

Bryan Woodard



Bryan Woodard is a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association and a Certified Conditioning Specialist with the National Strength Professionals Association. He specializes in Strength and Conditioning of both youth and adult athletes of all sports. He is a graduate of the University of Maryland with a Bachelors of Science in Kinesiology.

Sasha Zaboev



Aleksandr Zaboev (Sasha) began skating in 1994 at the age of five, when his parents discovered he had too much energy to sit still. A native of Yekaterinburg, Russia, Sasha began practicing at the famed Locomotive Arena in the heart of the Ural Mountains. Inspired by Alexei Yagudin and Michelle Kwan, Sasha began as a single skater training heavily with Marina Voitsekhovskaya (coach of Olympic Champion Julia Lipnitskaya), from 2003 to 2010. Artistically, Sasha developed under choreographer Ludmila Antonova of the Perm Ballet College, who taught him classical dance skills and built his programs; including Piazzollo Tango, Arabian Dance, Warrior and Rodrigo Adagio.

Off the ice, Sasha studied Ballroom Dancing, competing internationally in the World Dance Sport Federation (WDSF). Sasha and his partner Alexandra Panina stood on several domestic and international podiums, ultimately seating 12th at the Russian Open Championship. In order to devote himself more fully to skating, Sasha retired his dance shoes in 2004, and began training with Tatiana Odinokova, coach of Junior Gran Prix Final Champion Polina Tsurskaya. The same year, Sasha placed 9th at the Russian National Jump Championship.

In 2006, Sasha attained his Master of Sport in Figure Skating; an honor awarded to those who have achieved the high level of national athletic success. This Sport Degree allowed him to begin coaching and choreographing. Over 7 years Sasha developed a Select Training Team of ten skaters (but he needs to move across the Atlantic now to prepare for the Olympics and meet his future wife, so more on that later...)