

April 17, 2020

Lausanne, Switzerland

ISU Centers of Excellence offer the “Keep Training!” series

Join an online class hosted by top coaches, choreographers and other Figure Skating professionals from April 19 – 24, 2020

The ISU [Centers of Excellence](#) (CoE) are pleased to present, “Keep Training!” a series offering free training sessions, which will start with virtual Figure Skating off-ice training sessions and will continue at a later date with Speed Skating and Short Track sessions.

Each CoE will share its coaching expertise to encourage Skaters to keep on training whilst #StayHome and to connect with each other and get #UpAgain despite the current challenging times.

As of April 19, a number of ISU CoEs will host the “Keep Training!” online training sessions with a range off-ice activities focusing on Figure Skating specific exercises, strength training or contemporary dance. Renowned Coaches and sports professionals from the participating CoEs have been selected to lead the sessions. These training sessions are suitable for Skaters of all levels. Sport amateurs and fitness enthusiasts can also follow the exercises with the awareness that no exercise should exceed their physical capacity.

These training sessions will be available on the [Skating ISU Channel](#) and all of them can be followed directly online on the [Keep Training YouTube Playlist](#). If you cannot join the “Keep Training!” sessions live, you can watch and follow them at your own pace at home. More sessions covering all ISU Sports, including Speed Skating and Short Track can be expected soon. The exact training schedule is shown below:

ISU CoE (Figure Skating) Virtual Training Sessions

Date	Timing (CET)	Local Time	Hosting CoE	Hosting Coach / Professional	Name of Exercise	Equipment Required / Notes
April 19, 2020	10:00 - 11:00	10:00-11:00	Skating School of Switzerland	Stéphane Lambiel - Two-time World Champion and 2006 Olympic Silver Medalist. Head Coach of the school, national coach and choreographer of Switzerland.	<u>Strength & Plyometrics</u>	Live Mat, elastic (TheraBand), weights (water bottles of 1–1.5L will do)
April 20, 2020	11:00-12:00	16:00-17:00	IWIS International Training Center Bangkok	Nuth Boonyaporn - Highly qualified High-Performance Fitness Coach. Suracha Kamolpanus - physiotherapist	<u>Core Body Training</u>	Live Mat, Tennis ball

				Jean-Luc Chatellier - Stretching and Ballet coach		
April 21, 2020	11:00-12:00	11:00-12:00	Ice Rink Oberstdorf	Teresa Solveig Özkaraman - Certified dance teacher State recognized Ballet Academy Fürth and Broadway Dance Center, New York City (USA)	<u>Contemporary Dance Class</u>	Live
April 22, 2020	11:00 - 12:00	11:00-12:00	Ice Lab, Bergamo	Ondrej Hotarek - Renowned pair skater turned coach	<u>Off-ice Rotational Exercises</u>	Live
April 23, 2020	17:00 - 18:00	11:00-12:00	Detroit Skating Club	Matthew Schmitz - Professional dancer and choreographer; Senior Company Member with Eisenhower Dance Detroit.	<u>Contemporary Dance Class</u>	Recorded Dance appropriate floor, ballet or contemporary dance shoes, or bare feet. comfortable performance clothing.
April 24, 2020	11:00-11:30	17:00-17:30	Beijing CoE	Gerard Lenting - Former Olympic coach in Track & Field working as a national coach.	<u>Progression in Different types of stability</u>	Recorded

(Subject to change)

Click the links and join the exercises! Meanwhile, stay safe, stay fit and Keep Training!

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About the ISU Centers of Excellence (CoE)

The ISU CoE combines activities in key development areas. It is a hub where the education of Coaches, Officials, training of talented Skaters, and various seminars, webinars and workshops take place; it is where Skaters, Coaches and Officials have access to high-quality experts, services and sufficient on-and off-ice facilities. Entities that fulfil and excel in those criteria and activities receive an ISU CoE label for the quality of services and facilities offered to Skaters, Coaches and Officials from ISU Members.