

Ice Racing New South Wales Inc

Training Camp

April 20th to 28th 2019



Setting the Base

Preparing for the 2019-2020 Season

Goal

To provide the skaters, coaches and parents an understanding of the technical and physical requirements to prepare for a successful short track ice racing career.

To register for this camp, please notify Maggie Holland at maggieholland@bigpond.com.

Who is eligible? Skaters must be a registered club member. Camp is open to all ages.

Where? Canterbury Olympic Ice Rink and surrounds.

Cost? \$360 – full camp (all sessions)

\$60 – per session.

How to pay? Bank transfer by 6th April, 2019:

ICE RACING NEW SOUTH WALES BANK: Westpac

BSB: 032 158 ACCOUNT: 286 252

Your reference: Skaters name + FC (Full Camp) or number of sessions

Inquires re payments to: treasurer.irns@gmail.com

Skating coaches:

Scott Weekes, New South Wales coach,

Maggie Holland, former Australian and Olympic coach

Jessica Jung & Young Min (William) Lee from Sydney Speed Skating Club

Richard Nizielski, Australian coach

Schedule

Day	Session	A.M.	P.M.	Activity
Sat 20 th			2.30	Welcome / Introduction to skaters and parents
	1		3.00-4.00	Land session
				4.45-6.45
Sun 21 st	2	7.00-9.00		Ice session
		9.30-11.30		John Marsden Workshop: - An Introduction to Training
	3		4.15-5.15	Land session
			6.00-8.00	Ice session
Mon 22 nd	4	7.45-9.15		Ice session
		9.40-10.40		Land session
	5		6.00-8.30	Ice session
Tue 23 rd	6	7.45-9.15		Ice session
		9.30-10.30		Land session
	7		2.00-3.30	John Marsden Workshop: - An introduction to Physical Preparation: mobility / flexibility / stability

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Wed 24 th	8	6.30-8.00		Ice session
		8.30-9.30		Land session
	9		2.00-3.30	John Marsden Workshop: - More Aspects of Physical Preparation - Exercise Technique - Energy System Training in the gym
Thur 25 th	10	6.30-8.00		Ice session
		8.30-9.30		Land session
	11		6.30-8.30	Ice session
Fri 26 th	12	6.30-8.00		Ice session
		8.30-9.30		Land session
	13		2.00-3.30	John Marsden Workshop: - Plyometrics – explosion vs pop - Interval Training
Sat 27 th	14	8.45 -10.45		John Marsden Workshop: - Planning Training - Review exercise technique
			3.15-4.15	Land session
	15		4.45-6.45	Ice session
Sun 28 th	16	7.00-10.00		COMPETITION MORNING

About John Marsden MAppSc.AHPM

Director / Performance Management / Sport Science at Improving Human Performance

We are extremely fortunate to have the benefit of John Marsden's experience at this camp.

John has been providing his expertise in physical preparation, sport science and performance management to high performance sport in Australia for 30 years. He has had a long history with short track and was instrumental in the development and preparation of our medal winning relay team in 1994.

John has worked across a range of sports with programs from elite development through to Olympic level and with professional sports such as the AFL and basketball. He has helped coaches prepare over 200 athletes to gain Olympic and Paralympic representation, including multiple medalists and World Champions.

There are more details of John's workshops on the following page.

Setting the Base Workshops

John Marsden. MAppSc. AHPM

Sport Performance Consultant, Improving Human Performance



Preparing for the 2019-2020 Season

Program Detail:

Sun 21st: An Introduction to Training

Chalk and Talk Workshop

- a) Principles of Training
 - i. Overload
 - ii. Specificity
 - iii. Individuality
 - iv. Variation
 - v. Periodisation
- b) The Training Continuum
 - i. Specific Adaptation to Specific Training
- c) Stages of Development
 - i. Training Age
- d) The Development Continuum
 - i. Stages of competition development

Tues 23rd: An Introduction to Physical Preparation

The fundamentals of movement - Stability / flexibility / mobility

Practical Session

- e) Challenging balance training
- f) Range of movement
 - i. Measuring ROM
 - ii. Static Stretching
 - iii. Dynamic Stretching
- g) Mobility
 - i. Controlling movement
 - ii. Tension vs Stiffness vs Softness

Wed 24th: Physical Preparation Part II

Practical Session

- h) Exercise Technique
 - i. Squatting / Deadlift / Step Up / Lunge
 - ii. Working Slow – control
 - iii. Working Fast – performance development
- i) Energy System Training in the Gym
 - i. Circuit training

Fri 26th: Physical Preparation Part III

Practical Session

- j) Plyometrics
 - i. Explosion vs pop vs speed
 - ii. Hopping / jumping / bounding
- k) Interval Training
 - i. Running session
 - ii. Short vs Long Intervals

Sat 27th: Planning Training

- l) Training Dairy
- m) Setting up your Training Plan
 - i. Long Term vs Short Term Goals
 - ii. Technical / physical / competition
 - iii. Periodisation of Training
- n) Review Exercise Technique



This camp is hosted by the Canterbury Olympic Ice Rink and the Sydney Arrows Ice Racing club.

