

Free Off-Ice Fitness Evaluation

The Skating Club of Northern Virginia's board of directors has voted to accept a proposal that recommends a fitness program for all of its skating members. We do believe that a properly designed off-ice fitness program would be an excellent supplemental training method for all SCNV figure skaters to improve their on-ice performance and reduce the risk of injury.

Matthew Blair Davis, who is an SCNV member and Fairfax Ice Arena's off-ice strength coach, is offering a complimentary 60 min off-ice fitness evaluation for all SCNV members, ages 7 and up. Each evaluation comes with an E-mail report card and recommendations. You may contact him at Matt@Off-IceStrength.com to schedule your complimentary off-ice fitness evaluation. You may also sign-up at the Fairfax Ice Arena's off-ice room.

Learn more about Fairfax Ice Arena's Off-Ice Strength & Conditioning program by contacting Matt at Matt@Off-IceStrength.com or by going to www.Off-IceStrength.com.