



**National Strength and Conditioning Association**

## **FIGURE SKATING SPECIAL INTEREST GROUP (SIG)**

### **May 2007 Enewsletter**

#### **Congratulations!**

On a strength and conditioning note, congratulations to Michael Cook, Garret Krug, and Anthony Colesano for helping your athletes reach the 2007 National Competitions by using your expertise in our field to help them! The Figure Skating SIG Council is in constant communication with the United States Figure Skating Association and Professional Skaters Association to provide you with the most updated information on strength and conditioning as it relates to on-ice performance. If there are any members who have athletes reaching plausible ranks, tell us your story and your training methods, as we would like to recognize all involved in the road to glory.

#### **National Conference**

The NSCA National Conference and the Figure Skating SIG annual meetings are not too far away! Atlanta will host the conference this year from July 11-14, 2007 at the Atlanta Hilton Hotel. Attendance at the SIG annual meeting is essential to keep our group active with the NSCA. Please plan on attending if you are going, as the SIG council is anxious to meet more members to make larger strides in helping our group grow!

#### **Mark Your Calendars**

##### **Figure Skating SIG Annual Meeting**

**Friday, July 13, 2007**

**12:00 – 1:00pm**

**The Fulton Room of the Atlanta Hilton Hotel**

**Atlanta, Georgia**

#### **Thank you!**

The Executive Council for the Figure Skating SIG would like to recognize and thank those who participate in the monthly forum. We have had some great monthly topics thanks to our moderator, Anthony Colesano. Keep up the great work and your daily input will only help to reach our goal of spreading education on strength and conditioning for figure skaters. Please visit the forum at [www.nasca-lift.org/forum](http://www.nasca-lift.org/forum) to review our topics over the past few months and add your own input!

Please don't hesitate to contact any of the SIG Council members with any ideas, success stories, training methods, or questions. We hope to see many of you at the National Conference in July!

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#### **Figure Skating SIG Purpose**

- To bring together figure skating strength coaches to address the unique strength, conditioning, and nutritional demands of figure skaters.
  - To promote the need among strength and conditioning professionals for qualified strength coaches to work within the sport of figure skating.
  - To work together with other strength coaches to develop practical and scientific based strength and conditioning protocols for skaters.
  - To develop a curriculum to help educate figure skaters, coaches, and parents on the benefits of strength training to prevent injuries and enhance athletic performance.
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### **Figure Skating SIG Executive Council**

Carl Poe  
[officestr@aol.com](mailto:officestr@aol.com)

Garrett Krug  
[gjkrug@csadvantage.org](mailto:gjkrug@csadvantage.org)

Tony Colesano  
[tony@crescendosportandfitness.com](mailto:tony@crescendosportandfitness.com)

Christina Eldridge  
[Christina.A.Eldridge@osfhealthcare.org](mailto:Christina.A.Eldridge@osfhealthcare.org)

Michelle Bower  
[mebower7@excite.com](mailto:mebower7@excite.com)