



How to lace skates-

Time Required: The time for this task can take anywhere from two to ten minutes, depending on experience.

Here's How:

1. **Loosen up the skates.**

By pulling the laces out a bit, the foot can be put inside easily.

2. **Stuff the feet inside the boots.**

Make sure the socks are straight and the foot is placed inside the boot all the way. Put the toe of the foot in first and then push the heel all the way down.

3. **Tighten up the laces in the first half of the boot.**

Work up from the toe to the ankle. Don't pull the laces too tight in this area. Just make sure that each pull is somewhat secure.

4. **Tighten the laces the most where the foot and the ankle bends.**

This is the most important part of lacing figure skates. Give the laces a good tug at this point and pull hard.

Suggestion: *Just before starting to lace the hooks, wrap one lace around the other twice to keep a snug fit over the arch so the laces won't slip.*

5. **Next lace around the hooks.**

Make a criss-cross pattern with the laces and pull with both hands around each hook. Some skaters like to put the laces over and under the hooks; others like to put the laces under and then over. Either option is correct.

Again, don't pull the laces too hard. Leave some room for the ankle to bend.

6. **Finish with a secure bow.**

It is recommended to double knot the bow. Some figure skaters leave the top hooks empty while breaking in new boots.

7. **Tuck the bow's loops inside the tops of the boots.**

This will prevent the blade from catching the bow's loops and also keeps the top hooks from coming loose.

Tips:

1. If the skates don't feel secure after being laced up, the laces are too loose, and lacing should be done over again.
2. Figure skates should not be too tight. If a skater can't bend his or her knees, the skates are too tight.
3. Make sure the tongue of the skate is straight and does not slip under the laces.
4. Skates must fit. If the boot is too big, lacing the skates tightly will not improve the ice skating experience.
5. Wear a sock that fits and make sure that no wrinkles are in the sock as the foot is placed inside the ice skating boot. Wearing thick socks is not recommended for figure skating.