

## Skating on the Ice by Sarah

Skating is a very fun thing to do. I really like it. Skating is fun to me because it is an unusual sport and for me. I believe kids should try different things and see if they like it and maybe if you like it you would have a new experience and find something that you really like. When I ice skate I like the cool air pressed against my face. It makes me feel like a person from a whole different country and have never seen this sight before. When I see kids skate it make me feel good inside because they are trying something new, something that they never try before.

### **How to Ice Skate**

Ice skating is not as easy. I am going to give three instructions. First is gliding, you take your right foot (for some people it is your left) and you slide it on the ice toward the back of your other foot, then you do that very same thing with the opposite. When you can skate around the rink without holding on to the rail and without falling you can go on. Second is skating, some people think that skating and gliding are the same thing. Skating means that you are doing it in short moves. When you feel that you are skating remember that skating is short moves. Third is tricks, tricks are pretty hard. Here are some tricks you can do: Stand on one foot and spin around, flip in the air and land on your feet, put your hands on the ground and many more



### **How to NOT get Hurt**

Some people get really hurt in this sport. Here are some tips so you do not get hurt. Number 1 don't do tricks until you are really confident that you can do it without getting hurt. Tricks can sound really interesting to kids but when they do it they get hurt. Second is do not go speeding fast around the rink. As I said before this is not an easy thing to do. Third is there is a good chance you might fall if you are speeding around the rink. Fourth is some ways kids get hurt is by skating on thin ice. Thin ice is when the ice is really hard to skate on and it is all scratch up. There is a very good chance you might fall. Here is a reason why you should not do these thing until you are confident you have them down because if you didn't realize it is real ice and it is not good when you fall down outside so do not do it inside

### **How to figure Skate**

Once you are really good and you really like ice skating girls you can go on to figure skating if you want. There are two parts to figure skating one is a dance program and one is making figure with their skates. I am going to tell you about one, figures. Girls that do figure make a bunch of stuff e.g. figure eights circles and many other talented stuff. The second part is the dancing program. The dancing program is where the jump in circles, spin in the air, spin on their toes and many other stuff.

They dance to the music. These girls are really good because as I said before they practice and practice and practice. Every time I go to an ice skating rink at least one figure skater is there practicing for something. So girls if you want to become a figure skater practice.