



# SUPPLEMENTAL TRAINING: THE KEY TO ON-ICE SUCCESS



## A Seminar for Developing Skaters



**Dr. Lee Cabell**

*Biomechanics Professor*

*PSA Master Rated Figures/Free Skate*

*NSCS Strength & Conditioning Coach*

featuring

## Dr. Lee Cabell

and

## Chris Browne

### Saturday, Oct. 5, 2019

### 1:00-3:30 p.m.

at

## IEB Center in Cedar Park

*Skate on the Texas Stars' home ice in the 6,000-seat arena!*



**Chris Browne**

*1988 U.S. Novice Men's Champion*

*Coach to National Competitors*

It takes more than jumps and spins to make a successful figure skater! A skater will never be their best unless training includes off-ice strength and conditioning, ballet, and flexibility, plus on-ice exercises geared toward improving edge control, posture and carriage, and takeoff and landing positions. It's important that this supplemental training is incorporated as early as possible in the skater's journey and is guided by the appropriate specialists. ***That's why this seminar is perfect for skaters participating in Learn to Skate classes and Compete USA events!***

Join Dr. Lee Cabell and Chris Browne for exercises you can take home from Austin FSC's Autumn Classic, plus a parent Q&A session on finding the right supplemental training for your skater!

***This seminar is open to all Learn to Skate USA and USFS members Basic 5 thru Preliminary/Adult Bronze. You do NOT have to compete in the Autumn Classic to participate!***

### Schedule

### Saturday, Oct. 5

Skaters will be divided into groups by ability. Skaters must bring athletic shoes, yoga mat, jump rope, and water bottle. Girls must pull hair back.

- 1:00-2:00: On Ice in the Arena

## \$25

## Per Skater

### (includes Parent Session)

Register at:

[chaparralice.com](http://chaparralice.com)