

Off-Ice Performance Training

Class Information



The Off Ice classes instructed by Coach Tom Fischetti address the components of fitness that best apply to physical demands of figure skating. This includes strength, balance, agility, and power training. This Off Ice program also utilizes **NEUROMUSCULAR TRAINING**.

- **Neuromuscular training** gives an athlete's body better biomechanical movements and improved control of the dynamic stabilizers (i.e. muscles/nerves)
- Properly participating in a neuromuscular training program will add **strength, flexibility, proprioception (i.e. balance) and power**.
- This enhances athletic performance and **decreases** an athlete's risk of sustaining injury, *specifically knee/ankle sprains and muscle strains*.
- **Core strengthening** is also a key component of this Off Ice training program.

About Coach Tom Fischetti

Coach Fischetti received a Bachelor's of Science in Education from the State University of New York at Cortland and a Master's degree with an emphasis in Sports Medicine from Illinois State University. He currently works at Warren Township High School in Gurnee where he teaches Adapted Physical Education, Cross Training, and Athletic Training/Sports Medicine. Coach Fischetti served as Head Athletic Trainer at Warren from 2000-2008. From 1997-2003 he worked for the National Basketball Associations (N.B.A.) Pre-Draft Rookie camp here in Chicago performing fitness assessments on all rookies entering the N.B.A. draft. Since 2009, Coach Fischetti has worked with the Chicago Blackhawks every fall since 2009 as part of their pre-season medical assessment staff. Coach Fischetti is a certified Athletic Trainer (ATC) through the National Athletic Trainers Association (NATA). His twenty-eight years of experience provides structured and safe conditioning programs that will enhance athletic performance and decrease the risk of injury in your child.

Contact Information

Coach Fischetti can be contacted at (847) 989-6610 or via email at fishatc41@gmail.com .