



February 8, 2011

To: Junior Academy, STARSkate, CompetitiveSkate  
From: Rory Allen - Director of Skating  
Re: Maxiflex Stretch Band Order

Flexibility is needed for participation in all sports, however for figure skating, it is essential for injury prevention and skill acquisition. We will be placing an order for Maxiflex Stretch Bands so that our skaters will have the best opportunity to develop this. **When the order arrives, we will be utilizing this equipment during off-ice classes. Additionally, it is highly recommended that skaters use this equipment *daily*. As such, we are strongly recommending that athletes in Junior Academy, STARSkate and CompetitiveSkate purchase this invaluable training tool.**

The Long Term Athlete Development Model (LTAD), was created by teaming together various sports scientists. It is an “entrance” to “exit” guide that is now mandated by the Skate Canada and the Government of Canada. The LTAD states the following:

**Suppleness (Flexibility):**

The period of sensitivity for suppleness training for both males and females occurs between the ages of 6 and 10.

**Windows of Optimal Trainability**

The following physiological factors must be introduced and developed through specific programming and coaching and in accordance with age and gender:

- ⇒ Speed (female: ages 6-8; male: 7-9)
- ⇒ Suppleness (Flexibility) (female/male: ages 6-10)
- ⇒ Quality basic skating skills (“golden age” ages 8-12)

The Spruce City Skating Club is excited to start working with this new equipment.





**SPRUCE CITY  
SKATING CLUB**

**The cost per member will be: \$38.06 if we reach an order of 10 or more and if we order the equipment as a Club.** This price includes the equipment, tax and shipping. It is your equipment, but we would appreciate it if you could store it at the arena so that it is available for use during classes and on your own time (after practice).

To place your order, please write your name and telephone number below and provide a cheque written out to SCSC. Cheques must be given to our Registrar, Sheri Trampuh, by no later than Thursday February 16th, 2011.

Skaters Name:

Phone Number:

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