HISTORY OF SKATING

20,000 YEARS AGO.

The first skates were reindeer bones, 60cm long which were discovered in Hungary.

2,000 YEARS AGO.

In Holland, in the province of Friseland, animal bones were used as skate blades. They were tied to the Dutch wooden shoes.

700 YEARS AGO.

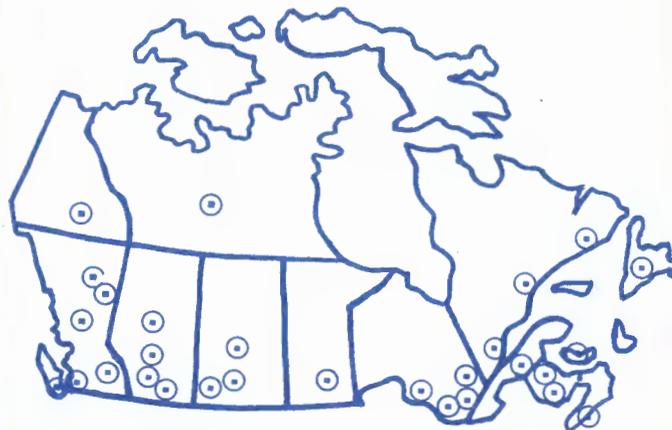The first skates with a metal blade were used.

350 YEARS AGO.

Skates make their first appearance in Canada.

100 YEARS AGO.

The first skating club is established in Canada.

LONG BLADES FROM COAST TO COAST

CANADIAN AMATEUR SPEED SKATING ASSOCIATION

333 River Road
Vanier, Ontario
K1L 8H9

Tel: (613) 741-0620

TIPS FOR THE GOOD SKATER

BEFORE AND AFTER SKATING

BEFORE AND AFTER SKATING I CAN HELP MY MUSCLES GET READY TO PERFORM SMOOTHLY BY DOING SOME SLOW STRETCHES.

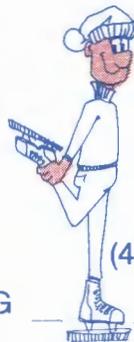FIVE WAYS I CAN STRETCH MY SKATING MUSCLES ARE

(1) THE TOE TOUCH

(2) SIDEBEND (ON BOTH SIDES)
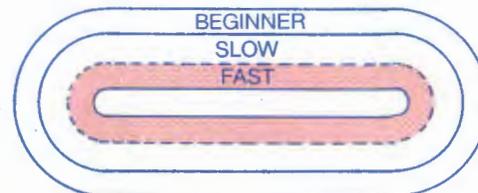
(3) THE KNEE HUG

(4) THE BEHIND THE BACK HOLD.

BY HOLDING EACH POSITION FOR 10-20 SECONDS I'LL BE ABLE TO STRETCH MOST OF MY SKATING MUSCLES.

(5) THE HUG

STEPPING ON THE ICE

THE FIRST QUESTION IS WHERE SHOULD I SKATE ON AN OUTDOOR TRACK?

BEGINNER
SLOW
FAST

ON AN INDOOR SURFACE?

FAST
SLOW
BEGINNER
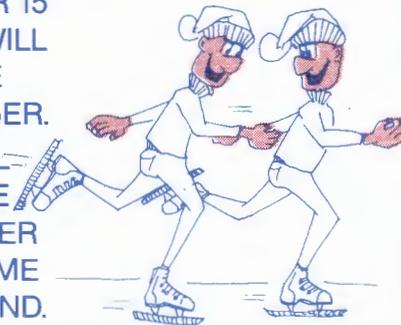
GETTING IN SHAPE

IF I SKATE AT LEAST 3 TIMES A WEEK FOR 15 TO 30 MINUTES I WILL BE ABLE TO SKATE FASTER AND LONGER.
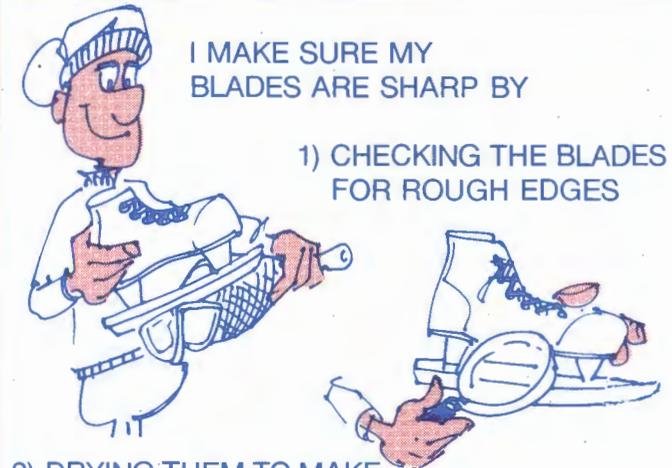
A GOOD PACE WILL MAKE ME BREATHE DEEPER AND FASTER BUT STILL ALLOW ME TO TALK TO A FRIEND.

LONG BLADE CARE

I MAKE SURE MY BLADES ARE SHARP BY

1) CHECKING THE BLADES FOR ROUGH EDGES

2) DRYING THEM TO MAKE THE BLADES LAST LONGER

3) HANGING THEM UP WITH THE GUARDS OFF TO PREVENT RUST

4) ALWAYS WEARING GUARDS WHEN I WALK ON MY SKATES