

Slides created for assignment in
Eng 503x: Oral Communication Skills
for Engineering PhD Students with
Prof. Elizabeth Fife

Learning a lot, would recommend



HOW TO ICE SKATE: FOR FIRST TIME SKATERS



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ENG 503X PHD ORAL COMMUNICATIONS WITH PROF. FIFE

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Overview

Introduction to ice skating

Step 1: Off-Ice Preparation

Step 2: Learning How to Fall

Step 3: Learning How to Stand

Step 4: Taking the First Steps

Step 5: Gliding & A Cool Trick 🛼 🛼

Final tips & takeaway

About Me

- 15 years competitive experience
- US Figure Skating Double Gold Medalist
- 4 years experience Skate Academy coach
- 2+ years private coach

Step 1: Off-Ice Preparation

“Proper preparation prevents poor performance” – unknown

1. Stay Warm



2. Proper Skate Setup



Step 1: Off-Ice Preparation

“Proper preparation prevents poor performance” – unknown

1. Stay Warm

Bring:

- I. Warm jacket
- II. Gloves
- III. Bandages

2. Proper Skate Setup



Step 1: Off-Ice Preparation

“Proper preparation prevents poor performance” – unknown

1. Stay Warm

Bring:

- I. Warm jacket
- II. Gloves
- III. Bandages for comfort

2. Proper Skate Setup

Ensure:

- I. Skates are the right size¹
- II. Laces are sufficiently tight²
- III. No buckling of the ankles

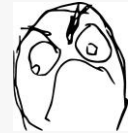
1. Know your tennis shoe size and ask the skate rental counter staff for sizes to try. Right size should feel *snug* with no toe curling or 1+ finger space at the heel.
2. tight laces should mean that you cannot fit a finger between the laces and boot

Step 1: What Not to Do for Off-Ice Preparation

1. Have Tense Muscles



2. Have This Improper Skate Setup



Step 2: Learning How to Fall

1. Prevention: **If you feel like you are going to fall, put your hands on your knees**



Step 2: Learning How to Fall

1. Prevention: If you feel like you are going to fall, put your hands on your knees
2. While Falling:
 - **Do NOT break your fall with your hands**
 - **Do NOT grab onto others**

i.e Do NOT panic



Step 2: Learning How to Fall



1. Prevention: If you feel like you are going to fall, put your hands on your knees

2. While Falling:

- Do NOT break your fall with your hands
- Do NOT grab onto others

3. Getting Up:

a) Get on all fours

b) Put one leg up to be half kneeling

c) Stand up

3a)



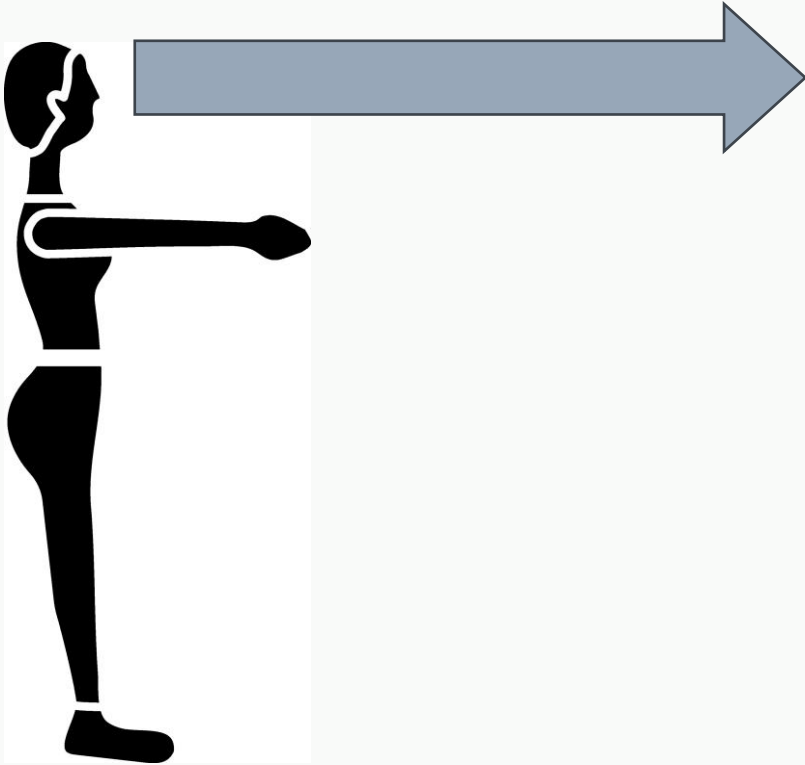
3b)



3c)

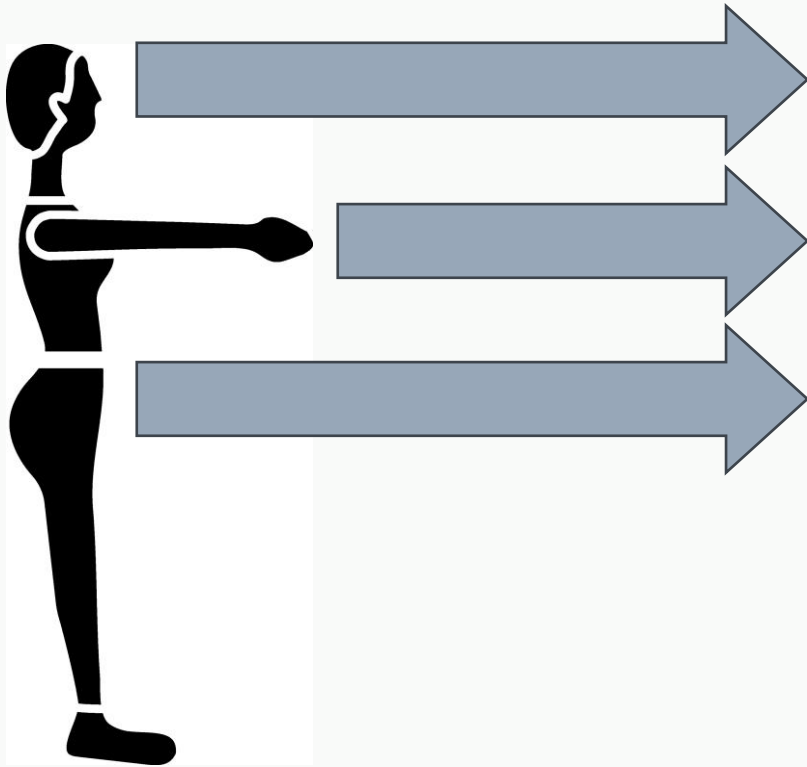


Step 3: Learning How to Stand – Head to Toe



Head: **Look where you want to go (not down)**

Step 3: Learning How to Stand – Head to Toe

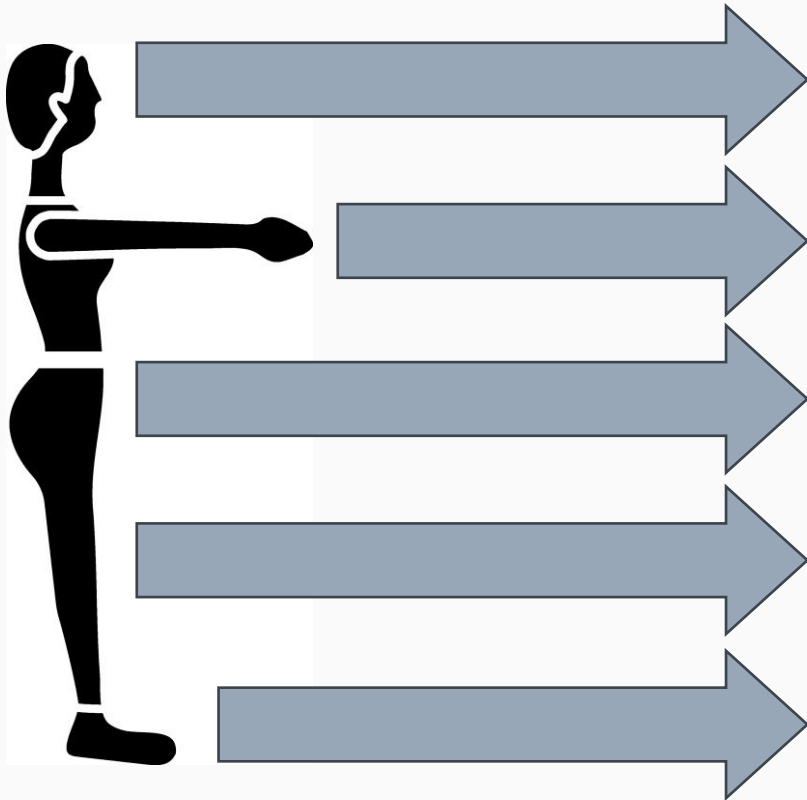


Head: **Look where you want to go (not down)**

Arms: **Hold arms in front of body (V-shape)**

Hips: **Keep hips under your body**

Step 3: Learning How to Stand – Head to Toe



Head: **Look where you want to go (not down)**

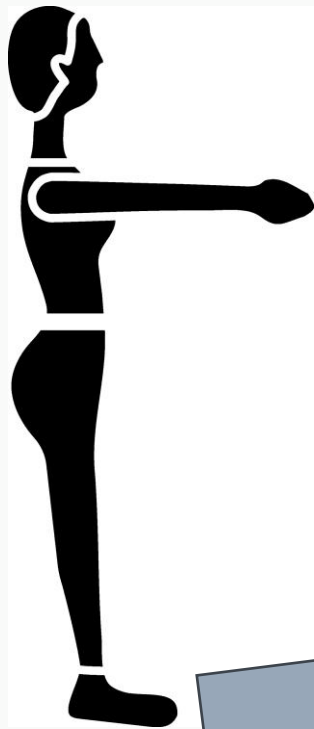
Arms: **Hold arms in front of body (V-shape)**

Hips: **Keep hips under your body**

Knees: **Bend knees slightly (no locking)**

Feet: **Place feet shoulder width apart**

Step 3: Learning How to Stand

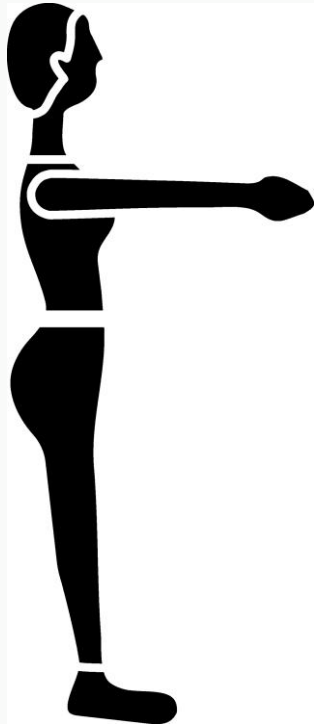


Toes point straight ahead

Feet look like the number 11

Step 4: Taking the First Steps by Marching

Step 3: Standing

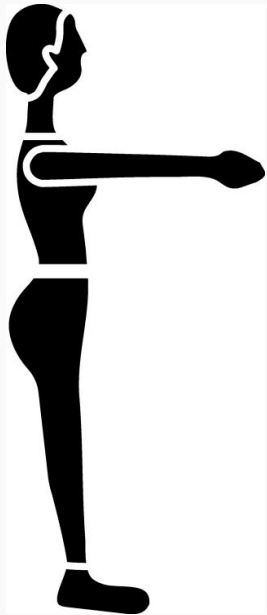


Step 4: Marching



Step 5: Gliding & A Cool Trick

Step 3



Step 4: Marching



Step 5: Glide & Squat



Step 5: Gliding & A Cool Trick

Step 5: Glide & Squat



Feeling Brave? Squat lower



Moving Forwards

Skills we covered:

1. Forward marches
2. Two-foot glide
3. Squats



Skills that build on these basics:

1. Stopping (not by running into the wall)
2. One-foot glide
3. Backward 'wiggles'

Final Tips & Takeaways

Step 1: Off-Ice Preparation

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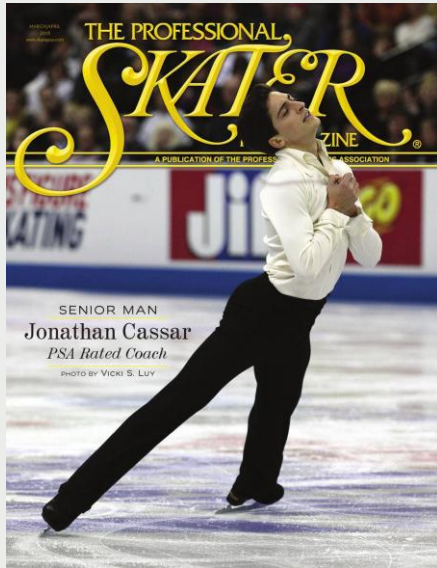
QUESTIONS?

Contact: emilysk8nguyen@berkeley.edu

- Off-Ice Skate Preparation
- Falling & Getting Up
- Standing & Balancing
- Marching
- Gliding & Doing a Squat

Acknowledgements

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Coach Jonathan Cassar



**Coach Julie Newman
(right)**



Prof. Elizabeth Fife



