



Ice Skating Merit

1. Read one book on the history of ice skating.

Title of book I read: _____

Author: _____

2. Write a brief description of the three types of competitive ice skating sports. Describe how the ice skates for each type of ice skating sport differ.

a. _____

b. _____

c. _____

3. Write down how to properly maintain and store ice skates.



Leader's Initials

Date _____

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4. Write a 300-word essay on the history of ice skating, including your two favorite Olympic or world champion ice skaters and the year they won.

Write this on separate paper and insert it in your workbook.

5. Demonstrate the following ice skating skills:

- a. Forward and backward sculling
- b. Forward crossover
- c. Starting from a T-position, begin using the stroking method and skate forward on one foot, then the other, and last on both feet.
- d. Take three separate laps around the rink and stop by demonstrating each of the following: hockey stop, snowplow stop, and T-stop.
- e. Skate backwards using the stroking method.
- f. Skate forward using the crossover method, skating in a figure eight.

Show these skills to your commander or other adult.

6. Interview an ice skating instructor or coach (preferably Christian) regarding the following:

- a. A winning attitude
- b. A Christian example
- c. Physical fitness
- d. Building Christian character
- e. Preparation for the future

Name of coach or instructor I interviewed: _____

Take notes during the interview. Write the person's name and the date at the top of the paper. Write out each point from above. Then write brief notes about what the person says about that topic. Insert the notes in your workbook.

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