

A Healthy Skater Will Succeed
International Seminar for Coaches



CHAMPIONSHIPS®
HELSINKI 2017

28 March 2017

Time: 8.30-18.00

Place: Finnish National Opera and Ballet house,
Helsinginkatu 58, 00215 Helsinki, Finland



Main Topics

- Sport Injuries
- Prevention of Injuries
- The most common injuries in figure skating (lower limbs and back)
 - prevention strategies & rehabilitation
 - theory and practices

Seminar facts

- A one-day seminar 28.3.2017, before the official competition
- International coaches and other experts
 - learning new, sharing experiences, networking
- Opportunity to watch the events
 - Reduced price for the seminar participants -15%

Keynote Speakers

- Medical experts in sports and in figure skating (IOC/NOC, ISU)
- Skate boot and blade manufacturers
- Different coaches
- Skater's perspective

Seminar Program

8.30 Morning coffee and registration

8.55–9.00 Welcome to the seminar (Finnish Figure Skating Association, member of the the ISU World Figure Skating Championships 2017 organizing committee – Anne-Mari Jussila, FIN)

9.00–9.30 Sport injuries - skating injuries (NOC of Finland – Dr. Maarit Valtonen, FIN)

9.30–10.00 Injury prevention strategies (UKK Institute, Healthy Athlete program – Dr. Jari Parkkari, FIN)

10.00–10.45 Research findings for figure skating injuries (ISU, Medical Commission, Dr. Sanda Dubravcic-Simunjak, CRO)

10.45–11.45 Effects of equipment

- **skating boot** (Edea, Mrs. Sabrina Merlo, ITA)
- **blades** (HD Sports / MK, Mr. Liam Rains, GBR)

11.45–12.00 Questions and Answers

12.00–13.00 Lunch

13.00–14.30 Sport Specific Off-Ice Training & Injury Prevention (Flexafit Figure Skater Bootcamp Inc. / Editor-in-Chief / Publisher Figure Skater Fitness Magazine - Signe Ronka, BA, CSCS, PTS, NCCP3, CAN)

- **theory**
- **practice**

14.30–15.00 Coffee break

15.00–16.30 How skaters' immediate access to physical therapy can prevent long term dysfunctions (Orthosport Physical Therapy Center, Inc. - Veli Sipilä, PT, OMT, CIDN, USA)

- **theory**
- **practice**

16.30–16.45 Skater's perspective to the topic (Kiira Korpi, FIN)

16.45–17.00 Summarizing the discussion of the day (Anne-Mari Jussila, FIN)

17.00– Dinner + possibility to see a practice session at the ISU World Figure Skating Championships 2017

Organized by

The Finnish Figure Skating Association in co-operation with the ISU World Figure Skating Championships 2017

Price

150 € Includes keynote speakers, morning & afternoon coffee, lunch, dinner, possibility to watch a practice session and transportation to the Arena. Reduced competition ticket price for the seminar participants -15%.

Additional information and enrollments by 14.3.2017

www.helsinki2017.com/seminar