

# Pre-Competition Warm-Up

## Visualization

1. Stand at one end of the arena. Visualize which end is the Whistler Zamboni end and which is the spectator end. Where are you going to start your performance on this ice pad?
2. See yourself, watch yourself on this ice pad, in your starting position, waiting for your music to begin, positive, focused and breathing calmly. Begin your solo, move through your entire solo, element to element, completing everything beautifully, right to the very end position. Finish with a big smile.
3. Now.... Take a look at the ice pad, close your eyes and keep them closed, visualize hearing your name being called, see yourself confidently skating to your start and taking your position, hear your music start and see yourself skating through your solo, element by element, finishing everything the very best you can, work through with your eyes closed right to your final position.

## Physical Warm-up

### **Skipping**

- 25 skips, stop count to 25, repeat 4 times

### **Two foot Jumping**

- 5 jumps in a row, shake one leg at a time, repeat 4 times

### **Skipping**

- 60 skips, repeat 2 times

### **Stretching**

- Neck rolls, both directions
- Shoulder rolls, both directions
- Arm Circles, both arms and both directions
- Side Bends, both sides
- Forward stretch at the Waist and lean back
- Waist Circles, both directions
- Leg Forward and Backward Swings, both legs
- Runner's Stretch, both legs
- Achilles Tendon Stretch, both legs
- Foot, Ankle Circles, both feet, both directions
- Spirals and Spiral Sequence position.

### **Landing Positions**

- 2 two-foot jumps in a row, land & hold in a proper landing position for 10 seconds, repeat 3 times

### **Jump Sequencing**

- Quarter turn two-foot jumps – 1 full rotation followed by two half turn jumps, followed by one full jump rotation. Repeat 3 times.

### **Walk through your solo.**

- Land jumps beautifully, exist spins beautifully, ending position held for three seconds.

-----

