

# Girls Scouts

## Make Your Own Badge

Collect skate sizes and give to assistant to pull skates

Collect names and give to assistant to complete Certificates to distribute at end of class

Off-ice Discussion – find a clean, dry, quiet place to sit and have discussion

Items to take with you - Figure Skate

Hockey Skate

Soaker + Hard Guard + Skate Bag

**History of Skating** - How do you get to school? Here? How does Mom/Dad get to work? In the 17<sup>th</sup> century, people used to attach blades to their shoes and skate to work or school on the frozen canals in Holland. Blades developed and Figure Skating was born. Refined, balletic movements challenged athletes. Figure Skating is a subjective, aesthetic sport. Some skaters took to racing and performing what is known today as Speed Skating. Speed skating is an objective sport. The fastest skater wins. Still others placed an object on the ice and had a contest to see which team could push the object into a goal with a stick – what is this sport called? **Hockey** Hockey is an objective sport – the team with the most goals wins. All of these sports take place on ice with skates.

**Let's learn about the Skate** - Skates – a boot and a blade. Blade has a hollow running down the length creating 2 edges – Inside and Outside. Blade also has a roundness to it called a radius. A blade with a smaller radius is rounder. A blade with a larger radius is flatter. Most hockey skates are 6-7' radius, whereas figure skates have a 7-8' radius. Which is flatter? **Figure Skate blade**.

What are some other differences between figure skates and hockey skates?

1. Hockey blade is thinner – designed for agility and speed on chopped up ice
2. Hockey boots are high tech molded plastic and nylon, Figure Skate Boots are typically leather but becoming more high tech and other materials are being experimented with
3. Figure Skates have a toe pick – used for balancing in spins and toe jumps
4. Figure Skate blades have a tail – providing more surface area for landing jumps and balancing on one foot

**Skate Care** – skates are very expensive, so it is important to take care of them properly to extend their life. Remove skate and wipe out inside, plate, and blade. Place soaker on it to collect any condensation that builds up on skate as it warms. When walking from lobby to ice wear hard plastic skate guards to protect the blade from debris carried onto the floor from outside. Rocks, popcorn, paperclips, gum wrappers can all wreck a blade or your skating experience. Always store skates inside the house in an unzipped Skate Bag allowing the skates to air out. Heat and cold can speed up the breakdown of the leather or the gel material in a skate reducing the life of the skate.

**Pack Your Skate Bag** – Skates, Mittens + extras, Head warmer (Helmet), extra pants, lip balm, tissues, band-aid of all sizes, extra skate lace, jacket or sweatshirt, things to do notebook.

**Lacing Skates** – snug (not tight) at toe, loose enough at ankle to bend, 2 fingers behind heel to bend knee and ankle, do not wrap extra lace around ankle (susceptible to injury) instead, lace back down or tie another bow.

**Apparel** – layers – starting with turtleneck or underarmour type shirt, sweatshirt or sweater, jacket or coat, mittens, scarf, head band or hat, helmet for beginners, ski pants keep you dry, one pair of thin socks will help you feel the ice and maintain circulation in your feet so they stay warm longer. You can always take a layer off if you get too warm, but if you are cold and don't have a layer to add – then you're still cold!

**Skills** – sequential and progressive – advance in order – rehearse off ice, then move on ice

1. Fall down safely and recover
2. March in place
3. March forward
4. March forward + glide on 2 feet
5. Dip in place
6. March forward + glide on 2 feet + Dip
7. Shave ice (x L x) to prepare to stop
8. March + glide + bend + shave over middle of blade

**Taking the Ice** –

1. Double check skate lacing
2. Mittens? Helmets? Hats? Coats?
3. No guards or soakers

**Finishing Class** –

1. Accolades
2. Leave ice
3. Meet in corner off-ice
  - a. Certificates
  - b. Candy
  - c. Hand-outs – Please return