# Skating Warm-up and Stetching

1. Stroke around 3-4 times to warm-up your legs.

2. Do 1/2 a lap of forward swizzles, 1/2 of backward swizzles. AND/OR 1/2 lap of forward cross-strokes and 1/2 lap of backward cross-strokes.

3. Do 1/2 lap of forward powerpulls - switching legs at the red line. 1/2 lap of backward powerpulls - switching legs at the red line.

4. Stretch

A. Put the heel of you boot on the boards - keeping a microbend in your standing leg. Lean over the leg on the board. This stretches your hamstring and oblique. Repeat on other side.
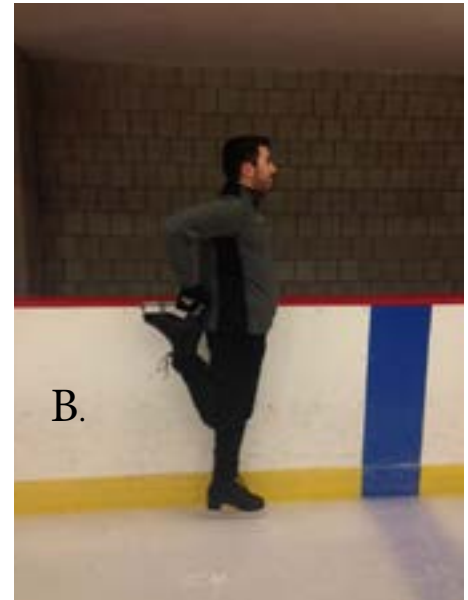
B. Grab the blade of your skate and pull it towards your butt. Keep your knee pointed at the ice. This stretches your quad. Repeat on the other side.

C. Put both toe picks on top of the yellow part of the board. Tuck your butt under, and pull towards the boards. This stretches your calves.

D. Put your toe picks against the boards and bend your knees - pulling your butt down and away from the boards. This stretches your lower back.

E.

F.

G.

E. Holding on to the boards, back up until you can bend at the hips and flatten your back - make one long line from you hands to your tail bone. Your torso should be parallel to the ice. This stretches your upper back and shoulders.

F. Still holding on to the boards, lift one leg into a spiral. Arch your thorasic vertebrea and point your free leg. This stretches your spiral and camel postitions. Repeat on the other leg.

G. Put your toe picks and knees against the boards. Lift up your torso and as you push your hips into the boards, arch back in your thorasic vertebrea. Do not crunch your neck by breaking your cervical vertebrea. Keep your spine in one long line. This stretches your layback position.

5. Finish your warm-up with a large figure-8 patterns of forward and backward crossovers.

6. If it's a Moves-in-the-Field session, run through all of your moves patterns as if it were a test session. If it's a Freestyle session, run through all of your jumps and spins.