

SPRING DRYLAND TRAINING FOR FIGURE SKATERS

Join Northern Lights FSC / EGF Parks & Rec Synchro Coordinator, Coach, and Crossfit Level 1 Trainer, Mallory Olson, for 7 weeks of dryland workouts designed for figure skating youth athletes.

Spring training will consist of two 45 minute sessions per week, Tuesday afternoons and Thursday mornings. Each session will include a warm-up, workout explanation & form analysis, workout, and cool-down. Groups are split based on age: 8th grade & above and 7th grade & below.

All sessions will focus on teaching skaters to enjoy dryland training - fitness - in a supportive environment. Our sessions will be fun, informative, challenging and encouraging. We will utilize speed ladders, plyo boxes, ropes, medicine balls, air assault bikes, kettlebells, and more. We encourage skaters to register to not only become more athletic but to learn to love exercise and build their own confidence by accomplishing things they didn't know they could do.

***Sessions begin Tuesday, April 9th and continue through Thursday, May 23rd.**

***Sessions are held at the VFW Arena in EGF, in the upstairs training room.**

Tuesdays:

3:45-4:30PM 8th Grade & Above

4:30-5:15PM 7th Grade & Below

Thursdays:

6:00-6:45AM 8th Grade & Above

6:45-7:30AM 7th Grade & Below

All of this for \$80! [Click here to register!](#)

Please register no later than Saturday, April 6th.

Payment will be collected on skater's first day. Please make check payable to Mallory Olson.

Questions:

Contact Trainer Mallory Olson

malloryolsonfsc@gmail.com

701-351-6946

