

Guidelines of Hours of Training per Week

Novice and Higher Sectional Competitor	Juvenile and Pre-Novice Sectional Competitor
<ul style="list-style-type: none"> • 8 –10 Freeskate Sessions • Minimum 45 Minutes of Skating • 1- 2 On-Ice Conditioning/Stroking • Minimum 4 of the following: Pilates, Physical Prep., Ballet, Off-Ice Jumping, and Gymnastics Classes 	<ul style="list-style-type: none"> • 5 –7 Freeskate Sessions • Minimum 45 Minutes of Stroking • 1- 2 On-Ice Conditioning/Stroking • Minimum 2 -3 of the following: Pilates, Physical Prep., Ballet, Off-Ice Jumping, and Gymnastic Classes
Junior Silver and higher Starskater	Preliminary to Senior Bronze Starskater
<ul style="list-style-type: none"> • 4 –6 Freeskate Sessions • 2- 3 Skating Skills / Dance Sessions • Minimum of 20-30 minutes of Stroking • Minimum 2 of the following: Pilates, Physical Prep., Ballet, Off-Ice Jumping and Gymnastics Classes 	<ul style="list-style-type: none"> • 2- 4 Freeskate Sessions • 1-2 Skating Skills / Dance Sessions • Minimum 15 minutes of Stroking • Minimum 1-2 of the following: Off-Ice Jumping, Pilates; Physical Prep., Ballet, and Gymnastics Classes

Please note this is a guideline only and each athlete, parent and coach must individually determine their needs.