



All STAR Seminar Off Ice Activity Ideas

Along with the on-ice sessions, the off ice sessions are meant to provide new information and instruction in areas that will complement a skater's career. There are many different ideas that can be involved in the day! Here are some suggestions to help get started:

High Energy, Physical:

- ✓ Proper Off Ice Warm-Up
- ✓ Jump Technique
- ✓ Spin Technique
- ✓ Strength & Conditioning
- ✓ Yoga
- ✓ Pilates
- ✓ Zumba
- ✓ Aerobics
- ✓ Ballroom Dance
- ✓ Hip Hop Dance
- ✓ Ballet
- ✓ Gymnastics
- ✓ Creative Movement
- ✓ Theatre
- ✓ Basketball or other court sports
- ✓ Trampolining

Mental, Non-Physical:

- ✓ Nutrition Information
- ✓ Makeup Application
- ✓ Hair Styling
- ✓ Competition Preparation
- ✓ Strategy Games
- ✓ Improv Class

Most communities have leaders from other organizations who would be eager to facilitate one or more of the off ice sessions. Off ice clinicians may ask for an honorarium for their time and this can be negotiated. Any fee associated with the off ice sessions are the responsibility of the Host Club or Host Region.

If you are unsure of what could be included or haven't been able to secure off ice Clinicians, your on-ice Clinician will be able to help.