

Speed Skating!

Ice World is pleased to offer a unique opportunity for Skaters of any age to learn the fundamentals of Speed Skating. This class is for anyone who has passed Basic 4. The skater will be ready to race after completing the speed 1-6 badge levels. This speed skating class will be taught by competitive speed skaters.



- **Five Weekly Sessions on Saturdays**
- **April 18-May 16, 2009**
- **10:00-10:30am**
- **\$105 for the five week series**

Class Focus:

- **Basic position**
- **Edges**
- **Turns**
- **Starts**
- **Speed development**

For more information, please contact: Heather Piepenburg, Skating Director at 410-612-1000 x101 or visit our website at www.iceworld.com.

Speed Skating Program Registration Form

Parent's Full Name _____ Student's Name _____
Address _____ City _____ State _____ Zip _____
Work Number _____ Home Number _____
email Address _____

Method of Payment: Check # _____ Cash Credit Card Exp. Date _____
If Credit: Visa M/C Discover Amex # _____

Assumption of Risk Agreement and Release:

Upon entering events sponsored by Ice World &/or agents or affiliates, I/We agree to abide by the rules of Ice World as currently published. I/We understand and appreciate that participation or observation of ice skating constitutes risk of serious injury or death. I/We voluntarily and knowingly recognize, accept and assume this risk and release Ice World, Ice Partners I, LLC, Sponsors, or event organizers and officials from any and all liability therefore.

Date: _____ **Signature:** _____
(signature of parent or guardian required for minors under age of 18)

Return completed form and payment to: Ice World, 1300 Governor Ct., Abingdon, MD 21009

Ice World's Speed Skating Class

Speed 1

- Demonstrate Basic speed skating position
- Two foot glides, straight line, 20 feet
- Two foot glides, straight line, 10 feet in speed skating position
- One foot glides, straight line, right & left, 10 feet each
- Demonstrate speed skating start position
- Demonstrate speed skating basic position
- Demonstrate knowledge of the size of speed skating track (111 meters)
- Execute Basic speed skating stroke
- Skate three laps around hockey circles in basic speed skating position

Speed 2

- Two foot glide on curve, 20 feet on proper edges (left foot outside edge & right foot inside edge)
- One foot glides on curve, right & left, inside & outside, 10 feet
- Forward crossovers on hockey circle, both directions
- Demonstrate proper start
- Skate one lap around track in basic speed skating position
- Skate one lap in 11 seconds around hockey circles
- One foot glides, straight line, right & left foot, 10 feet in speed skating position
- Demonstrate understanding of start command

Speed 3

- Forward crossovers with edge pushes, two consecutive hockey circles to left in speed skating position
- Demonstrate basic arm swing for straightaways
- Demonstrate basic arm swing around end of track (curves)
- Demonstrate proper start acceleration
- Skulling for one lap around track in speed skating position
- Skate five laps in speed skating position around hockey circles
- Skate two laps in 20 seconds around hockey circles
- Backward two foot glides in speed skating position, 10 feet

Speed 4

- Execute basic arm swing for one lap around track
- Execute proper straightaway speedskating stride
- Demonstrate proper foot placement while skating the track
- One foot turn to the left balancing on right foot, strong inside edge on track
- Skate four laps in proper speed skating position around full track
- Skate three laps in 36 seconds around hockey circles

Speed 5

- Execute basic arm swing, five laps around track
- Tight 180 turns on one foot, medium speed, right foot inside edge
- Tight 180 turns on one foot, medium speed, right foot outside edge
- Backward crossovers, both direction in a figure eight
- Skate 333 meters (3 laps around track) in 1:30
- Backward one foot glides, right & left foot, in speed skating position, 10 feet

Speed 6

- Slalom course– Two feet maneuver in speedskating position
- Slalom course– One foot, shifting from inside to outside edges, right and left foot in speedskating position
- Tight 180 turns on one foot– full speed– right foot inside edge
- Tight 180 turns on one foot– full speed– left foot inside edge
- Skate 333 meters (3 laps around track) in 1:20
- Skate 777 meters (7 laps around track) in 3:00