

Types of Stroking

Cardio: Near continuous movement for the entire class. Cardio classes are appropriate for all levels. In the lower sessions the exercises will be simple- mostly crosscuts and edges. As skaters progress the skills will become more complex, will include a wider variety of turns and edges and will be executed quicker. Cardio classes can comprise any other type of stroking provided the exercises are performed in fairly rapid succession and are executed with speed.

Crosscut Technique: power acquisition, flow and posture. Proper crosscut execution is important at all levels. In crosscut technique classes skaters train the components of basic crosscuts.

Edge-Turn Stroking: edges and turns as the foundation for exercises. Edge-Turn exercises require skaters to change their weight on their blade quickly. This class assumes skaters already know the edges and turns appropriate to their level. Skaters execute edges and turns repeatedly within set patterns at speed. The turns and the exercises will become more complex and quicker as skaters advance toward the Senior A level.

Dance Stroking: compulsory dance movement as the foundation for the exercises. Dance stroking is Dance-technique-based and is designed to improve compulsory Dance performance.

What Is Stroking?



Stroking is not a branch of skating, it is a series of drills that combine crosscuts, edges and turns into repetitive patterns designed to improve efficiency. To be effective, drills must:

- Be suitable for the age, skill level and physical maturity of the skaters
- Be applicable to the skills used in skating
- Be done correctly

Stroking classes provide skaters with an opportunity to execute drills without obstruction making it easier to focus on technique. Conditioning is derived from improved technique that leads to improved efficiency. Although speed is important, a good stroking class will not sacrifice technique for speed.

A well-run class supports the achievement of goals in a supportive and positive environment. This is only possible when skaters try. Skaters are expected to participate willingly and with their best effort. This means adhering to the following rules:

- Attend regularly
- Be punctual
- No talking
- No chewing gum
- Try!

The Scarboro FSC prioritizes its stroking schedule to include the most important activities for each level and to take the best advantage of the available time.

WINTER STROKING SCHEDULE

TUESDAY

6:30-6:45 Junior- *Crosscut Technique*

8:00-8:15 Intermediate/Sr B- *Cardio*

WEDNESDAY

5:00-5:15 Open - *Cardio*

6:30-6:45- Senior A- *Cardio*

THURSDAY

5:15-5:30- Intermediate & Above- *Edge-Turn*

6:45-7:00- Junior: *Edge-Turn*

FRIDAY

5:00-5:15- Senior A- *Dance Stroking*

6:30-6:45- Senior B- *Dance Stroking*

SATURDAY

9:00-9:15 Int/Sr B- *Cardio*

10:30-10:45- Sr A- *Cardio*

1:00-1:15- Junior: *Crosscut Technique*

SUNDAY

10:00-10:15- Jr/Int- *Crosscut Technique*

11:30-11:45- Sr A/B- *Edge-Turn*

STROKING

Cardio Crosscut Technique Edges & Turns Dance Stroking



SCARBORO FIGURE SKATING CLUB