

EQUIPMENT & SKATE SHARPENING

Most department and sport stores sell inexpensive beginner equipment, however the quality will vary considerably. Skates must be carefully examined for firm ankle support, good leather quality and correct mounting of the blade.

When Shopping For and Fitting New Skates:

- Wear the tights or socks that will be worn when skating.
- The skates should fit snugly around the ankles and heel. Avoid buying a larger size skate in the anticipation that the skater will “grow into it”. This will only cause discomfort and poor results.
- There should be some room for movement at the toes and ankles; however, the instep and heel must be firmly supported.
- The tongue should be well padded for comfort and should be wide enough to cover the front of the ankle and stay in place.
- Avoid skates that have lots of wrinkles in the leather.
- Have the skater stand with even weight over both feet and bend his/her knees. There should be enough space at the back of the boot to fit a thin pencil half way down, to the top of the skater’s heel.
- Have the skater walk around in the skates. Do not walk in the boots if the blades have not yet been mounted.
- **NEW/RUSTED SKATES MUST BE SHARPENED BEFORE USED.**

Handy Tips for Care of Skates:

- Always wear guards when not on the ice, even on rubber matting.
- Always remove guards before storing skates. Dry blades and sole plate completely with a towel. Store skates without the guards.
- Always unlace skates sufficiently before removing them or else you will destroy your skates by ripping the back seam.
- Store skates in an area where fresh air can circulate around them. They should not be left in a bag, locker or near a radiator.

Frequency of Skate Sharpening and other Facts:

- The following outlines **general** guidelines that you may follow:
 - Beginners (CanSkate & A)**—skating 1 day/week sharpen skates every 2-3 months, skating 2 days/week sharpen skates every 6 weeks to 2 months
 - Advanced (B to E)**—skates should be sharpened after 20-30 hrs of skating.
- Other factors to consider when determining the frequency of sharpening are:
 - Condition of ice**—skating at outdoor public rinks may dull/nick blades quicker
 - Damaged edges**—blade may be accidentally be nicked due to various reasons
 - Skater preference**—some skaters prefer very sharp or duller blades
- UNDER ANY CIRCUMSTANCES **DO NOT REMOVE THE BOTTOM TOE PICK!**
- Use a good figure skate sharpening company. The club recommends below:

Places for Purchasing/Maintaining your Skating Equipment:

TK Services-Skate Sharpening (Tom Kalweit) 905-420-5973

Tom Kalweit is located in Pickering. Price: **\$14** per sharpening

Price includes a Pick-Up and Drop-Off Services

Jake’s Figure Skate Sharpening 905-889-3276

j_brunott@hotmail.com (Appointments recommended)

Hours: Mo-Tu, We 11:30-5:30, Th-Fr 8:30-5:30, Sa 9-4

14 Essex Ave., Unit 28, Thornhill, ON L3T 3Z1

Figure Skating Boutique 416-225-1377

Mara Boutique 416-690-0736