



www.speedskatens.ca



Do you like to SKATE?

Do you like to go FAST?

SHORT TRACK SPEED SKATING is for YOU!!

(Must be 5 or older with basic skating skills)

Speed Skating is a thrilling sport for boys and girls, which develops speed, strength, power, endurance, and agility. Ideal for the casual skater and also for skaters that want the excitement of competition.

Questions & Answers

Q: Can I sign up for speed skating this year?

A: Yes, we just started skating in mid-September and skate until late March.

Q: Can I come out and try speed skating before joining?

A: Yes you can. We also have a 4 week introductory period of \$100.

Q: Do I need speed skates?

A: No, many skaters start off with hockey or figure skates. We have some rental speed skates you can try, when you're ready. (See other side for more on equipment.)

Q: Where do you skate and when?

A: We skate out of the centrally located Gray Arena in Dartmouth, not far from the MacKay Bridge. We skate Mondays and Thursdays from 5:00 – 5:50 PM.

Q: How do I register or find out more information?

A: For more information go to our website at www.speedskatens.ca , drop by the Gray Arena on our skating nights or use the below contacts:

- **Email:** speedskate@ns.sympatico.ca
- **Phone:** David MacDonald – 477-9234

Equipment Needed For Speed Skating

SKATING OUTFIT

Best to dress in layers in order to be warm, have freedom of movement, should be somewhat wind-resistant, & doesn't expose skin below the neck. Choices: Tracksuit, nylon suit, running tights, and sweat pants if they are not too loose or bulky.

HELMET (Almost any kind, except bicycle helmets with large air vents that blades can fit into)



Speed Skating *



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Skateboarding



Hockey



Bicycle (**Not safe**)

NECKGUARDS

(Have to have the chest protector)



Left—Good

Right—Not Safe

GLOVES



Heavy leather gloves or winter mitts.
(Not baseball or golf gloves.)

Shin Guards



Hard shell soccer type

Knee Pads



Volleyball / Basketball type

Protective Glasses*



* Not mandatory, but strongly recommended.
For best protection, buy polycarbonate lenses.

SKATES



Most of the above equipment can be bought at places like Wal-Mart or a sporting goods store. Some equipment such as the glasses are available at Mountain Equipment Co-op, sport stores, and many building supply stores. Ensure protective glasses fit well with the helmet you are using, certain helmets; particularly hockey helmets may interfere with the arms on the glasses. The leather gloves (rancher style) can be found at Mark's Work Wearhouse, but any cut resistant glove is fine.