

Tips for Success:

Consistent lesson time as well as individual practice time is imperative to helping the skater achieve their personal goals. I recommend equal individual practice to every lesson, so the skater can develop what they have learned and lesson time can be reserved for developing new skills and building upon what they know. The more they are on the ice, the quicker they will develop as a skater. Skating is a hard sport that requires consistency and determination. Off ice conditioning is highly recommended to supplement their skating. I want all of my skaters to reach their full potential!

The following will ensure a successful skate:

- Sharp and properly fitted skates * skates should be sharpened every 10 hours of skating time
 - Cooke's Skate shop <https://cookesskatesupply.com/>
 - Scott: 446 Main St Wilmington, MA Phone: 978-657-7586
 - Scott: 334 Massachusetts Ave, Boxborough MA Phone: 978-263-8418
 - The Sharper Edge <https://sharperedgeskates.com/>
 - Jonathan: 50 Nancy Ave, Peabody MA Phone: 888-54-SKATE
- Proper Skating attire: warm, fitted exercise pants, layers of shirts and jackets
 - <https://chloenoel.com/>
- Things to bring with you for a skating lesson:
 - Water
 - Gloves
 - Notebook
 - Hair ties
 - Hard guards to walk on black matted area
 - Towel to dry off skates to maintain unrudded skates
 - Soakers on blades once dry. *Storing skates with hard guards will rust the blades
 - Helmets required for beginner skaters up to Basic 3