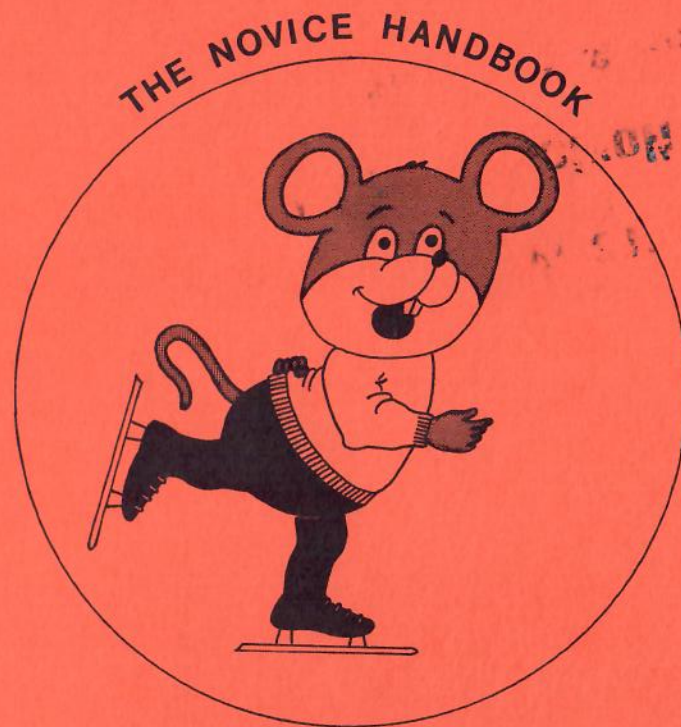




**THE AMATEUR  
SKATING UNION  
OF THE UNITED STATES**

**an introduction to  
≡ *SPEEDSKATING***



**Hi! my name is  
Ray C. Rodent & I  
≡ *Speedskate***



**MEET.....**

**Ray C. Rodent**



# To the reader..

This booklet is designed to offer novice skaters and their parents a brief overview of one of the most exciting sports in the world....

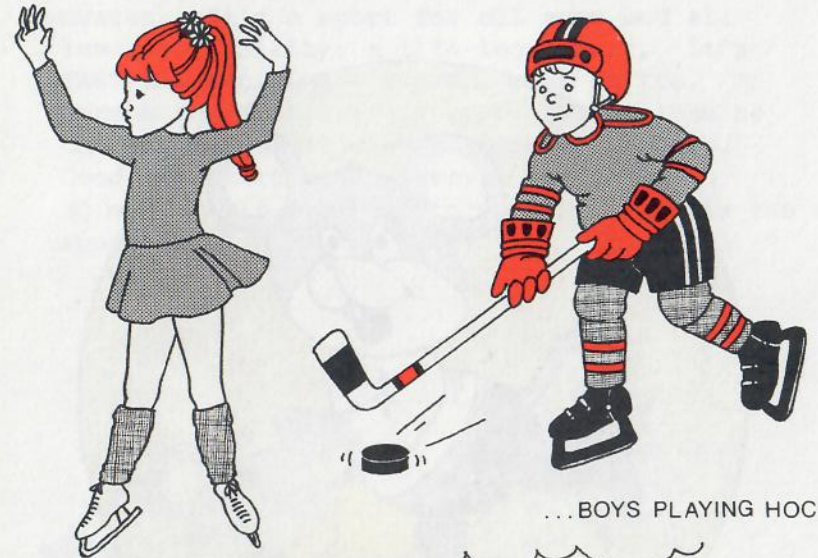
## **..speedskating**

The information which follows will give you the basic knowledge needed to begin your speedskating career and to enjoy your experiences. Remember, some of the most important aspects of any sport are to set realistic goals, to pursue those goals steadily and to HAVE FUN!

Best Wishes & Good Skating....



# What do you think of when you think of 'ice skating'?



...BOYS PLAYING HOCKEY?

GIRLS FIGURE SKATING?...



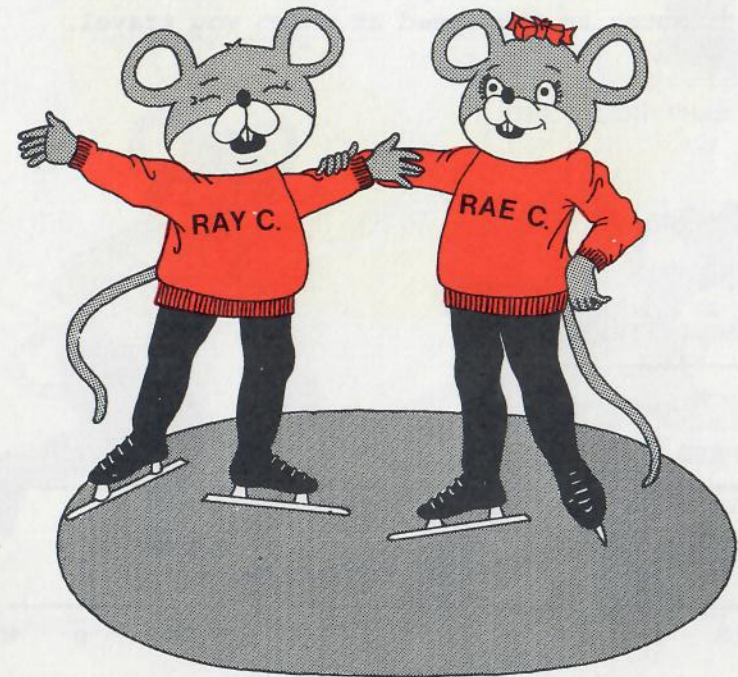


# There's an even better way to ice skate called **SPEED SKATING....**



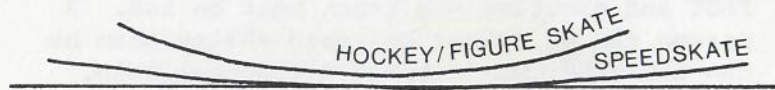
**Hi! My name is  
Ray C. Rodent & I  
= Speedskate**

Boys and girls may compete on the same team, wearing the team uniform and the same kinds of skates. It's a sport for all ages and all levels of ability; a life-long sport. It's FAST and exciting - a track meet on ice. A person can go faster on speed skates than he can any other way without mechanical help. Good speedskaters may travel as fast as 30 m.p.h. If you like to go FAST, this is the sport for you.

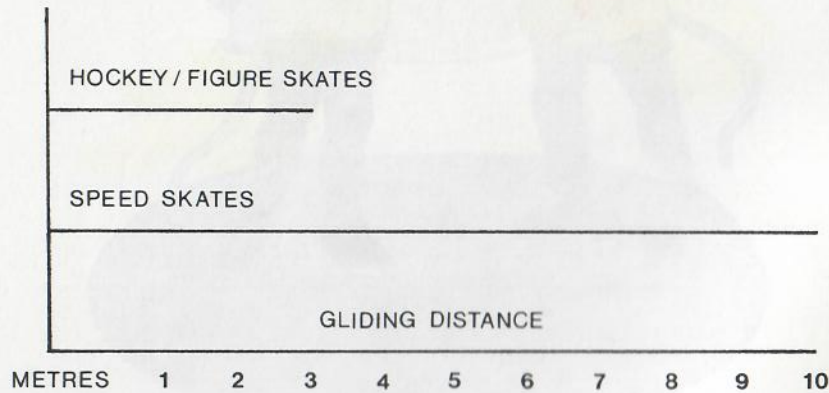




# Why can you go so *FAST* on speed skates?



Speed skates have longer blades with less rock (they are flatter) so you can balance better and glide further with less effort. The quality of your "form" or how you stroke on skates also contributes to the speed at which you travel.



# Here are some of the basic movements...



THE "PUSH" PHASE



THE "GLIDE" PHASE



THE "RECOVERY" PHASE

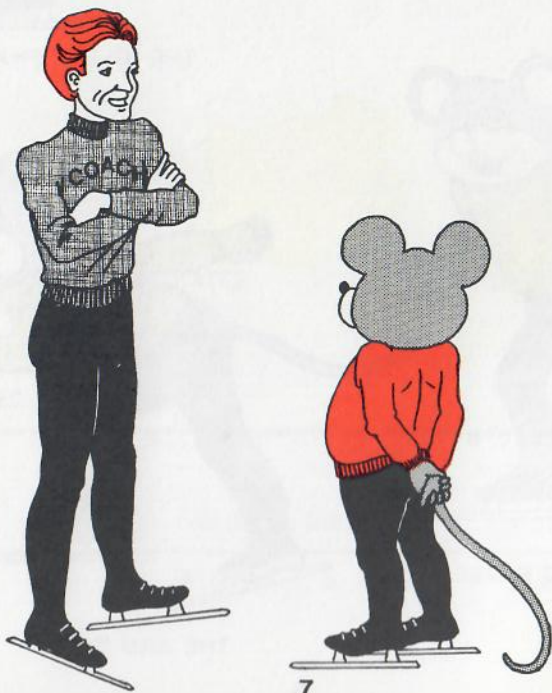


THE ARM SWING



## Where can you speed skate?

In most parts of this country, you can speed skate both indoors and outdoors during the season when natural outdoor ice is available. Many local Park Districts or playgrounds sponsor races. There are also clubs or teams who are always looking for new skaters. These clubs will provide on and off ice practice and coaching for their members, sometimes year 'round....Remember, even though you may skate for a club or a team, each race is YOUR race and YOU skate it as an individual.



## What different kinds of speed skating are there?

When you skate outdoors or indoors against a group of skaters in a race or at a skating meet, this is called "pack style" skating. A number of skaters start on the same line and, at the sound of the starter's gun, will race around the track one or more times to determine the winner of that distance.

Indoor tracks vary in size according to the size of the ice rink. The path of the skaters around the track is changed often by moving small rubber blocks to make certain that the ice is always as smooth as possible. Protective mats are placed at the corners of the rink to discourage injury.

Outdoor tracks may vary in size too, according to the lake or pond area available. The largest is a 400 meter oval.



The speedskating you see in the Winter Olympics is called "metric style" skating. This style is usually for very proficient skaters. Two boys or two girls race on the outdoor track at the same time, but each is skating against the clock for the fastest time.

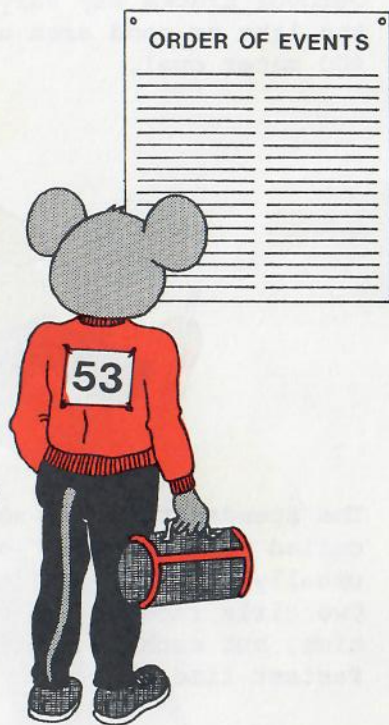


# What is a speed skating meet?

Skaters of all ages skate a series of races against other boys or girls in their same age class. Age groups begin with "Tiny Tots", who are under 6 years of age, and progress upwards through "Pee Wee" (7), "Pony" (8 & 9), "Midget" (10 & 11), "Juvenile" (12 & 13), "Junior" (14 & 15), "Intermediate" (16 & 17) and "Senior" (over 18). There are also special classes for skaters who are quite a bit older.

AT A SPEEDSKATING MEET....

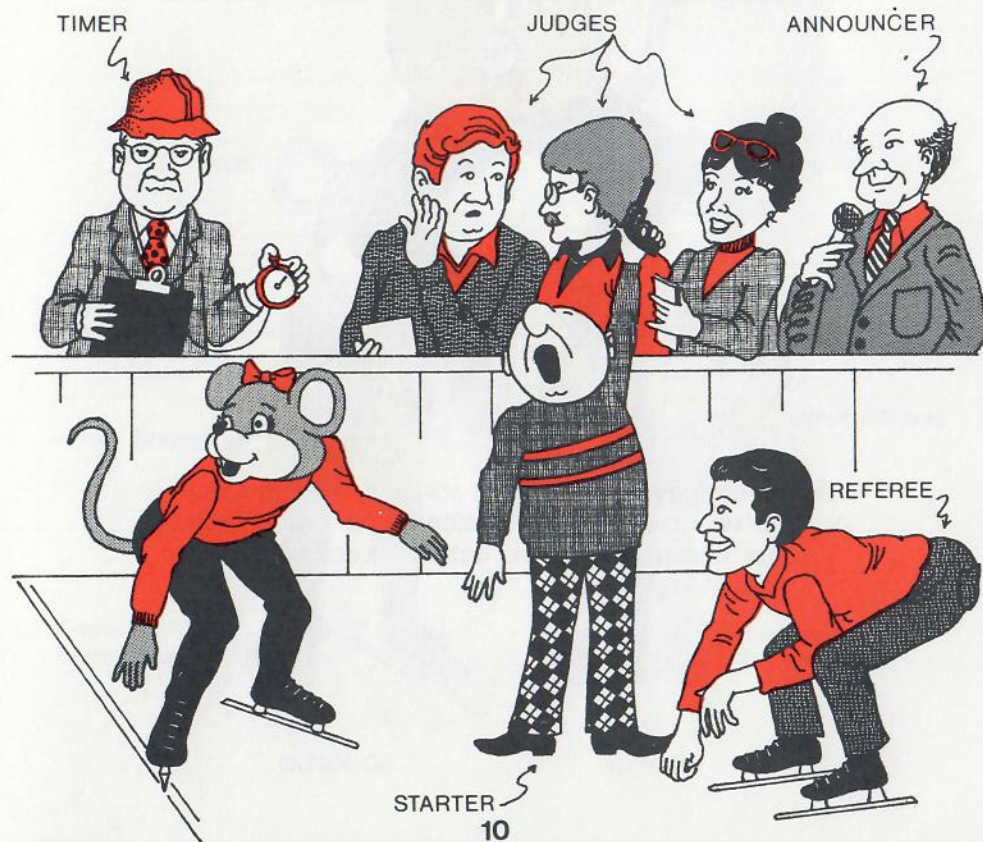
- 1) First, you register, get a number to wear on your back and then find out what distances you will race.



- 2) When it's almost time for you to race, you wait in the "Heat Box" with the others you will skate against.



- 3) When you race, there will be starters, judges, timers, referees and other officials to see that the race is skated properly and fairly and to record the results.





- 4) You may skate several preliminary races or "heats" to see who will qualify for the final races.



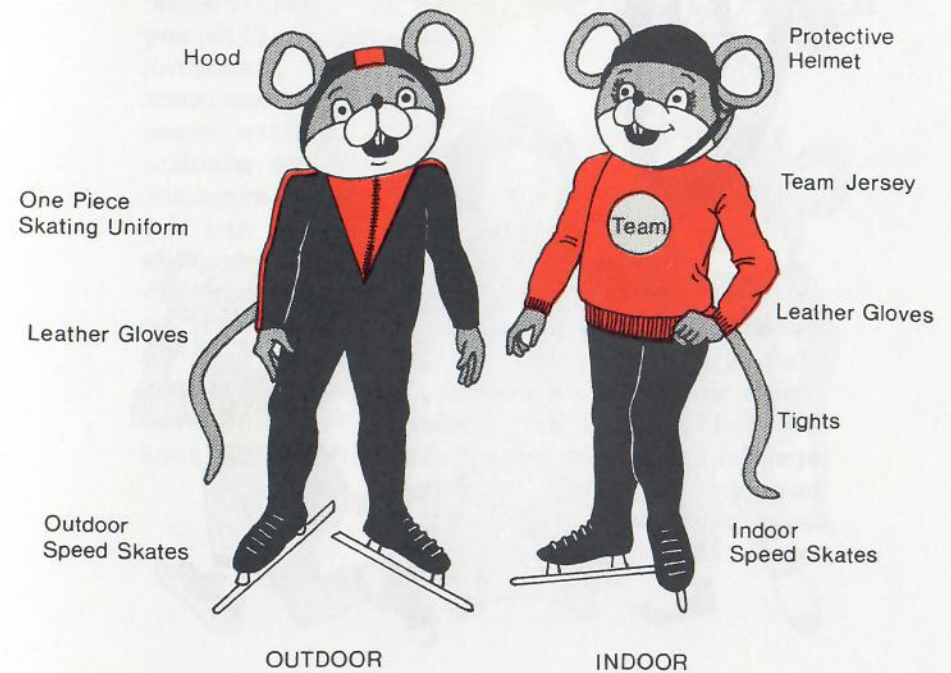
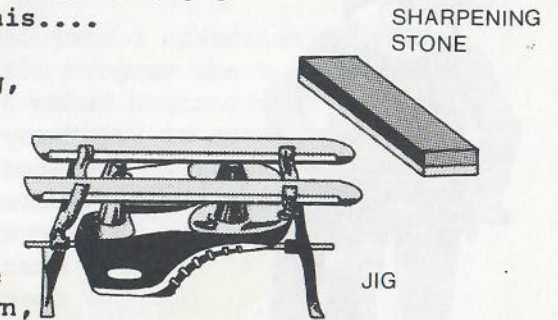
- 5) Soon you may travel with your family, friends and team members to "away meets" in other towns or other states.

## Speed Skating equipment

When you are a speedskater, you sharpen your own skates on a jig that looks like this....

For indoor skating, you usually wear tights, a team jersey, leather gloves and a protective helmet. Outdoors, the same uniform may be worn,

but a warmer hat and gloves are normally used. See RAY and RAE below in their skating uniforms.



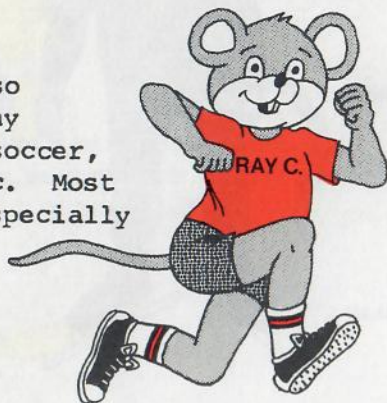


# Training



Many skaters train year 'round. Running and biking are good for developing skating muscles. There are also special skating exercises and summer camps for training.

Speedskating is also compatible with many other sports like soccer, baseball, golf, etc. Most speedskaters are especially healthy and in good physical condition.



# Where can you go in speed skating?

Most skaters who join a speedskating team start in a novice program where they are skating against other beginners of similar ability. When a skater is ready, he or she will graduate to a more advanced program and will race against other skaters who have also improved.

You can pack style skate only for the fun of competition. Or maybe, you'll be so fast that you will compete at National, North American or World meets either indoors or outdoors where you can meet skaters from different parts of this country or from other countries and develop life-long friendships.





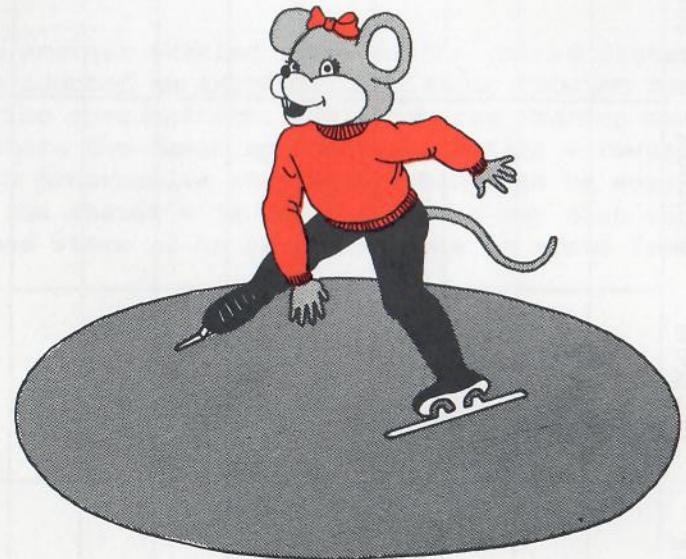
Maybe you'll even represent this country at the Winter Olympics someday. The United States has won more Winter Olympic medals in SPEEDSKATING than in all other sports combined!!

In the 1980 Winter Olympics, ERIC HEIDEN competed in every event open to male speedskaters and he won them all!....Five gold medals for the United States.



Speedskating is FAST, FUN and COMPETITIVE for boys and girls, but it's fun for parents or families too. Many parents learn to be officials, but those who don't want to officiate at meets can simply enjoy the races. Every sport needs enthusiastic, supportive spectators! Families may spend as little or as much time attending practices or meets as they choose, but the more time spent, the faster the skater will progress and the more fun everyone will have.

Remember, even though speedskating is done on COLD ice, there's no sport with more WARMTH!





MY TIME CHART

REMARKS

1000m

600/800m

500m

200/400m

100/200m

DATE



The Amateur Skating Union of the United States has adopted an INSTRUCTIONAL BADGE PROGRAM for novice speedskaters. This program teaches new skaters the basic speedskating skills & rewards each progressive step with a badge to be worn on the skater's jacket. A skater may also earn speed stars as he or she is able to skate faster.



**For more information, contact your local speed skating club \_\_\_\_\_**

**Name \_\_\_\_\_**

**Address \_\_\_\_\_**

**Phone \_\_\_\_\_**

**-OR-**

**National ASU Headquarters**

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**This booklet was developed by**  
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