

ICE SK8S

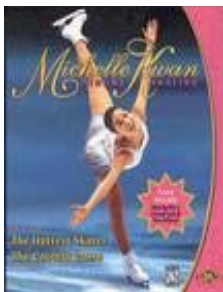


HOW GOOD ARE YOUR SKATES?



MICHELLE KWAN

MICHELLE STARTED SKATING WHEN SHE WAS 5 YEARS OLD. THE FIRST COMPETITION WHEN SHE WAS 7 YEARS OLD. IN 1994 MICHELLE WAS NAMED FIRST ALTERNATE TO THE WINTER OLYMPICS.



It can be hard deciding if ice skates are good or bad. There are bad skates, but this can be your guide to good skates.

WHAT QUALITIES ARE NEEDED IN A GOOD SKATE?

When buying skates, you need to look for certain things. You need to try them on, they need to be

fitted by a pro. They need to be fitted properly. All skates have to be a good brand(like Jacksons, to the right.) There should not be extra room, the skates should fit exactly. Make sure there is support. Squeeze the skate, if it closes shut, it is not a good skate.



These are Jackson ladies figure skates.

HOW DO YOU MAINTAIN SKATES?

Make sure your skates are sharp, if they are not sharp enough, they slide under you. But make sure they are not too sharp, if they are too sharp, it cause you to get a sprained ankle. Keep skates clean by polishing them. If you take chunk out of the side of your skate, just get white(or black, if you are a male skater) shoe polisher, and follow the directions on the back. Get new laces every now-and-then. They can get dirty, or rip. Soakers are very important to skates. When you get off the ice, wipe off your blades, then put the soakers on. Soakers are used so that the blades don't rust. Guards are not necessary, but they do come in handy. They will

save you a lot of money, it will keep your blade sharper, and that will help you later on. If your feet start to hurt, like if you have a blister, you can put make-up pads in your skate, where the blister is.

HOW CAN YOU ASSURE COMFORT?

Make sure there is padding on the inside, it will make the skate more comfortable. Also make sure your skate is fit properly. Wear thick socks or tights. Try putting a make-up pad over blisters or pressure points.

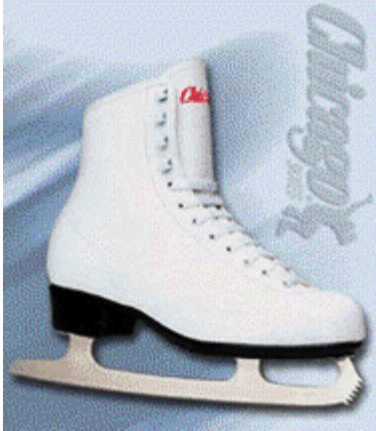
IS THERE A DIFFERENT KINDS OF SKATES FOR DIFFERENT LEVELS.

Yes, if you are in a freestyle level, for example, then you would need a freestyle skate that matches the level you are in. I am in freestyle 2 level, and my skate is a Jackson ladies freestyle.

ARE THERE DIFFERENT KINDS OF SKATES?

Yes, there are hokey, speed, and figure skates. Hokey skates are made of leather and there is a hard plastic toe. The blade is stainless steal. Speed skates are made of leather or fiberglass. It has a long blade, and has a low cuff.

Figure skates are made of leather. They have thick padded tongues, and the blade is made of stainless steel. The heel lift is for balance. The pick is for jumps, advanced maneuvers, and falling. :) It can be used for stopping but it was not made for stopping.



I hope you have learned more about your skates, and how to take care of them. Maybe you will know how to buy figure skates. Good luck!

RESOURCES

Foeste, Aaron. Ice Skating. New York: Sterling Publishing Co., 1998
Gutman, Dan. Ice Skating/ From Axels to Zambonis. New York, New York: Penguin Group, 1995
Wallner, Rosemary. Michelle Kwan. Minnesota, Mankato: Sports Heroes, 2001

