

About the Sport of Xtreme Ice Skating

Founder:

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www.XtremeIceSkating.com

What is Xtreme Ice Skating?

Xtreme Ice Skating is an extreme sports culture on the ice. Participants usually engage in other extreme sports such as skateboarding, aggressive skating, and snowboarding. Xtreme Ice Skating captivates the creative, fun and daring side of ice-skating. Moreover, it is a social sport that captures interest and attention of on-lookers. For most, being a leader and a thrill seeker is not a choice, it's the nature of Xtreme.

How good of a skater must I be?

The sport of Xtreme Ice Skating is for all those interested, whether first time skaters or avid athletes.

What to expect:

Xtreme Ice Skating will teach you how to overcome your fears. Our sport takes ice-skating to a whole new level, one which teaches how to maneuver and balance in ways that you never thought possible.

What equipment is required?

We do not provide equipment. You must have a helmet (any helmet with a strap), knee pads, elbow pads, and wrist guards. If you are jumping, you must also wear hip protection. A roller hockey girdle is suggested. If you were previously a figure skater, than crash pads are fine. All skaters must wear all of this equipment before entering the ice. If at any time a skater decides to take off their equipment, the instructor will ask them to leave the ice until they have fully and properly equipped themselves.

We suggest purchasing rollerblading protective gear and aggressive inline helmets since it is more affordable than hockey gear. If you already have a helmet and it has straps for the chin, you may use it.

What you'll be learning:

▪ **Pre-testing** (for people who never skated before or can't skate):

* * * Please read the following:

- For students who already have a handle on ice-skating, they may skip the pre-testing skill level and go directly to *Beginner level-1* class.
- Students must learn pre-testing lesson's 1 thru 8 before moving on to higher levels.
- Furthermore, lesson plans for *Pre-testing* must be taught in sequential order.

Lesson 1:

How to fall properly. Forward stroking: keep knees bent, keep arms out, stick butt out. Have student hold the side rails: one arm on rail, other arm off. Also, teach marching technique on the ice if student continues to struggle.

Lesson 2:

Forward stroking: keep head up, and make sure lower back is arched inward. Bend knees. Reinforce principles learned in lesson one.

Lesson 3:

Add speed to forward stroking. Get students off the side rails if they are still learning this way. Challenge the student at an ever increasing rate. Introduce forward cross-overs if they're ready.

Lesson 4:

Forward cross-overs.

Lesson 5:

Basic two-footed turns: student learns the Hawk Turn but without speed or aggressive edge.

Lesson 6:

Backwards skating in a straight line.

Lesson 7:

Backwards crossovers. Student learns that balance is derived from the hips. Student learns to shift hips on an angle to adjust for weight displacement.

Lesson 8:

Shifting from forwards to backwards (done slowly).

***** Students may request to learn any trick within their skill level. However, this excludes the Pre-testing skill level (the introduction to the sport).**

▪ **Beginner level-1:** [Suggested sharpening: 1/2" radius]

Tricks to be taught:

- One Footed Stop
- Tuck Stop
- Heel Stop
- Hawk Turn

▪ **Intermediary level-1:** [Suggested sharpening: 3/8" radius]

Tricks to be taught:

- 3-Turn (inside & out)
- Double-footed Backwards Turn
- Knee slides (basic & advanced)
- One-Footed Hops
- Reverse Apolo Turn (basic)
- T-Turns
- Moving Spins
- Eagle Turn
- Drunken' Sailor Movement.
- T-Stop
- Insanity

▪ **Intermediary level-2:** [Suggested sharpening: 1/4" radius]

Tricks to be taught:

- Apolo's Turn
- Whip Turn
- Fakie 180°
- Double Spray
- Swing Dance Kicks
- Frontside Stop
- Eagle Stop
- Rainbow Stop

▪ **Intermediary level-3:** [Suggested sharpening: 1/4" radius]

Tricks to be taught:

- Eagle Toe Stop
- Hope Footwork
- Step Footwork
- Fancy Dance
- R-Stop
- Kneeslide Footwork
- Fakie 360°

- Air tuck
- X-Stop
- Reverse Apolo Turn (advanced)
- **Intermediary level-4:** [Suggested sharpening: 1/4" radius]

Tricks to be taught:

- Circular Footwork
- Tight Footwork
- Frontward Footwork
- Eagle Footwork
- Frontside 180°
- Frontside Air
- Cobra Footwork