



What You Need or Should Have for Speedskating!

Please read through this with your coach and parents to make sure that you have everything on the list. This list was created for the safety of the skaters, and for the peace of mind of the parents.

Long Track:

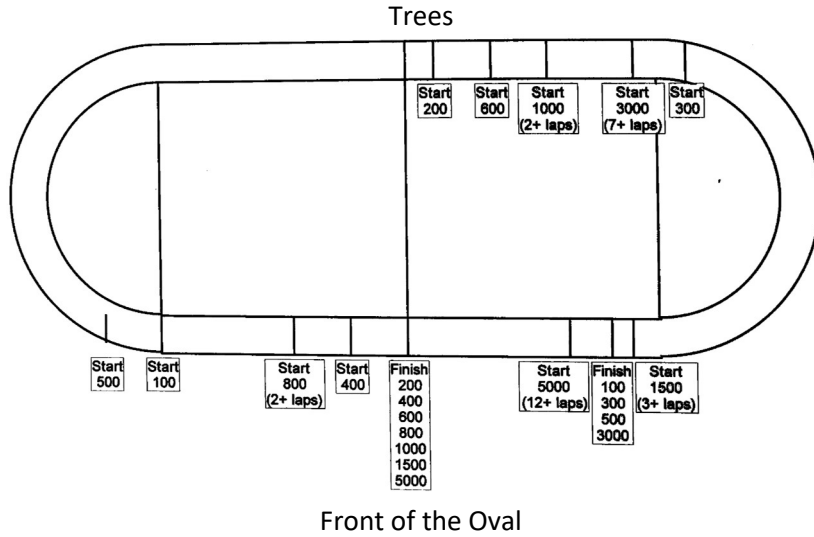
1. Glasses- Highly Recommended
2. Soakers-Required
3. Guards-Required
4. Towel For Wiping Down Skates- Required
5. Hat/Headband-Required
6. Warm and Substantial Clothing-Required
7. Gloves/Mittens-Required
8. Boot Cover-Highly Recommended (Talk to your coach about where to get them)
9. Water Bottle (No Metal and Needs to be Durable)-Required
10. Cut-Proof Calve Socks- Highly recommended (Talk to your coach about where to get them)
11. Multi-Wrench Tool- Highly Recommended (For tightening screws and bolts on your skates)

Short Track:

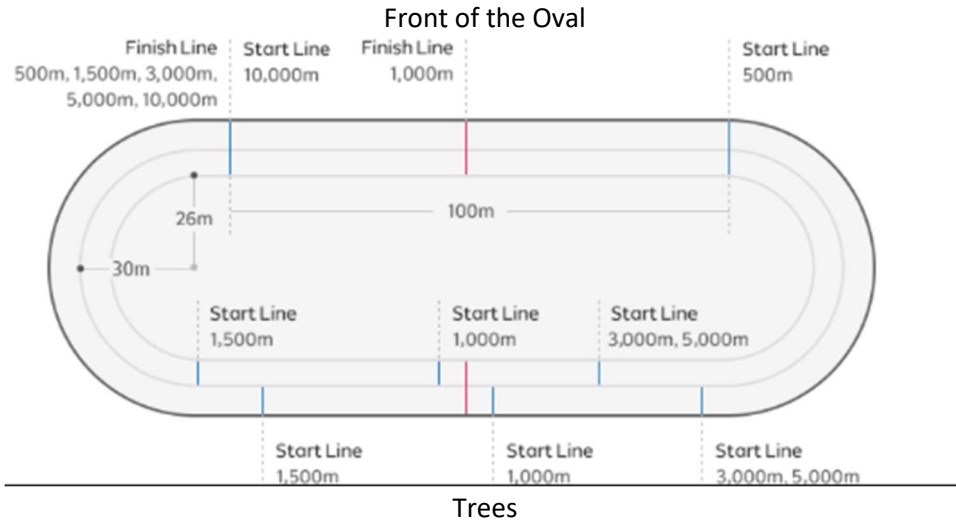
1. Glasses- Highly Recommended
2. Shin/Knee Pads-Required
3. Neck Guard-Required
4. Helmet-Required
5. Soakers-Required
6. Guards-Required
7. Towel For Wiping Down Skates-Required
8. Gloves-Required
9. Water Bottle-Required
10. Cut-Proof Calve Socks/Full Cut-Proof Suit-Highly Recommended (Talk to your coach about where to get them)
11. Multi-Wrench Tool- Highly Recommended (For tightening screws and bolts on your skates)

Skate fast, Turn Left!

Pack Racing - Start/Finish Lines



Metric Racing - Start/Finish Lines



Please try to remember where all of the start lines are for your races. That will make it a lot faster and easier for you and everyone else.

Thanks, and Good Luck!

- Midway Speedskating Club -