

Strength Training “Getting Started”

Class Structure:

All skaters will have individualized programs set-up for them before class begins to ensure that each skater is working on training components necessary for improvement in their athletic development. Classes always begin with a short warm-up to get the athletes ready to train and end with a mixture of agility, coordination, balance and flexibility exercises. They will spend the bulk of their training time working on upper and lower body and core strength. While it is beneficial for any skater to attend class at least once a week to help further their athletic development, it is strongly recommended skaters attend at least twice a week in order to ensure that they can work separate days on both lower and upper body workouts. The more one trains, the more opportunity the athlete has to train the necessary components for their sport and for enhanced athletic development.

Class Price Structure:

1. No membership is required to the strength training facility for participation, just a one-time fee of \$5.00 for a keycard.
2. Class price is \$15.00 per class.
3. If you sign-up for 2 classes per week, you will receive a 5% discount.
4. If you sign-up for 3 classes per week, you will receive a 10% discount.
5. A minimum of 4 skaters will be needed to run each class with a maximum of 8 skaters allowed.
6. Classes may be subject to cancellation.
7. Facility rules sheet must be handed in and signed before any athlete may start a Strength and Conditioning Class.

Strength Training Rules:

1. Make-ups or Credits: If you are unable to attend a class you signed-up for during the session, you must notify me beforehand either at gjkrug@csadvantage.org or 630/334-0827. If this is done you will be able to come to another class, subject to available space, however, the make-up must take place within 4 weeks of the original class missed.
2. Walk-On: If you wish to attend an extra class during the week, the price you currently pay for the contract will apply.

Miscellaneous Strength Training Behavioral Policies:

1. All athletes must come to class in gym shoes and proper apparel in order to participate. If you have any questions regarding what is recommended, please contact us.
2. All skaters must come ready to train and train hard with a good attitude and conduct themselves in a respectful manner to the instructor, other athletes and club employees and members. Anyone not complying with these conditions or disrupting a class will be used to leave immediately without reimbursement.

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One recommendation is that athletes first starting in the strength program is a special one-on-one session offered in order for the athlete to learn some of the basic exercises before starting a class. This session, generally takes anywhere between an hour and an hour-and-a-half in which the athlete will learn proper technique for many of the exercises necessary for class. This is by no means a requirement, but it can be a good means of making the athlete more comfortable with not only what will be expected of them in class but as well as an understanding of what they will be doing in class.