

Which coach is right for my child?

Some things to look for in a coach are personality, teaching style, teaching experience, skating background and technical know how.

Group lessons are a great way to learn basic skating... but you can hire a coach for supplemental or regular private lessons at anytime.

When should I hire a private coach?

What size rental skate do I get?

Rental skates should be the same size as your shoes or one size smaller.

How do I tie skates?

Why do I need to join a club?

Join a club to make friends, go to competitions, perform in ice shows and exhibitions and take skating tests.

**It's a blast!**

Tie your skates from the toes up through the bottom hooks and lace them looser as you progress to the top hooks to provide for enough circulation and appropriate ankle flexibility.

What should my child wear?

Rinks are chilly so dress them in layers of comfortable warm clothing that allow for movement. Always remember gloves or mittens. Hats and safety approved helmets are encouraged for all children.

Can I get used skates?

Yes, however figure skates usually conform to the foot of the owner so be sure they are fitted properly before spending too much money on something that might not be right for your skater.

The test structure is a ladder of proficiency tests designed to encourage skill development and measure skill mastery.

What is the purpose for testing?

How does my child get into a competition?

Skaters can compete at every level, even basic skills. To find an event near you, do an event search on the homepage, check the rink's bulletin board or ask your skating director.

How much should my child practice?

Practice and dedication are keys to success. Rule of thumb is to practice 2-3 times for every lesson if possible. Practice = perfect!

When do I buy skates?

You can invest in your own equipment any time. Ask for advice on finding reputable pro shops in your area.

How do I support my child?

Be on time and prepared for your lessons, encourage your skater to practice and be positive! If your child enters a competition, remember to teach them good sportsmanship regardless of the result.



# Skating?

