

GOAL POST

The Warm-up

by: Nathan Campbell, BScKin (Hon),
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A warm-up is a period of time designed to prepare the athlete both physically and mentally to perform optimally during their training or competition. A warm-up should consist of elements that will increase body temperature, and increase blood flow. The benefits are increased speed, improved reaction time, and increased strength and power.



So how do I warm-up?

Traditionally the warm-up has consisted of a light jog followed by sitting down and stretching – static stretching. Recent research has shown that this type of warm-up may actually decrease performance. Instead, more recent research has shown that adding *'DYNAMIC STRETCHING'* to the warm-up routine is a better way to go! Dynamic stretching involves taking the body through a full range of motion while in motion. An example of this is a deep lunge walk adding in a torso twist and arm swing. This exercise stretches the muscles surrounding the ankles, knees, hips, spine, and shoulders – joints that are involved in almost every sport movement or skill.

Now let's make a warm-up!

A warm-up routine should consist of three components: 1) light cardiovascular activity, 2) large amplitude dynamic flexibility exercises, 3) sport specific dynamic exercises.

1. *Light Cardiovascular Activity*
This is to be a 5-10 min light aerobic activity (i.e. light jog or cycle).
2. *Large Amplitude Dynamic Flexibility Exercises*
This portion of the warm-up routine should encompass full range of motion exercises progressing from single joint (arm circles) to multi joint (deep lunge walking with torso twist) exercises. Exercises are to be performed through the full range of motion that is available at the joint (or joints) being targeted. The number and length of this portion of the routine is based on many factors including the sport or activity, the skill level of the athlete and the age of the athlete.
3. *Sport Specific Dynamic Exercises*
This final portion of the warm-up is to prepare the athlete for the event or competition that they are immediately preparing to participate in. Examples of this portion of the warm-up could include stick handling and shooting drills for hockey, or blocking and spiking drills for volleyball. The length of this portion of the routine is again based on the activity, the skill and age of the athlete.

So in the end...

A warm-up should be created so that it prepares the athlete for their activity. Speak with an Athletic Therapist or similarly qualified professional to design the warm-up routine that will meet your athletes' needs. Preparation leads to performance – give them the potential to do their best!

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Education

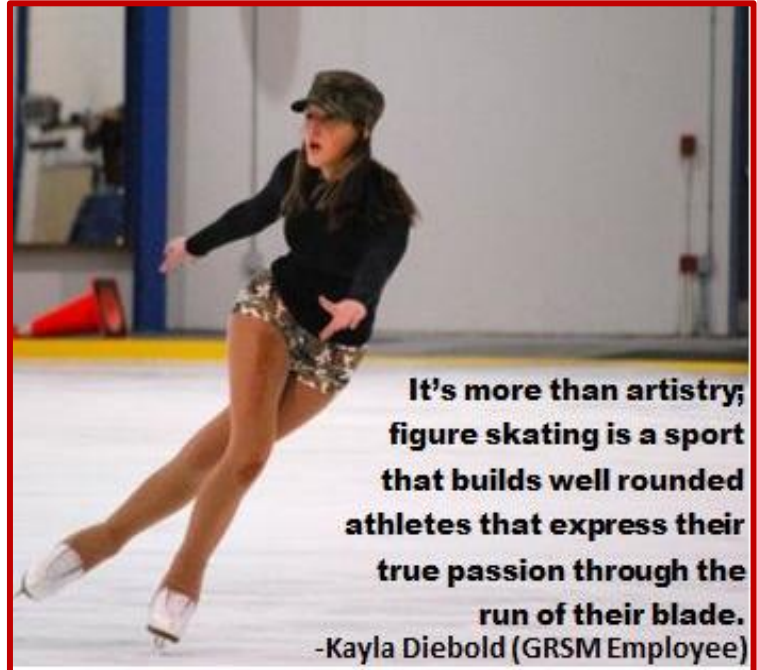
- > Graduate of University of Waterloo Kinesiology Program
- > Graduate of Athletic Therapy Program at Sheridan College
- > Masters in Biomechanics and Neuroscience from the University of Guelph

Initiatives

- > Professor at Sheridan College teaching in the Athletic Therapy Applied Bachelor of Science program
- > Concussion education in youth sports

Focused Interests and Skills

- > Athletic Therapy
- > Orthopaedic Bracing
- > High Performance Training



It's more than artistry; figure skating is a sport that builds well rounded athletes that express their true passion through the run of their blade.
 -Kayla Diebold (GRSM Employee)

Let's Get 'HUMERUS'

How is music like ice skating??

If you don't "C-Sharp" you'll "B-Flat"!

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Tips from Tessa

An Interview with Tessa Virtue

"I think it's most important to take care of your body and be healthy and fit. If possible, get advice from professionals about fitness and health, since there is a real science to diet and nutrition that enhance fitness, health and performance. My advice would be to get help from a nutritionist and a physical fitness expert – this is not likely your coach. The professional guidance will provide confidence for maximizing potential"

Source: <http://www.goldenskate.com/2007/09/interview-with-tessa-virtue-and-scott-moir/>

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