



Elite Off Ice Training Description for Athletes Strength Training and Functional Mobility

Elite Off Ice training for Athletes is geared towards improving strength, gaining balance, and core strength through circuit training. We use yoga to develop deeper functional mobility and flexibility in postures to help gain focus while reducing stress and anxiety with breath and movement when pressure arises in competitions and test days.

Athletes learn off ice jumping techniques, landing positions/postures and other skating technique postures such as “H” and “I” “check in and check out” positions to help them apply it on ice. The benefits of this training helps gain stability on the ice, increases self confidence, and self esteem while preventing cartilage and joint breakdown.

Your instructors will be Head Coach Rachelle Rupp, Shelby Polluck and Kyla Rupp

