



# SKATING 101

WHAT EVERY BEGINNER SHOULD KNOW

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# SKATES:

THE RIGHT SKATES MAKE ALL THE DIFFERENCE

The most important first step in skating is making sure you have properly fitting skates. Skates that fit well will help you balance, glide, and build confidence on the ice.

You can find quality skates at your local hockey pro shop, Sport Chek, Play It Again Sports, or Canadian Tire. Many shops even offer professional fittings or skate heat-molding for a custom fit.

Before every session, take a moment to check your blades for nicks, cracks, or loose screws. Even small imperfections can affect your balance and control.

Avoid plastic beginner skates often found in big-box stores. They may look appealing for little ones, but they don't allow for proper ankle bending or edge control.



## COACH TIPS:

- We find skaters progress much faster in traditional hockey or figure skates that provide real blade contact and ankle support.
- It can also be helpful to practice walking around your home in skate guards before heading to the rink. This helps you get used to the weight and balance of your skates.
- If you plan to figure skate, start with figure skates. If hockey's your goal, start in hockey skates. Each helps you build confidence in the right movements as the balance points are different between a hockey skate & figure skate.

# HELMET & SAFETY:

PROTECT WHAT MATTERS MOST

## YOUR HELMET IS YOUR BEST TEAMMATE!

Safety always comes first on the ice and a well-fitted helmet is the most important piece of equipment for every beginner.

Be sure to wear a **CSA-approved helmet** (look for the safety sticker on the back) and try it on before purchasing to make sure it fits snugly without wobbling.

For brand-new skaters, especially younger ones, it can also help to wear knee pads and elbow pads for the first few sessions. These provide extra cushioning while you learn to fall safely and get up on your own.



## COACH TIPS:

### ● **Adults, This Means You Too!**

Even though helmets are only required for skaters under 18, we always recommend adults wear them too especially when starting out. A small slip on the ice can happen to anyone, and prevention is always better than recovery.

### ● **Fitting Check:**

When trying on your helmet, make sure it sits level on your head (not tilted back) and that the chin strap is snug enough to stay secure when you shake your head gently.

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**EVERY *ELITE SKATER***

**STARTED WITH**

**THEIR *FIRST GLIDE.***

”



**POWER ELITE**

# SKATE BAG:

YOUR SKATING SIDEKICK

## STAY ORGANIZED, STAY READY!

A good skate bag makes every trip to the rink easier. It's the perfect place to keep all your gear together, so nothing gets left behind.

Select a bag that is both durable and easy to carry. Keeping your gear organized and in one spot means you're always ready to hit the ice without any last-minute searching.



## COACH TIP:

### ● Pack Smart!

You can also add a name tag or keychain so your bag is easy to spot in the changeroom.

# SKATE TOWEL

YOUR BLADE'S BESTFRIEND

## KEEP YOUR BLADES DRY AND RUST-FREE

- ✓ After every session, take a moment to carefully wipe your blades dry with a towel or soft cloth.
- ✓ This simple habit protects your skates from rust and keeps your edges sharp and smooth for the next time you hit the ice.
- ✓ Moisture left on your blades can quickly cause rust to form, which makes skating more difficult and can permanently damage your blades.
- ✓ Once they're dry, store your skates in soft blade covers to keep them clean and protected while they're in your bag.
- ✓ This quick routine only takes a minute but it makes a big difference in the lifespan and performance of your skates!

### COACH TIP:

- **Create a Routine!**  
Make drying your blades the last step of every skate. Keep a small towel or microfiber cloth in your bag so it's always handy when you finish your session.

## SKATE GUARDS

PROTECT YOUR BLADES

### TWO TYPES, TWO PURPOSES:

Skate guards keep your blades sharp and protected both on and off the ice. There are two main kinds every skater should have.

#### HARD GUARDS:

Use these when walking around the arena, even on rubber floors. They protect your blades from chips, dirt, and dulling before you step onto the ice.

#### SOFT GUARDS (SOAKERS):

After you finish skating, wipe your blades dry and slide them into soft guards for storage. These absorb moisture and help prevent rust while your skates are in your bag.

### COACH TIP:

- **Take care of your blades!**  
Taking care of your blades helps you glide smoothly and safely. It is one of the easiest ways to extend the life of your skates!



# SKATING ATTIRE:

DRESS FOR COMFORT AND PERFORMANCE

## LAYER SMART, MOVE FREELY

What you wear on the ice makes a big difference in how comfortable and confident you feel. Choose light but warm layers that allow you to move freely; you'll warm up quickly once you start skating!

Avoid bulky jackets, which can make it harder to bend your knees and move naturally. Instead, try athletic leggings, fitted sweatshirts, or stretchable fleece layers that keep you warm without getting in the way.

When it comes to socks, thin is best. Thick socks can make skates feel too tight and create pressure points.

And don't forget gloves or mittens! They'll keep your hands warm and help protect them in case of a fall.



## COACH TIP:

### ● *Layer like a Pro!*

Start with a thin base layer, add a light sweater or zip-up, and finish with a soft jacket or vest if needed. It's always better to remove a layer than to feel too restricted on the ice.

# SKATE AIDS:

## LEARNING TO BALANCE WITH CONFIDENCE

### START WITH SUPPORT, THEN LET GO

Most arenas provide skate aids; those small frames that help new skaters stand and move safely on the ice. They're an excellent tool when you're just starting out and learning to find your balance.

However, once you can stand on your own and take small steps forward, it's best to move away from using them. Over time, skate aids can become a crutch and make it harder to develop natural balance and control.

We also don't recommend using "training wheel" devices that attach directly to your skates. Just like bicycle training wheels, they can make it more difficult to transition to skating independently later on.



### COACH TIP:

- ***Falling down is a part of learning!*** Don't be afraid to fall! Every skater does! We recommend practicing how to fall and get up safely so it becomes second nature. The more comfortable you are falling, the more confident you'll feel trying new skills.

# TYING SKATES:

FINDING THE PERFECT FIT

## SUPPORT & COMFORT GO HAND IN HAND!

Your skates should be tight enough around the ankle for solid support, but still loose enough at the top for a bit of flexibility so you can bend your knees comfortably. If the skates are too loose, your ankles may cave in or roll outward, which makes it harder to balance and glide smoothly.

Take your time when tying your skates, especially at the start of the season. A few extra moments at the bench can make a big difference in how you feel on the ice!

## COACH TIP:

### ● *Check Before you Glide!*

Once your skates are tied, stand up and bend your knees slightly. Your ankles should feel supported but not pinched. If you can't move your knees forward, they might be too tight. If your heel lifts or your ankle wobbles, they might be too loose.

### ● *Learn to Tie Your Own Skates!*

We always encourage skaters to practice tying their own skates. It builds independence, helps them understand how their skates should feel, and ensures a consistent fit every time they lace up. Practice tying at home or during off-ice time so you're not rushed at the rink.

# LACES:

THE LITTLE DETAIL THAT MAKES A BIG DIFFERENCE

## FIND THE RIGHT FIT!

Laces might seem like a small detail, but the right pair can make tying your skates easier and help your skates fit more securely.

Make sure your laces aren't too short or too long. You want enough length to tie a firm bow without wrapping excess lace around your ankles.

There are different sizes to choose from depending on your skate model and size, so don't be afraid to ask at your local pro shop for guidance.

Always keep a spare pair of laces in your skate bag in case one breaks or frays. It is a simple way to avoid last-minute stress at the rink!

## COACH TIP:

### ● *Try waxed Laces!*

Waxed laces are a great option for beginners. The coating helps them stay tighter for longer, giving you better ankle support throughout your session.



# CARING FOR YOUR SKATES

KEEP THEM IN TOP SHAPE

Taking good care of your skates will keep them performing their best and help them last for many seasons to come. After each session, make sure to:

- ✔ Wipe your blades with a towel to remove any moisture.
- ✔ Use soft blade covers for storage and hard guards for walking around the rink.
- ✔ Air your skates out after each use to prevent odour and rust.
- ✔ Keep them in your skate bag for safe storage and organization.
- ✔ Check for sharpness weekly and have them professionally sharpened as needed.
- ✔ Small habits like these make a big difference in your comfort and control on the ice!

## COACH TIPS:

### ● ***Have fun with it!***

Skating isn't just about technique, it's about joy. Skate with friends, play your favourite music, and enjoy every glide. The best skaters never forget how fun it feels to move on the ice.

### ● ***Rollerblades count too!***

When the ice melts for the Summer, rollerblading is a great way to keep your skating legs strong and improve your balance. The same stride and posture apply, it's skating in disguise!



# SHARPENING SKATES

STAY SHARP, SKATE SMART

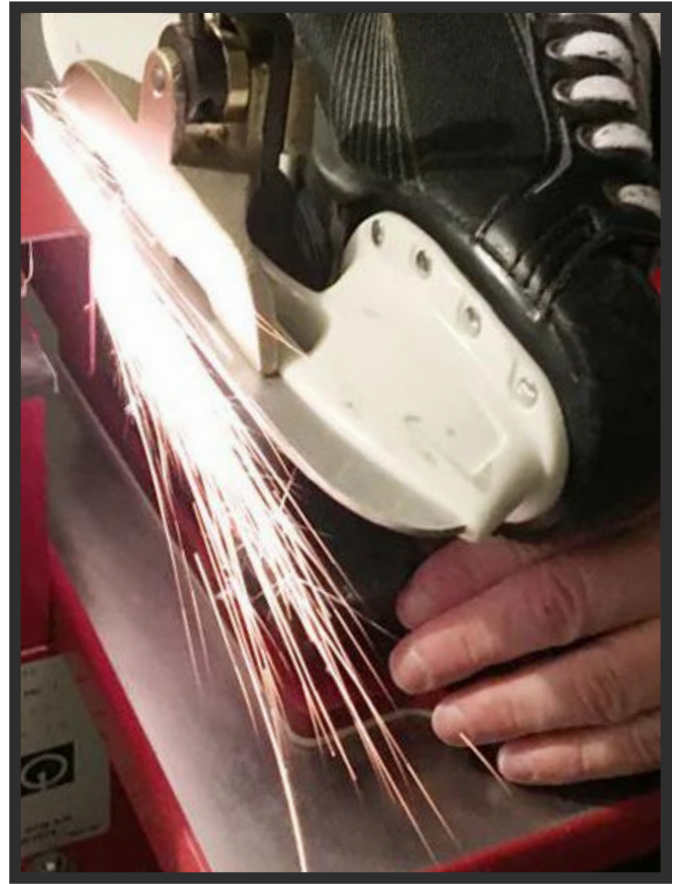
## KEEP YOUR EDGES IN TOP FORM

Sharp blades make all the difference when it comes to control, balance, and confidence on the ice.

Be sure to have your skates professionally sharpened at a trusted shop or pro sharpener. It's a quick service that keeps your edges performing their best.

If you notice rust forming, take your skates for a sharpening to remove it and restore the edge.

You'll also start to feel when your blades are getting dull. Stopping will feel a bit "slippery," or you might notice less grip when you push.



## COACH TIPS:

### ● **Ask the Pros!**

Not sure when your skates need sharpening? Ask a coach or professional sharpener to check your blades. They can easily tell by feel or by testing your edges. Check for sharpness every few weeks, uneven edges can cause slips.

### ● **If your skates feel to Sharp:**

If your skates feel too sharp after a fresh sharpening, don't worry, this is common. Spend a few minutes practicing stationary stops or "making snow" on each foot to smooth out the edges naturally. After a few laps, your blades will feel balanced and ready to go.

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*BALANCE*  
**COMES AFTER THE**  
*FIRST FALL*

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**POWER ELITE**

# JF POWER ELITE ONLINE TRAINING



## JF POWER ELITE COMMUNITY

Welcome Page - Train with purpose. Build strong fundamen

### Welcome to the JF Power Elite Community!

We're so excited you're here. JF Power Elite is all about purpose, and feel confident in their development through drills, real coaching insight, and a place to belong for families.



### Our Philosophy

Train with purpose  
Our goal is to help skaters build confidence on the ice through drills, real coaching insight, and a place to belong for families. JF Power Elite is built around speed, agility, and time you step on the ice.

**FOR MORE INFO:**



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