

My Essential Skating Tips for Beginners

- **Dress Appropriately** (Nov 5, 2017)
Wear Warm, Comfortable, and Layered Clothes - leggings/sweatpants or snow pants good option for starters (no jeans); gloves/mittens, microfiber socks; sweater/jacket; helmets optional but highly recommended
- **Get Good Skates** (Feb 18, 2018)
Wear Quality, Proper Fitting and Comfortable Skates - Don't spend money and invest in new skates if you or your child not serious and committed to skating. Rental skates will be fine for group lessons.
- **Tie Skates Correctly** (Nov 18, 2017)
Well-tied Skates Prevent Injury - Tie skates to secure and support ankle to ensure comfort and maximum performance
- **Warm Up** (Oct 24, 2018)
Prepare Body Mentally and Physically - Stretching and warming up for 5-10 minutes increase heart rate, blood flow, and body temperature and prepare for the workout ahead
- **Stay Hydrated**
Maintain Proper Function of Bodily Systems - Help muscles and joint work better to be at peak performance
- **Don't Be Afraid to Fall**
Falling is A Necessary Part of Learning - Practice falling in a controlled environment by bending knees, squatting forward, and falling on one side. Do not use hands to break fall. To get back up, roll onto your hands and knees and place one foot in between your hands and then the other foot in between your hands and then slowly push up while keeping knees bent.
- **Don't Look Down**
Keep Head Up and Look Ahead - Stay focus on your surroundings
- **Don't Lean Backwards**
Keep Knees Bent, Weight Forward and Arms In Front - Have proper control and balance helps maintain center of gravity
- **Practice** (Dec 21, 2017)
Practice Makes Perfect
- **Have Fun!**
Perfect family sport - Get a great cardio workout while enjoying with family and friends