



Royal Rangers

Merit Requirements: **Blue-Bordered Merit**

ICE SKATING

1. Read one book on the history of ice skating.
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 sports differ.
3. Write down how to properly maintain and store ice skates.
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.
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 foot, and lastly 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.
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