

Inside EDGE

YOUR OFFICIAL SOURCE FOR ICE DEN NEWS

September/October 2006



Skate Education 101

How to Find and Fit The Most Appropriate Equipment

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Skate Ed 101

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... and more!



Coyotes Ice Sports Manager Jeff Burnor is a pro at skate sharpening

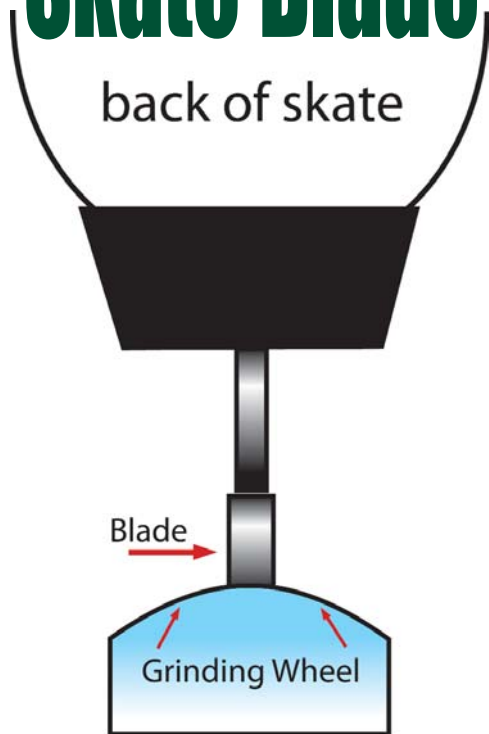
Talent and tenacity often denote success in the world of skating, but one entity which can make a huge difference in the development of any skater is the equipment. In this edition of *Inside Edge*, we give you just that... inside information on how to go about finding the best skate for your skater.

Unbeknownst to many parents, there's more to the equation than just shoe size. Proper fit and appropriate equipment can make a huge difference in your skater's ability to progress.

Improper fit is the number one cause for

skate failure and/or poor performance. To fulfill the basic needs of proper boot fitting, the following areas of concern must be addressed. The boot chosen should suit one's type of skating and one's physical characteristics; Are you a beginner or more advanced? Tall or short? Heavy or light? More advanced skaters often choose all leather boots with separate blades and have them professionally mounted. Beginners may prefer less expensive pre-mounted blades. The boot leather "upper" should be moderately stiff for beginners (cont.)

Anatomy of A Skate Blade



You may know that your skate blade has two edges (inside and outside), but did you know that there is a "hollow" between the edges? Pick up your skates and give them a look from the above angle. See the hollow? This hollow can be deep or shallow on your blade which is made of thick steel, typically 0.15" thick.

This knowledge leads to more questions. How deep or shallow and how often do I sharpen my skates? To get the answer to your questions, ask the experts; your coach or instructor or the knowledgeable staff of Coyotes Ice Sports - the Alltel Ice Den's in-house store. Your coach or sharpener can offer guidance on the depth of blade sharpening (which is measured in inches) depending on current skill level and preference. But how often do you get these skates sharpened? When they need it. This depends on how much and how hard you skate. If the edges no longer feel secure, and/or the edges appear dull upon inspection, it's time for a sharpening. Once you find a sharpener you like, stick with them. A different sharpening machine could give you a totally different feel.

Be sure to read adjacent article for details on sharpening prices and store hours at Coyotes Ice Sports.

Back Stage with Champions On Ice



Grant (adult on left) and Ice Den Skaters Enjoy After-show Meet & Greet

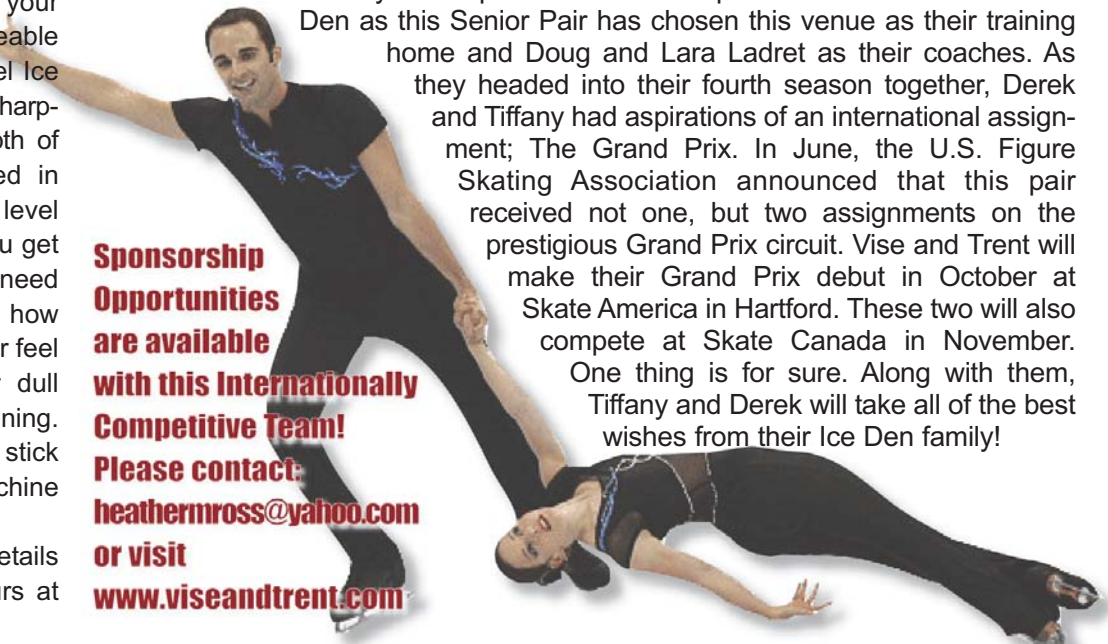
An unforgettable evening awaited over 150 Ice Den figure skaters and their families at the Champions On Ice Show last month at Glendale Arena. Grant Rorvick, Ice Den staff instructor, also serves as the Champions On Ice Tour Media Coordinator. Grant invited all skaters to the pre-show warm-

up and post-show autograph signing with a meet and greet. The young skaters could hardly hide their joy when they had the opportunity to meet such skaters as Sasha Cohan, Michelle Kwan and other notable Olympic and World Champions. Grant... thank you for making memories for us all!

Tiffany Vise & Derek Trent PAIRED FOR SUCCESS!

You may have spotted the talented pair of Vise & Trent at the Ice Den as this Senior Pair has chosen this venue as their training home and Doug and Lara Ladret as their coaches. As they headed into their fourth season together, Derek and Tiffany had aspirations of an international assignment; The Grand Prix. In June, the U.S. Figure Skating Association announced that this pair received not one, but two assignments on the prestigious Grand Prix circuit. Vise and Trent will make their Grand Prix debut in October at Skate America in Hartford. These two will also compete at Skate Canada in November. One thing is for sure. Along with them, Tiffany and Derek will take all of the best wishes from their Ice Den family!

Sponsorship Opportunities are available with this Internationally Competitive Team!
Please contact:
heathermross@yahoo.com
or visit
www.viseandtrent.com



Get Equipped! Here's How.

Figure Skates... Hockey Equipment... it's all an investment. Here are a few leads on what costs to expect and how to invest wisely.

BRANDS OF FIGURE SKATES:

Riedell - Boot and blades sold together

Ribbon Red - \$100 - \$110 · For skaters in Snowplow Sam - Basic 4
Medallion/Gold - \$210 - \$235 · For skaters in Basic 1 - Freeskate 3 levels
Star/Silver - \$315 - \$365 (blades sold separately) · For all basic levels - Freeskate 1-6 levels

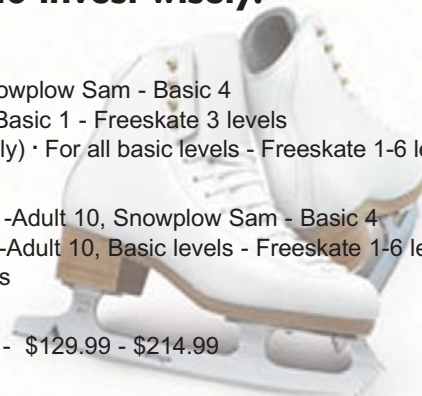
Jackson

Classique - \$119.99 - \$129.99 · Youth sizes 11-Adult 10, Snowplow Sam - Basic 4
Freestyle - \$184.99 - \$199.99 · Youth sizes 11-Adult 10, Basic levels - Freeskate 1-6 levels
Competitor - \$249.99 · All Freeskate 1-6 levels

Boys Figure Skates

Jackson Marquis and Men's Freestyle Models - \$129.99 - \$214.99

Skating Gloves - \$4



BRANDS OF HOCKEY SKATES:

Easton, Bauer, CCM, Mission
Youth sizes 8-13.5 · \$70 - \$120
Junior sizes · 1 - 5.5 · \$80 - \$130
Adult sizes 6-12 · \$140 - \$600

Recommendation: Before buying hockey skates for the Learn-To-Skate classes, make sure your skater has a good basic balance on standard figure skates OR attend a public skating session and rent hockey skates to see the balance before attending your first class.

OTHER HOCKEY EQUIPMENT

Helmets · Brands available in Coyotes Ice Sports include Itech, Bauer, Mission, RBK
\$50 - \$150 - All helmets are HECC approved

Hockey Gloves · \$20 - \$50 suitable for beginning levels

Hockey Sticks · \$15 - \$150 - Make sure you ask about proper stick length and taping

*Equipment discounts offered at Coyotes Ice Sports for all Learn-To-Skate & CAHA Participants

SKATE SHARPENING: Figure Skates · \$12.00 Hockey Skates · \$7.00

It is best to call ahead and schedule your sharpening. For all all figure skaters working on Pre-pre test and levels above, please ask your private lesson coach or Jeff Burnor, Manager of Coyotes Ice Sports, for sharpening recommendations.

Coyotes Ice Sports is open Mon - Fri, 10:00 AM - 9:30 PM & Sat - Sun, 9:00 AM - 8:00 PM

TAKE A **JUMP** BACK INTO HISTORY!

Ever wonder about the origin of all those fantastic jumps figure skaters work so diligently to execute? Here's a look back at their roots.

The Jump

Single Axel

Double Axel

Triple Axel

Single Loop

Double Loop

Triple Loop

Triple/Triple Loop

Single Lutz

Double Lutz

Triple Lutz

Single Salchow

Double Salchow

Triple Salchow

First Skater to complete the jump in competition

Axel Paulsen on speed skates in 1882

Dick Button in 1948, Carol Heiss in 1953

Vern Taylor in 1978, Midori Ito in 1988

Werner Rittberger in 1910

Karl Schafer in 1925 (in practice only)

Dick Button in 1952

Eric Millot in 1996, Tara Lipinski in 1997

Alois Lutz in 1913

Karl Schafer in 1925, Barbara Ann Scott in 1942

Donald Jackson in 1962, Denise Biellman in 1978

Ulrich Salchow in 1909, Theresa Weld in 1920

Gillis Grafstrom in 1926, Cecelia Colledge in 1937

Ronnie Roberston in 1955, Petra Burka in 1962

For more interesting facts on figure skating jumps, visit www.jacksonskate.com/html/jumplist.html

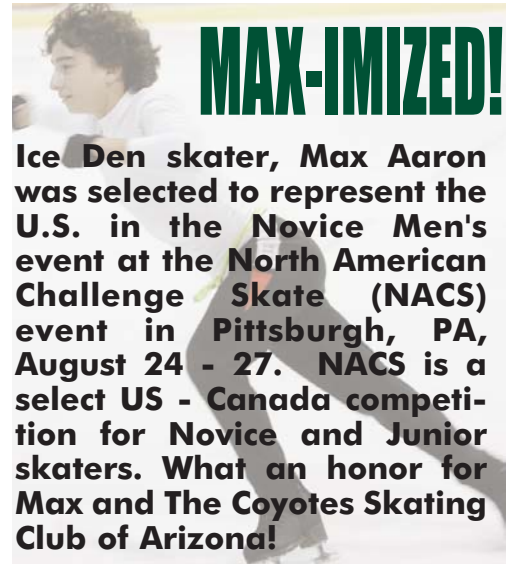
SKATE EDUCATION

Cont. from Page 1

and become progressively stiffer for more advanced skaters.

When it comes to the fit, always consult a professional. Buying skates sight unseen can be asking for trouble. Figure and hockey skates sizes often differ substantially from one's shoe size and also from manufacturer to manufacturer. Keep in mind boots should be comfortable and the skater's heel should fit snugly back into the heel "cup" and the toes should not be cramped and should have room to raise slightly. Boot width selection is critical. If a boot is too narrow, comfort will be affected and there is also a chance of potential foot injury. If the boot is too wide, foot slippage and premature boot breakdown may occur.

The bottom line is that this is an area where you don't want to "wing it." Proper skate fit has a huge bearing on the progression of any skater. It's really worth your time to simply ask for assistance from your coach or skate shop manager.



Ice Den skater, Max Aaron was selected to represent the U.S. in the Novice Men's event at the North American Challenge Skate (NACS) event in Pittsburgh, PA, August 24 - 27. NACS is a select US - Canada competition for Novice and Junior skaters. What an honor for Max and The Coyotes Skating Club of Arizona!

Educate us on your latest news!

We are looking for newsworthy information, photos, Blades-N-Grades nominations, and more! Email Julie Wilson at:

jwilson@coyotesice.com



Good for one free skate sharpening.

Coupon must be presented at time of sharpening to receive discounted service · Expires 9/30/06

WHAT'S Coming Up

Alltel Ice Den Events



The Alltel Ice Den would like to welcome BNC National Bank as a new tenant and sponsor of LTS!

September

9th · Ice Ensemble/Synchro Teams Open House

12th · LTS session #1 begins*

October

24th · LTS session #2 begins*

January

9th · LTS session #3 begins*

*LTS = Learn to Skate Levels A, B, C, Parent & Pups, and Ice Cafe

Learn To Skate Sessions Are Filling Quickly! Consider signing up only once for the entire season!

The Fall/Winter House season is close to underway. If your hockey player is not registered, please call the CAHA office to check on space availabilities: 480-473-5808. Let the games begin!

Crossovers

News from Across the Rink



Coyotes Figure Skating Teams Open House & Tryouts

On September 9, 2006, The Alltel Ice Den will host an open house and tryouts for its Ice Ensemble Team and its Synchronized Teams; The Coyotes Stars and Coyotes Spirit. Ice Ensemble is recommended for skaters at the Pre-Pre Freeskate Level and up. The Synchro Teams are recommended for skaters at FreeSkate Level 1 and up.

Parents Refreshment Social: 9:00 - 9:30 AM

Ensemble: 9:45 - 10:45 AM - On-Ice Clinic, 10:45 - 11:45 AM - Meeting

Synchro: 9:45 - 10:45 AM - Meeting, 10:45 - 11:45 AM - On-Ice Clinic

There is no fee to attend. To confirm participation, email: CoyotesIceEnsemble@cox.net or CoyotesSynchro@cox.net or come 20 minutes early to check in.

For more information on the above, please visit: www.CoyotesSCofAZ.com

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