

Ice sessions start this week (general overview of the plan/focus) -

Regular club ice is:

Wed - The Edge (John Street rink) in Bensenville from 7:50 to 9:00pm (Usual focus will be on base endurance, volume, basic position, getting low, armswing, relays, pursuits)

Fri - The Edge (John Street rink) in Bensenville from 7:40 to 8:50pm (Usual focus will be on starts, acceleration, race prep, top end speed, corner technique, sprints, agility)

LTSS (Learn to Speed Skate) ice is:

Sun - Addison Ice in Addison from 6:10 to 7:40pm (Learn to speedskate for novices, advanced skaters welcome to assist, fun races and time trials and flying 1 lappers at end)

PLEASE NOTE -

read the following quote by Sue Ellis in her April 10, 2010 skating tip article on her website -

"I don't mean either that we need to adopt methods of training that have the kids training long hours to the exclusion of everything else. But by adding 15 – 30 minutes of off ice instruction to each session you can teach kids a ton about position, push, recovery, and pressure. And the bit of extra work makes them stronger and more prepared for harder training when they are ready or want to." - Sue Ellis from Tips, 4/10/10 on her website.

<http://www.ellismethod.net/files/Tips/April10.html>

The past several years we have offered off-ice dryland training prior to ice time as a way to better use our ice for training, because we could do warm up and technique work off-ice as a group just as well as on the ice, leaving more ice time for more advanced skills and other training pursuits better served by ice alone. Because of the limited space at Center Ice of DuPage, our old rink, and because we had LTSS right before ice on Thursdays, we weren't able to do as thorough of a program as we would have liked in this area.

Moving to our two new rinks, both of which have much more off-ice training space, even equipped with good flooring, wall mirrors, and ballet bars on the walls, plus space to move as well as space to store our training equipment - we can now do off-ice training much more effectively as a group, prior to ice time.

SO - I want to let you know that coaches will be at ALL of the practices listed above to work with YOU in a group on warm-up and pre-ice technique as well as agility, balance and coordination, before each of the practices listed above.

At both Bensenville nights - Wed and Fri, we will be there to do this from 7 to 7:30pm, giving you from 7:30 to 7:40pm to get your skates on.

At the Addison night on Sun, we will be there to do this from 5:30 to 6:00pm, giving you from 6:00 to 6:10pm to get your skates on.

Sue Ellis and elite skaters will all agree that this is a great use of time (its free, and you can use tools to do things you can't do on ice) and resources to improve as a skater, which is what our main goal is. This is a great gift, an excellent opportunity for you made possible by this change in rinks and days, and, we are pleased to be able to provide it, so make every effort to use it! These are not just nice rinks, they are very nice facilities which have this extra space we can use so let's not waste the chance.

Our Wed - Fri - Sun program starts this Wed., tomorrow, Sept 8th. Hope to see (at 7!)!

Sincerely,
Coach Carl