



### Adult skater policy for participating in the 2017 S.T.A.R.S. combine season

In past seasons, U.S. Figure Skating has included an exclusive S.T.A.R.S. combine for adult skaters at the U.S. Adult Championships. Through feedback from past participants, physical therapists and medical doctors, we've improved our approach to give adult skaters the information needed to track and create off-ice training routines and a screening for possible injury risks. Although the S.T.A.R.S. testing set does not meet the needs of the adult skating community, we are thrilled to announce a new fitness assessment opportunity.

This season, we are very excited to introduce the new High Performance Movement Screen. This one-on-one assessment includes a series of evaluations designed to give athletes information in the areas of mobility, stability and symmetry. The screening is based on established movement screen protocols commonly used in sports medicine that are particularly relevant to ice skating. The screening is administered by a group of physicians, physical therapists and certified athletic trainers with specific expertise in movement screens. Each participating athlete will receive a detailed report flagging areas of concern as well as a thorough explanation of exercises to correct flagged areas. This movement screen will be open to all U.S. Figure Skating members that have passed a minimum of their pre-preliminary moves in the field or pre-bronze moves in the field and will be offered at the U.S. Adult Championships in addition to other nationwide locations in the 2017 season.

More information and registration information can be found on the S.T.A.R.S. website at [www.starscombine.org](http://www.starscombine.org)