

Slides created for assignment in

Eng 503x: Oral Communication Skills for Engineering PhD Students

Learning a lot, would recommend



HOW TO ICE SKATE: FOR FIRST TIME SKATERS



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ENG 503X PHD ORAL COMMUNICATIONS
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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 class 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:

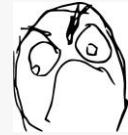
- I. Skates are the right size
- II. Laces are sufficiently tight
- III. No buckling of the ankles

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

1. Have Tense Muscles

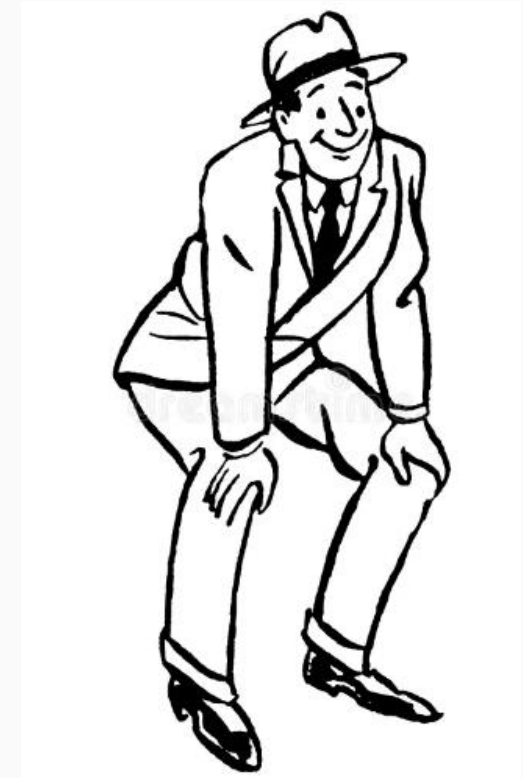


2. Have This Improper Skate Setup



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**



Step 2: Learning How to Fall



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

3a)



2. While Falling:

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

3b)



3. Getting Up:

a) Get on all fours

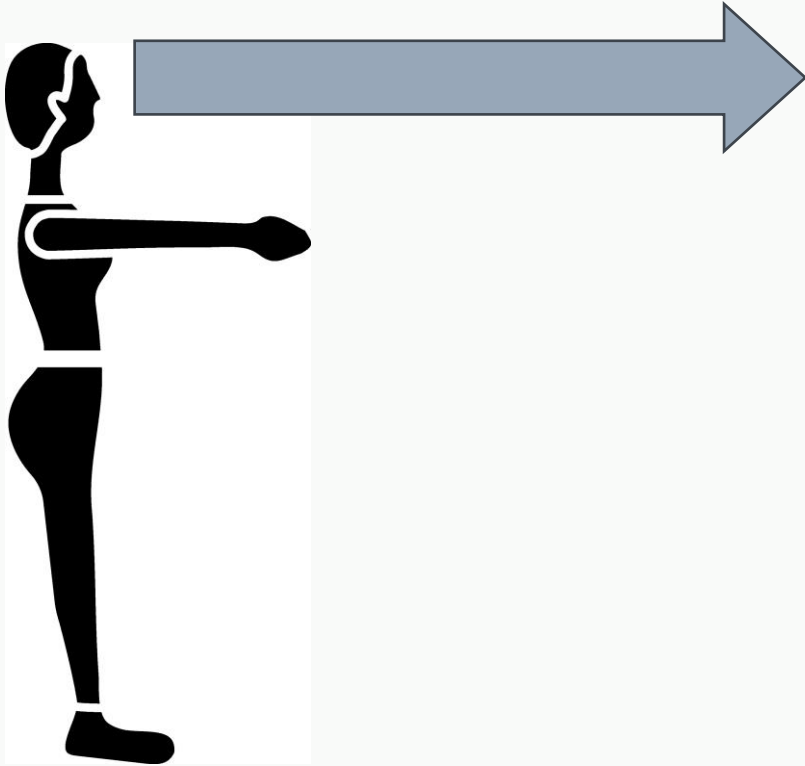
b) Put one leg up to be half kneeling

c) Stand up

3c)

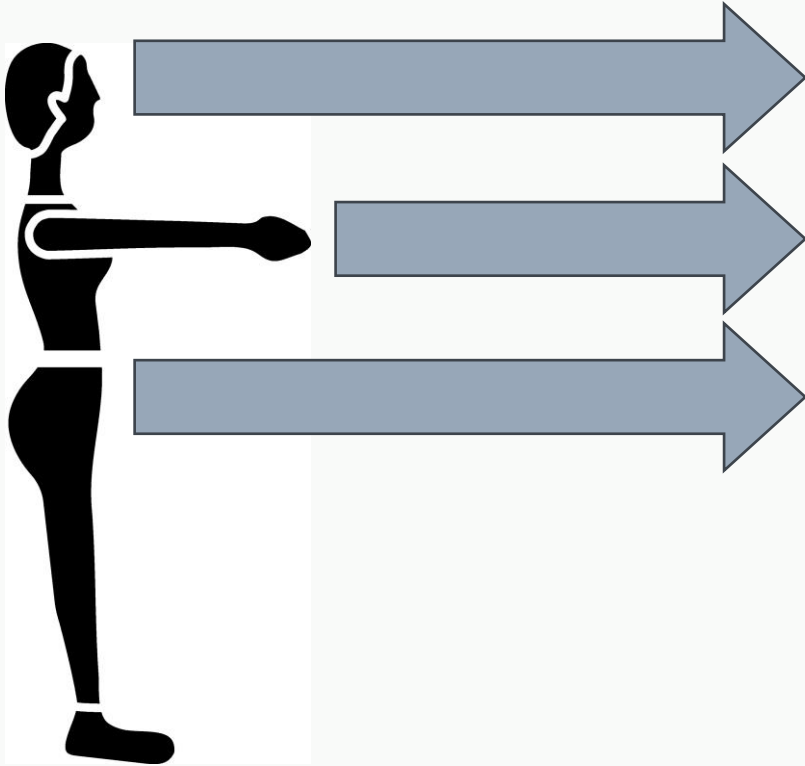


Step 3: Learning How to Stand – Head to Toe



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

Step 3: Learning How to Stand – Head to Toe

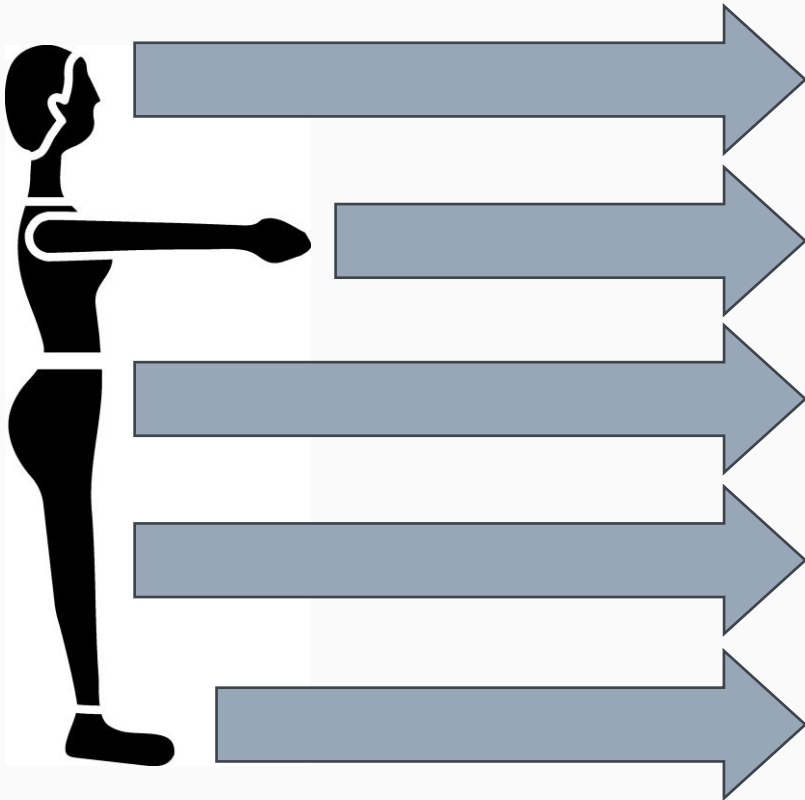


Head: **Look where you want to go (not down)**

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)**

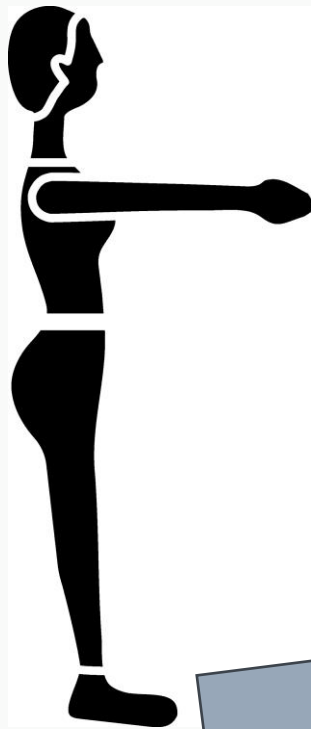
Arms: **Hold arms in front of body (V-shape)**

Hips: **Keep hips under your body**

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

Feet: **Place feet shoulder width apart**

Step 3: Learning How to Stand

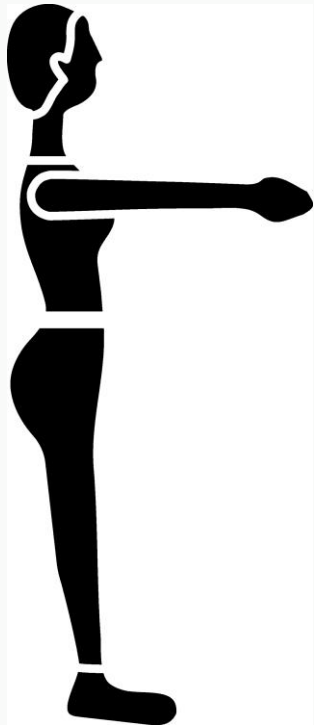


Toes point straight ahead

Feet look like the number 11

Step 4: Taking the First Steps by Marching

Step 3: Standing

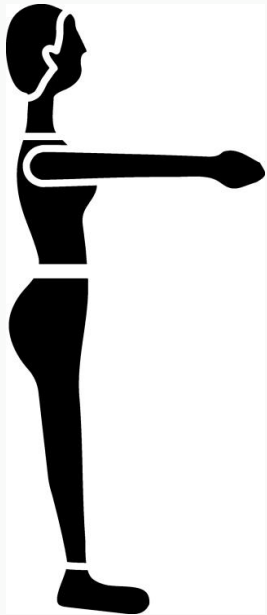


Step 4: Marching



Step 5: Gliding & A Cool Trick

Step 3



Step 4: Marching



Step 5: Glide & Squat



Final Tips & Takeaways

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  

QUESTIONS?

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

