

# Rolling Forward...

## **Level 1 complete!!!**

Most skaters after level 1 move on to learn more and better develop their skating skills in level 2. Depending on age and skill level, some may decide to repeat level 1.

## **How do I know if they are ready for level 2?**

Here is a list of things that will help you determine if they are ready for level 2.

Of course you may ask me, and I can tell you if they are ready.

\*they can skate forwards using both left and right foot with control.

\*they are able to stop with control (using the toestop).

\*they are able to get up from a fall easily.

## **Level 2 complete!!!**

Beginner classes only have 2 levels as of now. I have a lot of skaters repeat the 2nd Level to continue improving their skating skills that they have learned. After level 2 participation is done, your child has most likely learned all the skills they need and more to be a great recreational skater!!!

## **My child loves skating and wants to continue with lessons?**

This is very common, as skating is so much fun. I coach the Eagles, which is a competitive Roller Figure Skating Club here at Lynnwood Bowl and Skate. We are one of the most successful and fastest growing clubs in the Pacific Northwest!! I am a National Champion Coach who has created many Regional and National Champions and also has international placements and have taken skaters to the World Championships. If your child is interested in figure skating, you are in the right place! We have a great club with boys and girls, ages ranging from 4 years old to adults. Please feel free to email me with any questions @ [everetteagles@hotmail.com](mailto:everetteagles@hotmail.com) Also, you may check out some great skating videos at [www.youtube.com/user/everetteaglesusa](http://www.youtube.com/user/everetteaglesusa) or like our facebook page at [www.facebook.com/everetteagles](http://www.facebook.com/everetteagles)

## **Should I buy skates for my child?**

Yes! But make sure you are buying the proper skates for their needs. Different types of skating require different types of skates. You might buy an artistic boot and plate for figure skating, but would need a

different type of skate for speed skating or derby or for recreation. Indoor and outdoor skates are also different options. I suggest using the quad rentals until you know what they are really interested in doing. Once they have completed level 2 class, would be a great time to look into buying them skates of their own. I can make some suggestions for you, or you can speak to an employee at the Lynwood Bowl and Skate.

Thank you...

Ezra Thompson, Head Coach

Everett Eagles

Everetteagles@hotmail.com