

# FLEXAFIT

## SEMINAR with **Signe Ronka**

Signe Ronka is the founder/head coach of Flexafit, a sport specific fitness program for figure skaters and is Certified Strength & Conditioning Specialist through the National Strength & Conditioning Association, Personal Trainer Specialist, NCCP 3 Canadian National Competitive Coach, and holds an honour BA from the University of Toronto. Signe is the Publisher and Editor-in-Chief of Figure Skater Fitness, a quarterly magazine that takes a scientific approach to sport specific training. Signe competed for Canada in the Junior Grand Prix circuit where she medaled at three international events. She qualified for the Junior Grand Prix finals and competed at the Junior World Championships. Signe is a Canadian Junior Ladies bronze medalist. As the industry leader in sport specific off-ice conditioning, Signe's mission is to train, educate, motivate and equip athletes of all levels with the right tools for achieving on-ice success.



Skaters will train with Signe for three hours and will go home with:

- Sport specific warm-up plan
- FOUR program plans focusing on:
  - **Plyometrics:** increasing vertical jump and quick rotational twitch
  - **Anaerobic Circuit:** to improve lactate threshold
  - **Functional Core Training:** to help with control and proper energy transfer
  - **Lower Body Strength Training:** specific to improving skating movements on the ice
- Off-ice jumps with a focus on stationary rotational axis as well as jumps across the floor
- Flexibility plan to increase range of motion, working on skating specific stretching

### TENTATIVE SCHEDULE

#### Saturday, November 10

1:00-1:45 pm

Parent Talk (all Parents and coaches welcome)

2:00-5:00 pm

Pre Novice and higher

5:15-7:15 pm

Star 3-5

#### Sunday, November 11

8:00-11:00 am

Pre Juvenile/Juvenile

11:15-1:15 am

Star 3-5

# FLEXΔFIT

## SEMINAR with Signe Ronka

### Entry Form

The Glencoe Club, 636 - 29 Ave SW, Calgary AB T2S 0P1

**November 10-11, 2018**

This seminar is for Star 3 to Senior skaters and their coaches.

- \$85 per skater (3 hour seminar, Pre Juv-Senior)
- \$60 per skater (Star 3-5, either day)
- \$100 per skater (Star 3-5, both days)

Make checks out to the Glencoe Club

Credit card also accepted. Please contact Sports Office at 403-243-7342

Name of Skater: \_\_\_\_\_

Level of Skater: \_\_\_\_\_

Skate Canada Number: \_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Club: \_\_\_\_\_

Coach: \_\_\_\_\_

Please make sure to send/email your registration to the Glencoe Club.

**Attention: Scott Davis**  
**sdavis@glencoe.org**