❑ Bring your things! (hair elastic, hoodless jacket, running shoes, water bottle, training book, skates etc)
- ❑ Warm-Up off the ice before you skate using drills you have learned in class
- ❑ Cool-Down (STRETCH!) right after skating
- ❑ Practice skills at home on days you don't skate

## 2 | On-Ice

*Use ALL your ice time!*

- ❑ Keep moving at least 90% of the time
- ❑ Train your solo with music every session (or parts - groups of 3 elements with choreo)
- ❑ Balance your practice by training a wide variety of skating skills, turns and field moves, PLUS all jumps and spins

## 3 | All the time!

*Develop an "athletic lifestyle!"*

- ❑ Drink LOTS of water
- ❑ Get at least 8 hrs of sleep
- ❑ Eat "smart" energizing foods
- ❑ Review your notes in your training book
- ❑ Be social outside the rink - check in and encourage your fellow skaters to help them stay on track!