



Checklist for Skaters

Highly Recommended

- Long thin skating socks
- Soft blade covers (soakers)
- Gloves
- Helmet

Recommended

- Hard walking guards (skate guards)
- Drying towel (blade chamois)
- Skate bag
- Lace hook (skate key)
- Odor absorbers (Stink-eez)
- Skatewear (jacket, pants, headband)
- Body protection (knee pads, hip/rear pads, padded gloves)
- Extra laces

Optional

- Support insoles (Superfeet/Jackson)
- Gel foot/ankle sleeves
- Edge honer (Re-Edger)
- Spinner trainer
- Water bottle
- Rink tote

POLAR SKATE SHOP

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Coach: **Aimée Ricca**
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Tips for Skate Maintenance

- ✓ Use a microfiber towel to dry your blades completely, including the sole plates and screws.
- ✓ Cover your blades with a soft blade covers (soakers) which will absorb condensation that may form on the blade and will protect the edges from nicks.
- ✓ Never leave hard skate guards on your blades. Hard guards are for walking only and not for storage.
- ✓ When you remove your skates, loosen the laces down to your toes to open the tongue wide so your foot slips out easily.
- ✓ At home, take your skates out of your skating bag and pull the tongues back so the boot lining can dry out.
- ✓ After 20-30 hours of skating, have your blades sharpened by a professional skate tech.

POLAR SKATE SHOP

Appointments at polarskateshop.com

For all your skating needs

- ✓ Get fitted by a professional with 25+ years of experience.
- ✓ Heat molding, initial boot adjustments and initial sharpening included FREE with each new skate purchase.
- ✓ Professional, high quality blade sharpenings to enhance on ice performance.

