



# SAPSA

South Australian Professional Skaters' Association

## How to Conquer Isolation

Due to COVID-19, many coaches have put their livelihoods on hold while the ice rinks are shut. Here are just some things you can do to stay productive and look after your own wellbeing during the isolation.

**Create a schedule** that somewhat reflects your regular routine. You should still wake up and get dressed as if it is an average day, this will assist with focus and productivity. It is essential to take regular lunch or coffee breaks.

**Keep up communication** with your friends and family, it is so crucial at this time. Being home over the next few weeks may get lonely for some, so having regular communication is an excellent way to ensure you stay focused, energised and productive.

**Staying active** while being at home can be tricky. It is excellent for your overall wellbeing to get out of the house. This may be a walk or run around the block or even joining in on YouTube or videos that can help keep you active while in the house.

**Invest time in your Hobbies**, there's no time like the present to start up a new or existing hobby. Get back into the garden, learn a new language or read a book!

This situation is a first for all of us and will be challenging at times. But if we keep sticking to the Government guidelines with social distancing and isolation, we will all be back on the ice coaching our students and preparing for competitions in no time!



### INCLUDED IN THIS NEWSLETTER:

How to Conquer Isolation

Off-ice Training Equipment

2020/21 Coaching Renewal

# OFF-ICE TRAINING EQUIPMENT

The longer we're off the ice, the more important it is to keep our students moving! Although encouraging them to go for a walk or run, these day to day activities just don't create the same muscle memory needed for figure skaters.

The following list of items are just some training equipment that has been specifically produced for or benefits figure skaters.

**Flex Stretcher** increases skaters range of balance, improves coordination and balance, prevents injuries and see favourable changes in strength and muscle endurance.

**Spinners** improve spins off the ice while also working on posture, balance, orientation and agility. There are many different brands and types of spinners, however, they all have the same goal.

**Power Twist** improve and correct upper body positions which assists in faster rotations and stronger landings. Can be used on and off the ice.

**Inline Skates** are becoming a commonly used training tool for Ice Skaters to train when there is no Ice! They help to simulate skating on ice and are perfect to work on turns and footwork. Snow Whites are compatible with most of today's figure skating boots.

**BOSU Ball** assists in skaters strength, cardio, balance, flexibility, rehabilitation and conditioning. An excellent tool for practising spirals!

**Plyometric Box** helps improve endurance, strength and coordination through explosive movements (develop and improve skaters jumping height!). Great for box jumps, push-ups, lunges and much more.



# 2020/21 COACHING RENEWAL

It's fast approaching that time of year again, where all coaches must renew their coaching accreditation for the 2020/21 season.

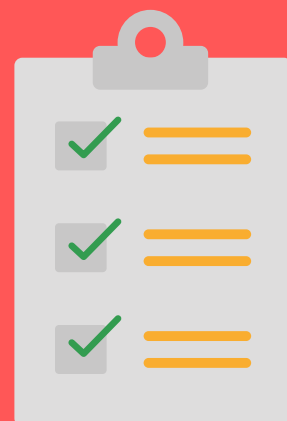
There is a Jotform regarding Accreditation re-registration that everyone should have received in their emails. Thank you to those who have already completed the form, if you haven't, please still take the time to do it. If you have not received the link in your email, firstly check your junk mail and then contact SAPSA for the link.

The good news is SAPSA is waiving all Membership fees for 20/21 for all coaches who are financial members of SAPSA for the 19/20 membership year. Although we are waiving the Membership fees, you will still need to update any new portal information and the appropriate documents.

## 2020/21 Renewal Checklist

Please ensure you upload the following documents on your portal by the 30th June 2020 to obtain your accreditation!

- Working with Children
- First Aid
- Update Points (Due to COVID-19 valid from January 2019 to June 2020)
- Profile Picture (For your accreditation card)



## Need your First Aid?

This year you can do an online First Aid Course which will be accepted for your update points.

Click the link below to get started!



## Connect with us!

Make sure you're following our SAPSA Facebook page and checking our website regularly for all our updates!

