

Figure Skating Special Interest Group

Figure Skating Annual Meeting
2009 NSCA National Conference
Thursday, July 9, 2009 ~ 12:00-1:00pm
Bally's Las Vegas 4, Paris Hotel, Las Vegas, Nevada

Meeting Agenda

- 1) Welcome by SIG Executive Council (**Carl**)
- 2) Recitation of SIG – Figure Skating Purpose & Mission Statement (**Michael**)
- 3) Acknowledgement of Sponsorship by Off-Ice Strength.com
 - a. Matthew Blair Davis, MS, CSCS, USAW, ACSM-HFS, NASM-PES/CES
Off-Ice Strength & Conditioning Coach
Chief Executive Officer, Off-IceStrength.com LLC
- 4) Review of Membership Numbers (**Christina Klingensmith**)
 - a. Active vs. Inactive
 - b. Comparison to Other SIG's
- 5) Review of Conference calls since last NSCA National Conference (4-5)
 - a. Topics of Discussion generated from Conference calls:
 - i. Injury Prevention in Figure Skating (**All**)
 - ii. General Strength and Conditioning vs. Sports Specific (**All**)
 - iii. Training Youth Athletes → segway into discussion about Youth Fitness SIG (**Carl**)
 - iv. Building outside resource list: Yoga, Pilates, Gyro-tonics, Water Therapy (**Sandy**)
 - v. Creating your own Training Team (**Michael**)
 - vi. Networking Opportunities: PSA, US Figure Skating (**Sandy**)
 - vii. Information Sharing (**All**)
- 6) Thank you all for coming!!
- 7) Reminder of Next Year's Conference and Value in attending!!

Figure Skating Purpose Statement

To provide information on strength training as it pertains to the sport of figure skating and to create a liaison between NSCA and USFSA.

Figure Skating Executive Council

Chair: Carl Poe ~ officestr@aol.com
Michael Cook ~ integratedsportscond@hotmail.com
Garrett J. Krug ~ gjkrug@csadvantage.org
Sandy Schaad ~ schaadsk8s@yahoo.com