

## **FIGURE SKATING SPECIAL INTEREST GROUP**

Figure Skating SIG Annual Meeting

2010 NSCA National Conference

Thursday, July 15, 2010~8:00am-9:30am

Europe 6, Walt Disney World Swan and Dolphin Resort, Orlando, Florida

- 1) Attendees:
  - A) Michael Cook, Executive Council member
  - B) Jill A. Bush, PhD, CSCS, FACSM NSCA Board of Directors Liaison to the Figure Skating SIG
  - C) Connie Gabriello, Brooks, AB Canada
- 2) Greetings to Executive Council member and welcome to SIG National Conference attendees!
- 3) Meeting Purpose:

Networking/communication with-in the SIG, and in the figure skating community with focus on the off-ice coaches, the on-ice coaches, the figure skating parents, and the figure skaters.
- 4) Dr. Bush and I discussed the possible future of the Figure Skating SIG. Michael updated Dr. Bush on the current state of executive board, Carl Poe is decreasing his involvement, several other board members have become “uninvolved” or resigned over the last several months.
- 5) Discussed possible ways to improve meeting attendance, and marketing of SIG through use of marketing department at NSCA.

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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

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