

SKATING TIPS from JOJO STARBUCK'S COOL WORKOUT CLASSES

1. OFF ICE WARM UPS (Aim for at least a 10 minutes):

Gently stretching the

- NECK (head rolls),
- SHOULDER rolls
- SIDE stretches,
- WAIST twists,
- ANKLE rolls,
- LEG stretches (quads, hamstrings, calf's) and Plies
- And finally, a couple of minutes of easy CARDIO: light jogging, jumping, skipping, stair climbing, whatever you like.

All of this wakes your body up, warms you up and gets you in touch with each part of your body. When you get on the ice, you're more ready to have that mind/body connection you'll need!

2. FIVE CHECK POINTS (from my off ice class):

- Head against the wall (look ahead not at the ice)
- Giraffe neck (shoulders pressing down)
- Diamond necklace/Olympic Gold Medal
- Lifted core and abs
- 3 bends (hips, knees and ankles)

3. GETTING READY TO SKATE:

- Your skates should be laced tight enough so that you can't stick your fingers under your laces.
- Tuck your laces into your skates or pants so they don't come loose and trip you later.
- Never step on cement or metal with your blades...this takes the edge away and you'll slip on the ice!

- Wrist guards and a padded hat are great for safety.

3. ON ICE, GENERAL:

- Bend in 3 places: Hips, Knees and Ankles
- Keep hands waist level at 10 and 2 o'clock
- Initiate each push with feet together and bent knees
- Always push to the side using your inside edges, (don't push back using your toepicks)
- The power for each push comes from your bent legs pushing the ice away.
- Don't look at the ice! Look at the top of the barrier around the rink. Looking down throws your energy and weight down in front of you. You always want to keep your weight over your skates!
- When in doubt, stick it out! This means always keep your hips pulled back slightly, especially if you feel like your falling...pull hips back and put hands in front of your shoulders. (A stance similar to receiving a serve in tennis)

4. ON ICE, TURNS AND STEERING:

- Your arms and shoulders are the "Steering Wheel of your Body"! Just like if you're driving a car or steering a bike...if you want to turn left, move your right arm across your body. Also, put the non-steering arm back behind you.
- When you're on a curve or circle, the arm on the outside of the circle is ALWAYS in front of your body. The arm on the inside of the curve is behind you...so your hands are right over the tracing of your curve.
- When you're on a curve or circle, the outside foot is always the one you push with or cross over. The leg on the inside of the curve is the one that bears your

weight. (Each leg has one job at a time...one pushes, one bears your weight.)

4. ON ICE, ONE FOOT GLIDES:

- You must transfer your weight, (your center,) to the skating foot. Don't lean towards that foot, stay level and upright and just shift your center so your weight is over the skating foot.
- It's always helpful to keep your free leg touching or close to the skating leg until your balance gets better, then you can lift higher, but keep your free foot in line with the flow of your skating foot, not way off to the side. This helps keep the weight over the skating foot.
- If you start to veer off in a direction unintended, just use your steering wheel \equiv to veer you back on course.

5. SILLY EXTRA NOTES FROM ME!

It's always great to smile and to put on music you love while you're skating. It's all about enjoying the flow and the ride as you glide! The more disciplined you are on these details above, the more freedom you'll have! When the correct technique becomes ingrained in your "Muscle Memory", then you can skate without thinking about survival and really be invigorated by the thrill and feeling of skating! Until these things ARE muscle memory, it's always good to read these notes right before you skate each time. As soon as you get off the ice, write down whatever "lightbulb" moment you may have had...any new thing you learned! Notes will help you progress so much faster...I promise! (I have a Skating Notebook available if anyone is interested.)

I'm so very happy to skate with you all...you're amazing!

Love, JoJo Starbuck Gertler

www.jojoStarbuck.com (for notebook, click "Store")