



# In-Line Skating Merit

1. Read one book on the history of in-line skating.

Title of the book I read: \_\_\_\_\_

Author: \_\_\_\_\_

2. Write a 300-word report on the history of in-line skating.

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

3. Describe on one written page the benefits of in-line skating and why you enjoy the sport.

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

4. Identify the four main pieces of protective equipment worn while in-line skating.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

5. Write a list of items considered to be part of good in-line skating etiquette.

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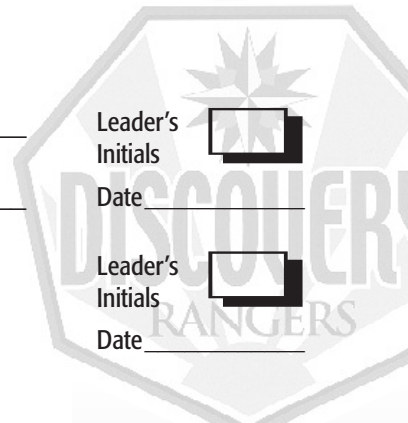
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6. Demonstrate the following in-line skating skills:

- a. A-frame stance
- b. Ready stance
- c. Herringbone
- d. Side step (uphill)

7. While in motion, demonstrate the following skills:

- a. Crossover
- b. Parallel turn
- c. 180-turn
- d. Backward swizzle
- e. Back-to-front pivot
- f. Standard heel-stop
- g. T-stop
- h. Spin stop

8. Interview an in-line skating instructor (preferably Christian) regarding the following:

- a. Why is it important to stretch before skating?
- b. What benefits come from in-line skating?
- c. How has in-line skating made you a more disciplined person?
- d. How do you build a winning attitude?
- e. How do you build character within a person?
- f. What is the importance of being a good role model?
- g. How do you prepare a team or individual for competition?

Name of the 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.

Leader's Initials   
Date \_\_\_\_\_