

T-]-l:l1''' 6 FLIP 9 5mE



Six Best Buying Skate Tips

A guide to getting the right skate for your skater ...

After 20 years of fitting thousands of pairs of skates we would like to pass on to readers our six best skate buying tips. Although this information will likely benefit first time buyers the most, we feel that even the most seasoned skate buyers will find benefits in reading this.

Full details are discussed on page 2

1 Do not wait until the day before you need skates to go into the store to buy them.

2 Allow no less than 45 minutes to

purchase a pair of skates.

3 Parents: be clear on the level of skating your skater is working at. For example discuss with your coach what jumps are being worked on.

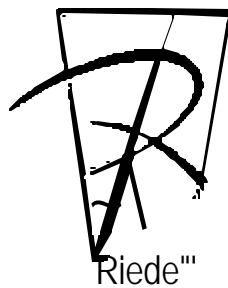
4 Take the time to ask the questions of why the technician fitting your skates is choosing a particular manufacturer and model of skate for your skater.

#5 Budget for one pair of skates per year. More than 1/2 size growing room is just asking for sore

feet and blisters.

#6 Do not "over" buy or "under" buy skates. A boot that is too stiff can cause as many problems as a boot that does not offer enough support.

Cont...pg. 2



Riede is considered one of the top figure skates in North America

NpYDfess~oll\,al'.
s ~ate StYV~ct

Special points of interest:

The first figure skate blade patent was filed in 1886.

The first iron skate blade was invented in 1572.

The first curved steel skate blade was invented in the mid 19th century.

The first world championship was held in 18.H' for men and for women in 1906.

Inside this issue:

Skate **tiJ)8** cont.. Z

New UB. used **coni.** Z

Skate **Main1enanl:e** 2

Make a good skate buying **derision** 3

Which Brand is **&st**

About Skate **Sharpening**

About PerfOnnalla 4

New Skates Versus Used Skates

-, "-r kIWl&- should -68:J ~ or -d ~ This is just one

of ~ many ~t com-

-asked ~ we

IR8r m- parents .

IT-.I ~ air **absolUely**

-.tJaat **parents** -.llo~r.

Many **P8leDts** ~ve that the

-skate takes on the shape of the previous skaters foot"

and, although that is a true statement it does not necessarily negate the option.

Our suggestion for buying used skates is to ...#1 buy the skates from

a reputable skate shop.

#2 buy them privately,

however, before you fully commit to the purchase, take them in to a reputable dealer and have them assess the skates based on your skaters needs.

#3 go into a reputable dealer and have your skaters foot

cont...pg. 2

Skate buying Tips Continued from pg 1

Going shopping for skates a couple of weeks early will often save time, money and sore feet. Not being rushed gives you time to look around and gather information to make a good buying decision. Having the time to spend in the store during peak season will allow your skater to get the proper skate fit. Depending on the level of skater, and IXIOt quality, a fit can easily take as m\.:h as an hour. If the skater is at a level of buying a separate IXIOt and blade it can often take more than an hour. Plan your time accordingly. The old saying of 'haste makes waste' really does apply in the case of rushed skate pm1.:hases.

OIM:e the skater advances to private J(es)9)ns the person fitting your skates will need to know several things to help ~ make the right choice of boots. *What level of skating is the skater ~ng on? How many hours per IA2ftk an they skating? Are they land.*

Skate Maintenance

-Do IXJt store your skates in your skat-ing bag, until after they have dried out.

-Dry your skates out by opening up the laces of the ~ and pulling the tongue L.:k to let them air out.

-Never ~ a heat source such as fur- -d1EtS to dry out skates. It dries out ~ ather and can cause cracking.

-- IK)t skate bare foot... the chemicals in CMU" body perspiration causes the boot ID ~ down prematurely. and can

ing an axle? Are they competing? What are their coaches preference about the skates and blades they

want you to use? It is always benefi. cial to have this information prior to going in to the store.

Be certain to communicate with the technician fitting your skates to find out why they are making the choices of specific boots and blades. By developing a relationship with them, they will have a better understanding of your expectations and your buying criteria.

As parents we only seem to notice how often our wallets, and the fridge door open. It seems natural to want to hedge our bets by purchasing skates a little bigger than they should be to save money. And, sometimes buying skates to big even works...

Unfortunately *mostly it DOESN'T*. Allowing for 1/2 size growing room in a skate is all you should allow. A half size growing room

will generally give you a full 12 mOD of skating. Allowing over a half size puts the skater at risk of blisten. 1M! spurs, poor skating perfOnnalx:e anc overall discomfort.

Be certain that your not buying DM)11 skate and blade than your skater needs. A balance of quality aJKi SUPJ relative to the skaters level of skariIJ is very important. To stiff of a skate worse in many cases than a skate 111 is not stiff enough.



Too moch growing nX8 cau...s feet to IBIrt aid ca ~ -.illfu1 ~

"Do not skate bare foot... it can make your skates smell really bad" ! ! !

cause the soles of the boots to rot...it can also makes your skates smell really bad...

.Always dry your blades off after you have finished skating.

.Do not store your skates with the rub. ber walking guards on the blades, mois- ture left on the blades will be trapped

and cause the blades to n1St..

.Only store your skates with the do blade covers that dmw ~ ~ from the blade.

.Always use ~ waJkinc ~ protect your edges wIED ,...u are ... the ice surface.

.Remember to ~1Jy di!!!:k. liID blade mounting ~ r.- o'::~ they will OCCa8XJnally Jooeen --u.

New vs. Used !.'(o)n'tfror

n pHg(~ '1

measured to be certain of the size of ~ skates that you should be looking D. Also by di.!K:ussing with the skate de8E ~ age, weight and level of skat. ing m your skater. they will be able to ~nd a manufacturer, model,

8Dd size of skate. Bringing the used ~ in to a store to have it fit is gen- erally m1ly a very nominal charge. It is ...th it to have the fit double checked, pI1 !S!IJre points removed, blades aligIMld and sharpened. Taking the rime to learn about different skate models and manufacturers can create

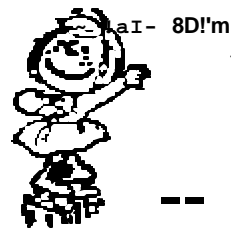
~tfif-c~nt savings.

When buying used skates, you will generally buy a skate model above what you would buy if you purchased new. Also, pay particular attention to the quality of blade and what shape it is in. (i.e. is it peeling, severely rusted, worn out)

Prices of used skates will obviously vary but if you are buying the skates privately you could expect to pay up to about 35% of a new boot price if the boot is in very good condition, and the model of the skate is current. Addi- tional costs that you may need to add

could include a **sharpeojug.l.a. m** insoles. fit adjust~m.s CR" a Y.Ie alignment. A ~ 5kare ~

(81~



Good used skates ~ Ii: wd 1 make fora baPIJr ~

Make A Good Skate Buying Decision

at criteria do you use when going able price? In the past our options were to buy a pair of skates? Is it strictly very limited, such as to going to Wal :e. or perhaps it's what your favorite Mart or Canadian Tire and buy a rer JRS. How do you decide what to Bauer vinyl "figure skate" for \$39.95 or : ' go to a skate shop and spend \$185.00.

~ intention of this article is to give Fortunately, skate manufacturers such

can use is always knowledge based. really stepped up to the plate and ad. dressed that issue. It is now possible to

~ are several figure skate manu- buy even the most entry level of skate :urers that produce boots. They models from these top skate manufac- le from recreational boots made by turers. Riedell for example, has been ~. CCM or Canadiana. to top com. very aggressive in this market and has irive skate producers such as Graf, produced an entry level boot and blade dell, Gam, Jackson, or Risport. combination that has retail prices skaters just starting out, the choice starting under \$60.00. The other bene- .hat skates are purchased is often fit of these skates is that they are pad- ed on ""we don't want to spend a lot ded for comfort and have an all leather -y Inhl we know whether they upper and a chrome finished blade. The cuing to like it- .That train of blade holds a sharpening well, and ~ is definitely rational, however depending on the physical size of the.

IRI W're to consider that if you buy a skater the boot may accommodate basIc ~. skate that doesn't fit ~rrectly, jumps such as a Waltz Jump or Sa! nIX) suppon. and makes the skat. Chow. The quality of boot provides for a fret bun. there is going to be very chance to be passed down to a another ~ cbaIK:e that a young skater will sibling or to sell used at your club ! ~ating. So.. bow do we strike the skate swap for a reasonable price., u=r ofre&M)nably good for a reason- It is important to understand that the

skate manufacturers make several mod. els of skates and blades that accommo- date different levels of skating, and price points. Clearly understanding what le'Ve1 of skating your skater is at will make it easier to determine the appropriate b>Ot and blade to buy. It isn't necessary to spend money on a higher model of b>Ot and blade than is required.

All of the skate manufacturers make sev- eral different widths of skates. oowever. each manufacturers shape of b>Ot is slightly different and will work better on some types of feet than others. Trying on different manufacturers skates and/or dealing with experienced skate fitting technicians will help you determine the right product for your foot shape.

A skate, when fit correctly, sOOuId be comfortably snug without pressure points. Pressure points can be removed bJ' the skate technician fitting your skates. If a blister does occur it soould be a sI.Jrt lived issue, not an on-going chronr prOb- lem. If your skates are causing btisten take them back into the store that ~ were purchased and have the ~:!Y adjustments made to fix the problem-

Skate Sharpening

en. comes to sharpening the most fre- J& q1ESID1 asked is ~how often do we need ~ -sAlles sharpened."

--~ a skate sharpening will last ~25 aIMl 30 oours of skating. That is if ~ ~ their blade guards and blade ~ ~Pntly- As a skater gains compe- le --will stan to develop their own ~ ~ of sbaIPness. Most skaters seem to fer 10 get their skate sharpened to allow for -10 oours of skating before a competition ~-pIe Others prefer significantly less

time and will sharpen their skates just a couple of days before a competition. In gen- eral younger skaters will need their skates sharpened less often as the edge require- ments at the Jump Start level of skating for example are not as demanding as they are at subsequent levels.

Ask your coach or skate technician about depth of hollow or types of skate sharpening that will suit your needs. Customizing the type of sharpening that suits your skater helps them to be consistent on the ice.



A great. skate sI~ and skate fit gives a aa: confidence OII dJC K:r

Which brand of skate is best?

~ I8ra&d of skate is best for eve- fort and performance. If you visit any of ~ E~eI)' skater's foot is unique, so the skate manufacturers' websites, you'll II maDUfacbJrer JX"OOuces a range of see that nearly every manufacturer car- lcs. to help fit skaters of different ries a list of top-level athletes who are (~ s1zrs. and tecbncallevels. using that company's skates. The point ~ die 5blc that's ~ for you, be is, you can get to the top in any brand e M) b8t" frG8I a retailer ~"ho car- of high-quality skate, but your i ~ from 5e""eraJ manufactur- chances are best if it's the skate that's .The D)(I"e selection that is avail- right for you. e. the ~ likely they are to have So get the boot that's right for you, not ~ that's a perfect fit for you. A the brand of boot "everyone else" is get- --L_':_:',

skate technician can put you iB ~ skates that feel great and helps y.. to perform your best.



WIFA is just one chj

West End 17072-111 Ave.
South Side 9212-51 Ave.

For more information Call us

Westend 780481-5532

1-866 481-5532

Southside 780 438-9059

1-888438-3888

email proskater@elusplanet.net

Visit us on the web
www.pro-skate.com

Skate Fit For Performance
Experts



It's really about performance

Skating is about having fun, learning new skills and disciplines, staying in shape and many other reasons.

Whatever your reasons, what's more fun than stepping on the ice and really learning and progressing really performing well!

Any athlete can only ever perform to the level that their equipment allows. Maximizing skating ability and performance needs to be supported by good equipment. As a figure skater the only significant equipment that is used is the boots and blades.

Skating in its most basic form is all about edge control. How well a skater controls their edges is what determines how good a skater they

are, or will be.

A skate boot, is a device to hold the blade to the foot. It is the vehicle by which the blade is carried and controlled. It is an extension of the foot, to the blade, to the ice.

In order that the boot be an effective extension of the foot it has to fit snug enough to control the edges of the blade.

The more that a skater advances and the more difficult the edges, jumps, and spins become, the less margin for error that a skater has when it comes to ensuring a great skate fit.

In order to control the edges effectively, there can be no foot

Breaking in a pair of skates should be similar to buying a good pair of shoes. Perhaps some new discomfort, but nothing that should take you off track. In other words, you should be breaking in your own feet!!!

Fitting an individual's skates to their comfort and the skaters preference is our priority.

Listening to our clients and our network of professional skaters and coaches helps to provide outstanding

Having the confidence to get the most out of your skates means that we take responsibility for the fit of our clients skates.

For over twenty years, Professional Skate Service has served the skating community. We serve over 3rd and 4th vice skaters from all over the world. Constantly working with some of the best skaters in the world, numerous NHL players, as well as professional skating coaches, we have pioneered skate fitting and blade alignment techniques that are second to no one.

tion to a great fitting boot. It is important that the blade is mounted on the boot relative to the foot that's going in the boot.

It is important that when a blade is mounted, that it is positioned on the boot in such a manner as to allow for the different biomechanical differences we all have.

Pronation (flat feet) Supination, leg length discrepancies are just some of the factors that can contribute to the exact position that a blade needs to be mounted on the boot to maximize performance.

Have fun...perform well... make sure your skates fit great, and