

# Check List to Try Speed Skating

Call before coming – 715-581-8262, ask for Marty

## SKATER MUST

- Call To let us know you are coming - **REQUIRED**
- Bring helmet – Bike / Ski / Skating - **REQUIRED**
- Bring safety gear – Knee pads & elbow pads - **REQUIRED**
- Clothing – long sleeve shirt, pants, gloves or mittens, and socks - **REQUIRED**
- Water bottle
- A good attitude
- If skater is young and has not skated before a parent may be required to be on the ice with their child - Check with coaches.

## CLUB PROVIDES

- Speed Skates – club will provide skates on a first come basis, some sizes are limited
- Neck guards - **REQUIRED**
- Coaches - **REQUIRED**