

Types of Stroking

X-CUT TECHNIQUE: pushing for power, flow, efficiency & posture. Proper crosscut technique is fundamental to stroking success at all levels. In these classes skaters train the components of basic crosscuts.

CONDITIONING: 4 categories:

- ***Aerobic Continuous***- moderate intensity continuous movement for the entire class.
- ***Aerobic Interval***- alternating periods of high intensity and low intensity effort.
- ***Alactic Conditioning (Speed of Movement + coordination, agility & speed-strength)***- A type of interval training.
- ***Lactic Conditioning (Speed Endurance)***- Train-to-Compete and Up skaters only. Power & endurance components.

EDGE/TURN: edges and turns as the foundation for exercises. Edge/Turn exercises enhance the skaters' ability to change their weight on their blade quickly. This class assumes skaters already know the edges and turns appropriate to their level. The purpose of the class is not to teach new edges and turns but to focus on repeatedly executing known ones within set patterns, at speed. The turns and the exercises will become more complex and quicker as skaters advance toward the Senior A/Competitive level.

TRANSITION: stroking exercises that include field moves, body moves, turns and/or unlisted jumps. As skaters become more proficient, short, simple combinations of 'programme component' movement that can easily and quickly be included into stroking patterns provide an opportunity for skaters to practice transitions while stroking.

RHYTHM- rhythmic movement. Skating to music or a beat such as clapping etc. Repetitive long, medium and/or short strokes to the beat, rhythmic knee bending such as slalom, twisting, sculling and crossing with particular attention to beat, identifying 4/4 and 3/4 time and finding the 'one'.

DANCE: compulsory dance movement as the foundation for the exercises. Dance stroking is dance-technique-based and designed to improve Compulsory Dance performance.

CREATIVE: incorporating imagery into movement. Interactive. Skaters have some freedom in the way they will execute instructions. Standard exercises performed with specific imagery in mind. The focus should always be on the skating- the metaphors merely assist execution.

What Is Stroking?



Stroking is not a branch of skating, it is a series of drills that combine crosscuts, edges and turns into repetitive patterns designed to improve efficiency. To be effective, drills must:

- Be suitable for the age, skill level and physical maturity of the skaters
- Be applicable to the skills used in skating
- Be done correctly

Stroking classes provide skaters with an opportunity to execute drills without obstruction making it easier to focus on technique. Conditioning is derived from improved technique that leads to improved efficiency. Although speed is important, a good stroking class will not sacrifice technique for speed.

A well-run class supports the achievement of goals in a supportive and positive environment. This is only possible when skaters try. Skaters are expected to participate willingly and with their best effort. This means adhering to the following rules:

- Attend regularly
- Be punctual
- No talking
- No chewing gum
- Try!

The Scarboro FSC periodizes its Stroking schedule to include the most important activities for each level at the appropriate time of year. To do this the season is divided into 4 terms with a different type of Stroking provided in each term. The same Stroking class may or may not have the same coach through the year. Consult the bulletin board for which type of Stroking is provided and when.

WINTER STROKING SCHEDULE

TUESDAY

6:30-6:45 Junior

8:00-8:15 Combined Intermediate/Sr B

WEDNESDAY

5:00-5:15 Open

6:30-6:45- Senior A

THURSDAY

5:00-5:15- Intermediate & Above

6:30-6:45- Junior

FRIDAY

5:00-5:15- Senior A

6:30-6:45- Senior B

SATURDAY

9:00-9:15 Intermediate/Sr B

10:30-10:45- Senior A

1:00-1:15- Junior

SUNDAY

10:00-10:15- Junior/Intermediate

11:30-11:45- Senior A/B

STROKING

Crosscut Technique
Conditioning
Edges & Turns
Transition
Rhythm
Dance Stroking
Creative



SCARBORO FIGURE SKATING CLUB