

May 6, 2020

Lausanne, Switzerland

Continue to “Keep Training!”

The ISU [Centers of Excellence \(CoE\)](#) are pleased to announce that the [“Keep Training!” series continues with new courses as of May 4, 2020 on Skating ISU YouTube Channel](#).

As part of the [#UpAgain](#) campaign [launched](#) in November 2019, the ISU CoE offered free online training sessions with top coaches, choreographers and other Figure Skating professionals and the response from athletes, coaches and the general public was overwhelmingly positive.

As of May 4, 2020, participating CoEs will be offering new training sessions and will not only invite their own students to take part but provide skaters from other CoEs the opportunity to experience new coaching styles. It will also allow skaters to connect with other athletes from around the world and to bring everyone together.

The courses include Strength, Stretching, Franky/Street Jazz Dance Class, Balance and Flexibility on Skates as well as Progressions in Different Types of Stability, that are accessible to all levels, whether amateur or high-level skater.

It is a chance to join in with the skating community and share a special Live training moment, where you will be feeling that energetic vibe, regardless of your level and geographical location. Some sessions may even include some surprise guests you will not want to miss.

It is essential for everyone to keep training, so follow the courses on [Skating ISU YouTube Channel](#) as of **May 4, 2020 at 11:00 CET**. You will find the full schedule below.

Join us online, stay healthy and keep fit!

ISU CoE (Figure Skating) Virtual Training Sessions:

Date & Time (CET)	Local Time	Hosting CoE	Hosting Coach	Name of Exercise	Equipment Required
4.05.2020 11:00 - 12:00	16:00- 17:00	IWIS International Training Center Bangkok	Jean-Luc duChatellier National team Stretching coach based at IWIS International Training Center. Gymnast, Dancer and stretching coach serving the Sports Authority of Thailand and the Figure and Speed Skating Association of Thailand.	Stretching for Performance	Live Mat
5.05.2020 11:00 - 12:00	11:00- 12:00	Ice Rink Oberstdorf	Teresa Solveig Özkaraman Certified dance teacher State recognized Ballet Academy Fürth and	Franky/Street Jazz Styles class	Live

			Broadway Dance Center, New York City (USA)		
6.05.2020 11:00 - 12:00	11:00- 12:00	Ice Lab, Bergamo	Ondrej Hotarek World famous Pair skater and now coaching in Ice Lab & Tatiana Kapustina Figure Skating coach recognized at “Lesgaft National State University of Physical Education, Sport and Health” in St. Petersburg	“Skate at Home” Balance and flexibility on skates	Live Skates and guards
7.05.2020 17:00 - 18:00	11:00 - 12:00	Detroit Skating Club	Yuka Sato World Champion Jeremy Abbott U.S. Champion Alissa Czisny U.S. Champion Kurt Browning World Champion	Body, Awareness & Activation	Live Large towel, a chair, exercise band/therapy bands and gym shoes
8.05.2020 11:00 - 12:00	17:00 - 18:00	Beijing CoE	Gerard Lenting Former Olympic coach in Track & Field working as a national coach.	Progressions in different types of stability with small dumbbells	Recorded Small dumbbells or two filled water bottles.
9.05.2020 12:00 - 12:00 - 13:00	12:00 - 13:00	Skating School of Switzerland	Stéphane Lambiel Two-time World Champion and 2006 Olympic Silver Medalist. Head Coach of the school, national coach and choreographer of Switzerland.	Strength	Live Weights, mat

The series will continue the following week with Speed Skating and Short Track Speed Skating sessions, so stay tuned!

Subscribe to the [ISU Newsletter](#) to receive the latest information from the ISU and you can also subscribe to the [Skating ISU YouTube Channel](#) to receive notifications when live streams or new videos are published.

Stay connected with the ISU Social Media:

YouTube: [Skating ISU](#)

IG: [@ISUFigureSkating](#) / [@ISUSpeedSkating](#)

Facebook: [@ISUFigureSkating](#) / [@ISUSpeedSkating](#) / [@ISUShortTrackSpeedSkating](#)

Twitter: [@ISU_Figure](#) / [@ISU_Speed](#)

About the International Skating Union

The International Skating Union (ISU), founded in 1892, is the oldest governing international winter sport federation and the exclusive international sport federation recognized by the International Olympic Committee (IOC) administering the sports of Figure Skating (Single & Pair Skating and Ice Dance), Synchronized Skating, Speed Skating and Short Track Speed Skating worldwide. The objectives of the ISU are to regulate, govern, promote and develop its sports on the basis of friendship and mutual understanding between athletes. Currently three ISU disciplines are included in the Olympic Winter Games program (Figure Skating, Speed Skating and Short Track Speed Skating). For further information please visit isu.org.