



YOUR COMPLETE SKATING AND DANCE STORE

1624 HWY 52 NORTH

ROCHESTER, MN 55901  
HILLCREST SHOPPING CENTER

(507) 281-1401

### **SKATE FITTING INFORMATION FOR PRE-SCHOOL, JR. CLUB AND ADVANCED JR. CLUB SKATERS**

Success in your skating class can be affected greatly by the type of equipment you have. Both the fit of the skate and the support in the skate are extremely important. Listed below are important facts about your skating equipment.

1 – Wear a thin sock in your skate. A thick sock will add length to the boot changing the balance point on the blade (if you have a narrow foot – you can get away with wearing a thick sock!)

2 – Children's skate size (up to a size 4) will run about the same as shoe size. Adult skate size will run approximately 1 size below shoe size.

3 – Skates should be fit with a very small amount of room to grow. You should not be able to feel room in the heel and the toes should be comfortable. The toes should not be pinched but it is also important that they not move too freely. An experienced skate fitter can help you determine the appropriate fit. If a skater's feet are still growing, skates that are fit well can be expected to last about one year. If a skate is fit too large, the skate will break down more quickly because of the gapping in the boot, the support in the boot is negated because the foot will be slipping around and the ankles will drop in, and the balance point on the blade is changed making it difficult to do the required moves.

4 - Vinyl skates have very little support and are not recommended for class level skating. Plastic skates are also not recommended due to the design of the blade, which makes it very difficult to do the required skills. Used leather skates (if they are not too used) are recommended as well as new good-quality leather skates.

### **SKATE SHARPENING INFORMATION**

The importance of proper skate sharpening for skaters taking classes cannot be over-emphasized. The following factors are important in a properly sharpened skate:

- 1 – Blade level must be even.
- 2 – Blade should be smooth along the edges, free of burrs and rough spots.
- 3 – Blade should have a clean, polished look to it. No "chatter" along the blade.
- 4 – Blade must have appropriate radius for the ability level of the skater.

The appropriate radius for all class level skaters or recreational skaters is called a combination grind (.75 radius). For adult recreational skaters, we usually recommend a .625.

With this type of sharpening, the groove in the blade is deep enough to dig into the ice; at the same time, it does not provide too much grip which makes the skater lose control of the shoulders and hips. In general, a skater will stay on this grind until they begin full revolution jumps such as the loop jump.

In Rochester, the combination grind is only available at Blades to Ballet, located in the Hillcrest Shopping Center. The cost is \$6.50.

If you have any questions about skate sharpening or skate fitting, please talk to your skating professional or call Ginger Knapp at Blades to Ballet - 281-1401.

Store Hours: Mon-Thurs 10-7, Fri-Sat 10-5 and Closed Sundays