

JUNE 9, 2020



AS OUR RINKS ARE BEGINNING TO REOPEN

Every cloud has a silver lining and for me this covid clouds lining was our new focus on off ice training....now my concern is that we are all going to head back to our schedules and forget about off ice...

Please don't!!! The advantage of all of these off-ice platforms is that skaters and coaches now have the ability to choose and to experience training from all sorts of different coaches; it's like being a kid in a candy store.

You know my philosophy for every hour on ice at least one "segment" off ice. Whether it be concentrated theatre, stretching, ballet, hip hop and whether it be 10 minutes or more I encourage you to remember off ice. And to remember the "silver" lining....keep up with your off-ice training and education; whatever that might be. And get out of the studio...museums, plays, and just plain life!! Look around you at colors and textures and transpose them to movement and skating.

Be aware of yourself and your surroundings. Making small changes can go a very long way...standing with your shoulders pulled back in daily life is like a "daily off ice exercise"- that we don't even need to schedule!!

Welcome back to the ice....but please doesn't forget your off ice!!!

Xo

Paula