

*"This is the most comprehensive and applicable information
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—PHILLIP MILLS, artistic director of Ice Castle, whose choreography has appeared in 15
World Championships and four Olympic Games, and has been performed by skating
champions Michelle Kwan, Tara Lipinski, and Nicole Bobek

Conditioning *for* FIGURE SKATING

OFF-ICE TECHNIQUES FOR
ON-ICE PERFORMANCE

CARL M. POE,
M.S., C.S.C.S.

Conditioning For Figure Skating Off Ice Techniques For On Ice Performance

K. Anders Ericsson



Conditioning For Figure Skating Off Ice Techniques For On Ice Performance:

Conditioning for Skating Carl Poe,2002-08-26 To be the best on the rink skaters must spend endless hours strengthening and conditioning their bodies off the ice to build strength for the rigors of their performances Illustrative and technical yet user friendly Conditioning for Figure Skating provides detailed coverage of the physical preparation necessary for Preliminary through Senior Elite skaters while concentrating on all disciplines of figure skating including singles pairs and ice dance More than 300 photos illustrate proper warm up drills flexibility stretches cooldown routines strength training exercises jump and plyometric training programs and endurance conditioning exercises for on ice injury prevention A periodization plan also helps skaters maximize their training potential The Complete Book of Figure Skating Carole Shulman,2002 The executive director of the Professional Skaters Association PSA provides proven technique instruction for more than 100 skills presenting them progressively from beginning to advanced levels of expertise 170 photos Modern Sports around the World David Asa Schwartz,2021-06-14 This superbly written volume will appeal to sports and physical education students researchers in foreign policy gender studies history politics sociology and technology and general high school and college readers who enjoy the odd sports history factoid Library Journal Sports have become an international spectacle that influences nations foreign policy world economies and regional morale Hundreds of billions of dollars are at stake as governments and multinational corporations rush to make sure they have a place at the table And yet sports come from humble beginnings We are fascinated by who can run the fastest lift the most weight jump the highest swim the farthest and act with the most precision The history of sports is the history of the world Each chapter features one sport and details that sport s origins global migration economic forces media influences political environment pop culture inspirations scandalous moments and key individuals Sports history is a tapestry of sociological variables this text weaves them together to create a unique history book that explains not only where humanity has been but where it might be going **Women in Sport** Barbara L. Drinkwater,2008-04-15 The participation of women in sports whether it be professional or amateur has increased dramatically over the past 20 years The anatomy and physiology of the female athlete is unique and it is these aspects which are covered in this new volume in the Encyclopaedia of Sports Medicine Women in Sport provides and invaluable reference for those who deal with sportswomen of all abilities both on a clinical and research level **Subject Guide to Books in Print** ,1991 Skater's Edge Sourcebook Alice Berman,1998 The SKATER S EDGE SOURCEBOOK is a comprehensive resource book 3 RINKS profiles of more than 1100 skating rinks in the U S address phone number of ice surfaces whether enclosed months open etc 4 BOOKS more than 1200 skating books dating back to 1792 5 VIDEOS over 190 skating videos where to find them Other sections include associations boots blades champions fan clubs federations training centers summer skating schools more New chapters on adult skaters hockey precision speedskating The SKATER S EDGE SOURCEBOOK 1998 456pp 39 95 ISBN 0 9643027 1 3 is published by SKATER S EDGE an instructional skating magazine

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The British National Bibliography Arthur James Wells,2004

The Road To Excellence K. Anders Ericsson,2014-03-05 Excellence and the highest levels of performance in the arts and sciences sports and games have always been an object of fascination to both scientists and lay people Only during the last 20 years have scientists studied these levels of performance in the laboratory in order to identify their mediating mechanisms Contrary to the common belief that innate talents are the critical factors for exceptional performance investigators have found that acquired skills knowledge and physiological adaptations in response to intense practice are the primary mechanisms mediating the highest levels of performance This is the first and only book to examine how elite performers effect their exceptional accomplishments The world s leading researchers on expert performance and creative achievement review theories and recent findings from many different domains of expertise on how experts optimize improvement in their performance and eventually attain excellence Elite performers are shown to have engaged in deliberate practice activities specifically designed to improve their performance from an early age By age 20 they have often accumulated over 10 000 hours of practice The essential elements of deliberate practice such as specific goals to improve performance successive refinement through repetition feedback and instruction are explicated for different domains Although the content of practice tasks will necessarily differ from domain to domain investigators have found invariant characteristics for the optimal duration of practice sessions maximal amounts of daily practice the length of intense preparation around 10 years and ages of peak performance Some of the book s chapters extend the review to the acquisition of everyday life skills such as reading to the performance of teams of experts and to the development of creative achievement geniuses and artistic child prodigies The book concludes with commentaries by several outstanding scientists in psychology education and history of science who discuss the generalizability of presented ideas and raise issues for future issues EXTRA COPY It could be said that striving for excellence is what characterizes humanity or perhaps what characterizes humanity at its best Why do so few individuals ever reach the highest levels when so many start out on the Road to Excellence In this book the world s foremost researchers of expert performance in domains as diverse as sports medicine chess and the arts explore the similarities and differences in the extended and strenuous Road to Excellence taken by the successful individuals in each domain Their findings will intrigue and inspire readers who are themselves driven to achieve or who simply want to better understand the processes involved

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