



SKATE &
EQUIPMENT
WORKSHOP

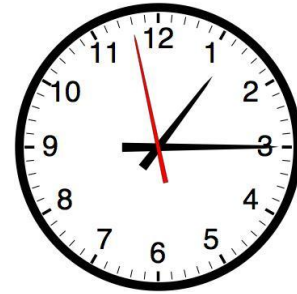


SKATING IS OUR PASSION!

WELCOME! Thank you for joining me today

OUR GOALS:

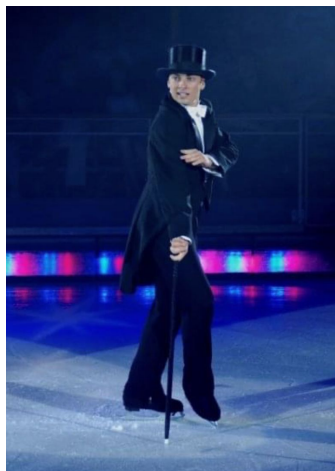
Save time and money!



**Help connect much needed dots
related to skater development!**



Who Am I?



Rory Allen - Figure Skater!

- Active skater since 1987
- Former National Team Member
- International Competitor
- Former International Ice Show Cast member for Royal Caribbean Cruise Line



Rory Allen - Skating Coach!

- NCCP National level coach, partial Level 4
- Active professional coach since 2003
- Coached multiple provincial medallists
- Coached international competitor and national medalist
- Coached national medalist for 10yrs



Rory Allen - Skate Technician!

- Learned to sharpen in 2009
- Owner/operator of North Edge Ice Sports since 2013
- **Opened store as a coach who needed something better for his skaters!**

TODAY'S TOPICS



About Figure Skates

Fit & Function

Maintenance

Performance Tips

Skate Buying Guide

Q & A

ABOUT FIGURE SKATES

What you really need to know...

“My daughter “is” a size 4...how much will her skates cost?”



“It could be anywhere from \$50 to over a thousand dollars - lets book your daughter an appointment!”

Figure skating is a highly specialized sport. There is nothing else like it!

Unlike other sports (eg hockey), skaters have only ONE essential tool that must perform properly for them to do their job. Of course, that is their skates!

Starting in CanSkate, it is essential that participants (and parents) start to educate themselves on their equipment. Educated decisions made early on will optimize progress, as skaters learn to improve their balance and basic skating technique. If skates are not comfortable, supportive, fit properly or maintained, development is ALWAYS COMPROMISED during this important foundational stage! It is never too early to start!

95%

Of parents we see tell us they know little to nothing about skates as they were not skaters themselves...

DID YOU KNOW?

- Dozens of skate brands exist
- Within each brand there are dozens of models

RISPORT
SKATES



GRAF
THE SCIENCE OF SKATING



Riedell

Harlick

PARAMOUNT
SK85



ULTIMA

STEP



GAM



**MUST HAVE
BLADES**

EST.



1963



JACKSON



Apex



WIFA

SP-TERI



EDEEA

Soft
SKATE

John Wilson
THE PERFECTION TO YOUR ROUTINE

ECLIPSE
BLADES™

*The process **can** be very complicated and overwhelming!*

NARROWING IT DOWN:

There are two classifications of figure skates

“Outfits”



“Boots AND Blades”



FIT & FUNCTION

Selecting your skates

WHAT'S MOST IMPORTANT?



For your skater it should be:

- Fit
- Comfort
- Longevity
 - Appropriate stiffness to current level



Less important factors:

- The *look* of certain models
- What's *popular* nowadays
- Fitting your skater much bigger *in case they grow*

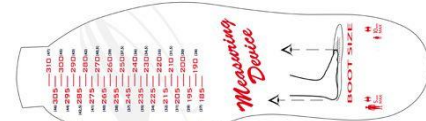
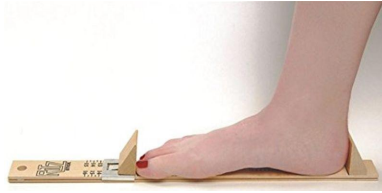
Good to know!

*Skates and shoes
DO NOT fit the same!*



*Skate fitting should NEVER be
an “off the rack” experience.*

*All brands
DO NOT fit the same!*



*Skates
ARE NOT slippers!*



Skates are designed to feel “snug” or “tight” at the beginning. Memory foam like materials will “pack down” and adjust to the skaters foot shape through wearing them and during the “break in process.”

“Growing Concerns...”

What if my kid grows?



Crystal ball's don't REALLY work!!!



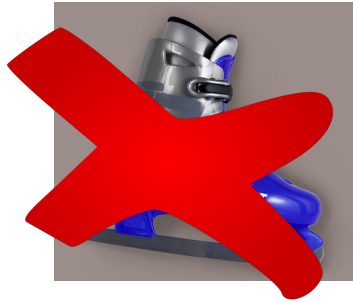
Now you know your size - What's next?

Support/Stiffness Rating



A basic CanSkate boot will start at a stiffness rating of 5

(non-reputable brands **do not** have support ratings)



Most manufacturers use units of support to describe how strong boots are. These units range from 1 to 105 points.



The most advanced “Olympic Level” skaters will typically be in boots with a stiffness rating of 95 - 105

How do you know what you need? Again, an individual consultative approach is always optimal!

What model do I need?

The RIGHT stiffness for where you are NOW...

TOO STIFF

- Long term joint damage
- Muscle atrophy
- Skater cannot bend - it's like skating with a cast!
- Progress suffers - height on jumps decreases



NOT STIFF ENOUGH

- Premature breakdown
- Body compensates to make up for the lack of support
- High risk of injury
- Development is seriously affected
- Confidence is affected



Now that you have your skates, it's time to customize the fit!

Heat Molding

More Heat Molding!

Punching

More Punching!

Custom skates if needed



NOTE: DO NOT use your oven to heat mold your skates! It can ruin the boot forever and will **void your warranty!**

CUSTOM SKATES

Not as “scary”
as it sounds

In cases where “stock boots” and in-house customization isn’t enough, there is always custom...”



As skaters progress, technical aspects of what they need in their skates must align with the work they are doing. Beginner skaters start out by getting fitted by length only, but as they progress, width options are available. Most problems can be solved with “in house skate technician” remedies.

Should customization be needed, rapid and full custom options are available, including components such as:

- Stiffness
- Tongue style (stiffness and thickness)
- Sole type (enhanced stability and shock absorption)
- Aesthetics such as Swarovski crystals
- **PLUS:**

Even custom colours for coaches are available!

*Additional modifications include: split or combination widths, narrower widths than offered in stock, wider (to and beyond EE width), minor or significant build for bunions, heel spurs or extra width, sole or heel changes, alternate boot lining, changes in upper or tongue including height, number of hooks, additional or reduced wrap, volume increase or decrease and alterations to support level.

Comfort: What you can do to help!

A BRIEF LIST OF TOOLS...

BAREFOOT BOOTIES



GEL PADS



CIRCULAR FOAM PADS



THINEES



SUPERFEET



GEL CUSHIONS



ADDITIONAL TIPS:

Wear your skates around the house!

Tie them loose at the top for the first few sessions.

Do LOTS of backward crossovers!

Comfort: Barefoot Booties

Barefoot Bootie is designed to prevent irritation & injury and increase comfort, eliminating the possibility of needing to use a generic gel sock.

With the added benefit of incorporating antimicrobial materials and being machine-washable, you will be using your Barefoot Bootie for sessions to come!



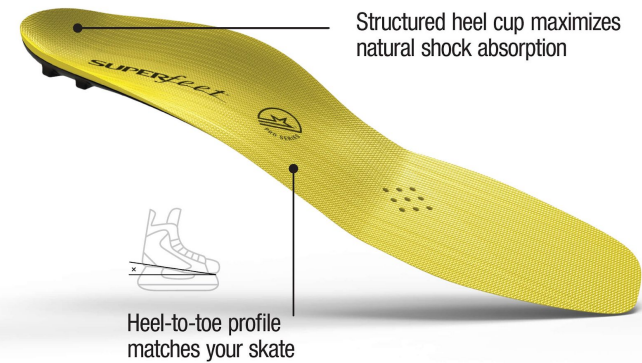
Comfort: Socks

DID you KNOW?

- Thin socks (Thinees are **our favourite!**) actually help feet stay **warmer** than wearing thick socks
- Thin socks also improve the fit/feel of the skate on the skaters feet (no seam on the toe!)
- Thinees wick away moisture (less bacteria build up!)



Comfort & Performance: Superfeet Insoles (for skates and off-ice shoes)



- Thin “stock” insoles often lack arch support
- Given we are in a “jumping sport”, shock absorption is also important!
- By assessing (and adjusting) your insoles, you can reduce injury and increase edge maneuverability and performance by optimizing alignment in key joints (ankle, knee, hip)
- Everything has a lifespan! As such, even “good” stock insoles will wear out. Changing out your insoles every so often will help to breathe new life into your current skates or “new to you” skates that you may have just purchased!

*On a related note, take your insoles out of your skates **weekly** to avoid interior break down*

FIT & FUNCTION SUMMARY:

Now you know!

Ordering Skates from a “drop down menu”...

Figure skates are highly specialized and individual feet are unique!

Skaters skates are their most important tool, so it is critically important that we get it right!

It is always best to get an individual consultation!
(In person, or through a “North Edge Virtual Fitting”



FIT & FUNCTION SUMMARY

What skate is right for MY skater?

Book a Fitting Appointment!

A **full consultation** is needed to determine the most appropriate:

- Make and model
- Blade type
- Support rating (or skate strength)
- Length and width
- Manual adjustments that might be needed
- Foot arch type and insole needs
- Other unique factors (eg customization)


During your appointment we will cover these topics and more in a personalized format




Prince George • Campbell River

North Edge Ice Sports -
Campbell River

 Book Appointment

 Services

 About Us

 Reviews

MAINTENANCE

Simple “preventative health care” tips for your skates

Sole Care

Leather soled skates must be waterproofed regularly or they will rot and decompose!



- Parts of the leather will start to blacken
- Your blade will start to sink into your boot
- Screws will fall out.

If you notice any of these issues, you need to find someone who can waterproof your skates immediately!

Waterproofing should be completed (with heat application) **every 4-6 months** or when surface is no longer able to wick water away.



Fusion soled skates are:

- Significantly lighter
- **Low maintenance** as they are made from a waterproof nylon composite
- Rubber inlay provides superior shock absorption



Sk8 Tape

What's the deal with the tape?

More protection...

SK8 Tape will:

- Prevent “nicks” and tears
- Avoid discolouration on skates
- Can be layered over problem spots (eg toe, heel)
- **Preserve resale value!**



Demo shown is of tan colour to show the tape. SK8 Tape is also available in white and black!

Drying Skates PROPERLY!

Skate life will be greatly preserved by drying all parts:

- The main part of the blade
- The stanchion
- The blade plate and the bottom of the sole

The result: increased blade performance while preserving resale value!



Tip: Consider using one of our Jackson chamois!

Skate Transport

Blade Covers

- Blade covers are recommended for transporting skates. They should **NEVER** be worn while skaters are walking to and from the ice
- Always transport skates with blade covers attached
- Replace them when they wear out
- Wash them frequently to avoid bacteria build up (and smell)



It SHOULD go without saying...

Skate guards don't have to be **FANCY** to be effective, but they **DO** have to be worn!

Keep your coaches happy by wearing your guards from gate to bench (do not carry them in your hands while walking in your skates!).



ADDITIONAL TIPS FOR SUCCESS:

Do your guards have a gap in the middle? Check the size.



Are they dirty inside? Even fine debris inside guards is like walking on sandpaper!

Skate Storage

EXPANSION and CONTRACTION

Skates do not respond well to temperature changes.

- Too warm can reset the heat molding
- Too cold can warp the inside of the boot

THIS MEANS:

It is **never** a good idea to leave your skates in hot or cold climates for extended periods of time. We also strongly advise against leaving your skates in your vehicle.



Replacing Laces

FYI - laces WILL stretch out!

Replace laces when they **START** to look worn, **NOT** after they snap, or lose their elasticity!

- Jackson recommend every **6 months**.
- EDEA recommends every **2-3 months**



TIP: We strongly recommend keeping a spare set of laces in your bag at **ALL** times!

How often should you sharpen your skates?

If you are in...

And you skate...

Sharpening...

| If you are in... | And you skate... | Sharpening... |
|---------------------|------------------|-----------------|
| CanSkate | 1-2 hours/week | every 6-8 weeks |
| Junior Academy | 2-4 hours/week | every 5-6 weeks |
| STAR 1-3 | 2-3 days/week | every 4 weeks |
| STAR 4-5 | 3-4 days/week | every 3-4 weeks |
| STAR 6-10 | 5+ days/week | every 3 weeks |
| Pre-Juvenile and up | 5+ days/week | every 3 weeks |

LONG AND
SHORT OF IT:
EVERY 12-15
HOURS IF
POSSIBLE TO
LESSEN THE
FEELING OF THE
“ADJUSTMENT”

WHO should sharpen my skaters skates?

Make sure you do your research before selecting a “figure skate technician”, as both the equipment and the expertise is uniquely specialized to our sport.

Our TOP “FUN FIND” that a
customer brought into our store!



Want a closer look?

Once the pick or heel is rounded off, that's it!

Although the customer asked if we could fix it, the damage was **completely irreversible**.



PERFORMANCE TIPS

Simple tips

Lacing ALL Skates

One manufacturer claims:
“Mathematically there are about 2 trillion different ways to lace a boot with 6 eyelets.” One aspect of this stays the same regardless of which brand or model your skater is in:



Improperly laced skates can result in premature breakdown of your skate boot.

Practical Work - Skate Tying 101

Time to lace up! (this means grab your skates...this part is “hands on”!)

1. Open the laces completely
2. Put the foot in the skate
3. Flex the foot up
4. Kick the heel all the way back several times so that the heel becomes firmly placed in the **“heel cup” (“V” shaped with lots of padding in new skates)**
5. Situate the tongue so that it is straight up and down
6. Now we are ready to start lacing!

Long Term Effects of Skates

In 2017 I met Jason Brown, at a conference and trade show in Nashville. It is he that I must credit for my current lace tying methods. Some additional take-away messages that I continue to advise my skaters on:



Boot As A Cast

“Skaters spend a lot of time in “cast like” devices (aka skates) wherein they don’t really get a chance to utilize important joints and the surrounding muscles that are actually designed to help them MOVE as people.”

The Solution

“Keep your ankles and feet HEALTHY when not in skates! Use bands, run in the sand! Don’t be bored, use a balance board! Kidding aside, keep your feet moving, and work the muscles to avoid atrophy...”

QUESTIONS and ANSWERS

We're here to help!



Thank-You For Coming!

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