

SKATES 101

Skate Fitting

- Proper fitting skates are essential to a successful and safe lesson.
- Rental skate size may not be the same as shoe size.
- Skates should fit “snug” around the foot without being too small. There should be enough room to wiggle the toes but not let the heel lift or foot slide while walking or dipping. The closer the fit, the more control is gained.
- Thinner footwear (tights or very thin athletic socks) are suggested to allow for the closest fit.
- Proper lacing should consist of pulling the laces tight, beginning at the base of the foot all the way up to the ankle where the laces are crossed over the hooks of a figure skate or tied on a hockey skate. A properly tied skate should provide support around the ankle to help with balance.
- Take time to walk around on the matting before skating to feel for any potential adjustments that may be needed.
- Skates can always be exchanged for a different size.

Purchasing Skates

- Figure Skates or Hockey Skates - Make sure you know what kind of skate you are purchasing. It is important to know the kind of skating your skater intends to focus on in order to purchase the correct equipment. If you are not sure, yet, consider using rental skates until your skater is ready to decide and discuss with a coach.
 - Note – Be sure to check the blade to see if it is a figure skate blade or a hockey skate blade regardless of how the boot is designed.
- New or Used– New skates and used skates both have advantages and disadvantages. There is nothing wrong with a pair of used skates as long as they are in good condition and fits the skater properly.
 - New skates – It is best to have a skate fitting to 1) measure for the proper size and fit and 2) review the correct type of boot and blade. Skates should be snug and fit tight but if the skater is still growing it is important to leave the appropriate amount of growth room. It is also important to have the correct amount of support provided by the boot and proper blade. There is often a longer “break-in” period, however, the skate will be broken in to your skater’s foot.
 - New figure and hockey skates can be purchased at the Newlove Pro Shop. Contact Ice Arena staff to request a skate fitting.
 - Used skates – Check the condition of the boot and the condition of the blade. Make sure that the boot has not been broken down too much. As the skater tries the used boot on feel for any areas the previous owner’s foot may have left imprinted that doesn’t match or feel good. The blade should have plenty of sharpening’s left and still have the original profile (shape).

Once Purchased

- Make sure the skates have been sharpened for both new and used skates. New skates can usually be heat molded.
- There will always be a “break-in” period where the skater will have to get used to the skates. This may take a couple of days or a couple of weeks. Each pair of skates is different for each skater.
- Take proper care of your skates by always drying the blades and the soles off after skating and storing them in a soft protective cover to wick away any extra moisture and prevent the blades from getting nicked.
- Skates will need to be sharpened over a period of time. However, that period of time will vary for each person. Some skaters may like sharp edges, some may like dull edges, and it also depends on how often they are used and the condition of the ice.