

AAFSC STROKING PROGRAM

The AAFSC Board of Directors and Professional Coaching Staff is the driving proponent of the new stroking program being offered to club members in our Fall Ice Schedule. Both the board and coaches were excited about how well one stroking session was received last year and wanted to expand on its success. Everyone agrees that stroking is a great way for our skaters to inexpensively get some more ice time and instruction. We recognized that having one person in charge of the program was not feasible/desirable since we have a diverse staff that has a lot to offer our membership. With this in mind our entire staff has been asked to work together to teach a portion of the schedule. The fall, winter and spring ice schedules will be divided into blocks of about 5 weeks each. Each block will be taught by a different coach(es) and coaches will rotate among the classes.

The lesson plan of the session will be up to the individual coach for their block, however, a similar class structure will be followed. The 30 minute class will be divided into 10 minute segments: 1) learn a/some skill(s) 2) do an exercise implementing the skills 3) endurance – continuous skating using a sequence of skills. Some deviation from this may occur with different coaching styles. The program is designed to build on the beginning foundations we establish. Therefore, skaters are encouraged to start in the fall and continue the class through the spring session. The first weeks will be part evaluation of skill level to determine the proper skills that need to be taught. Communication with the next coach signed up for the next block will allow the program to flow and provide our skaters exposure to a fresh perspective or voice.

The overall goal of the program from Fall through Spring is to have our skaters develop or improve:

- * Proper stroking technique
- * Proper line and posture
- * Strength by increasing length of strides and power
- * Flow of edges
- * Edge quality and turn quality
- * Quickness of foot speed
- * Awareness of cardio vascular system - endurance
- * Artistic movement through musical interpretation and Theater on Ice

The current Fall **Low Stroking** classes offered Monday at 5:35-6:05pm and Wednesday at 6:15-6:45pm are for skaters that have not passed any field move test through those who have passed the Pre-Preliminary Field Move Test. The current Fall **Mid Stroking** class offered Tuesday at 4:35-5:05pm is for skaters that have passed the Preliminary Field Move Test through Novice Field Move Test.

The following **changes** will be made **for the Winter session** to better address the needs of our skaters. **Low Stroking** classes on Monday and Wednesday will be for skaters with no Field Move Test passed to those who have passed Preliminary Field Move Test. The Tuesday class will be **Mid/High** stroking for skaters who have passed Pre Juvenile Field Move Test and higher.

Our stroking classes are off to a great start and there is room for more skaters in every class. We hope many more of our club members will still take advantage of these classes.

If you have any questions regarding which class will be best suited for you or your skater please check with the office or coaching staff.