

**Title:**

2009 Off Ice Symposium: Essentials of Figure Skating Sports  
Science and Medicine for Skaters, Parents and Coaches

**Presented by:**

Skating Council of Illinois

Chicago-area members of US Figure Skating National Sports  
Science and Medicine Network

**Date**

July 18, 2009

**Time**

9:30am-2:00pm (1/2 hr. lunch break)

**Location**

Park Ridge – Olympic Room

**Registration fee:** \$50

**Limited to:** First 100 registrants

**Event Agenda**

9:15-9:30- check in

9:30-9:45- Get the Edge: Benefits of Sports Science and Medicine for Figure Skating  
Athletes

Dr. Christine Lawless  
Member- US Figure Skating National SSM Network,  
Team Physician for US Figure Skating World Team Tokyo 2007, and  
Chair Sports Science and Medicine Committee 2007-2008

9:45-10:15- Essentials of Strength & Conditioning for the Figure Skating Athlete  
Bryan Ryndak PT, MHS, OCS, CSCS  
Member- US Figure Skating National SSM Network

10:15-10:45- Practical Nutrition for the Figure Skating Athlete  
Pat Sutor MS, RD, LDN  
Member- US Figure Skating National SSM Network

10:45-10:50- Break

- 10:50-11:20- Figure Fours and Six Packs: Lower abdominal strengthening and hip joint stretching  
Linda Tremain PT, ATC  
Member- US Figure Skating National SSM Network
- 11:20-11:50- Functional Stretching and Movement for Figure Skaters  
Heidi Barnett PT, DPT  
Member- US Figure Skating National SSM Network
- 11:50-12:20- Lunch
- 12:20-12:50- Injuries and Medical Issues in Figure Skaters:  
Injuries: Shortening the Time from Injury to Recovery  
Dr. Craig Westin  
Member- US Figure Skating National SSM Network  
Orthopaedic Surgeon  
Team Physician US Figure Skating  
Non- musculoskeletal medical issues  
Dr Lawless
- 12:50-1:20- The Mental Edge- off – ice training methods and on ice correlations  
Debbie Stoery B.A. Psychology, Northwestern Univ  
Member- US Figure Skating National SSM Network  
Former Chair, PSA Sports Science
- 1:20-1:25- Panel discussion: Handling Injury