

FAQ

What gear do you need and where do you get it?

Where:

Moxi Roller Skate Shop
2132 E 4th Street
Long Beach, CA 90814
(562) 434-8488

Wicked Skatewear
18341 Enterprise Lane
Huntington Beach, CA 92648
(949) 220-3747

Both offer “**Fresh Meat Packages**” where you will get everything in a package at a discounted rate. Please check with each shop as they may be different.

What:

Riedell or Sure Grip Roller Skates are recommended.
AVOID BIG BOX STORE OR DISCOUNT SKATES. (ie: Walmart, Target) Riedell has been making skates in the US for over 74 years. Their product is quality and warrantied. Any skate shop can work on them. Sure Grip has also been making skates and has a history rich in the skateboard scene. With both these brands you will have a skate that lasts, helps your child progress and that you will be able to find replacement pieces for when the time comes.

If your child is still growing, it's smart to purchase vinyl as leather is expensive when kids are still growing. However, once they stop growing, leather skates are the optimum choice as the leather molds to your (sweaty) feet better than vinyl and your skate will be more comfortable.

Most skates are sold as a complete package but, think of each skate as a component of parts similar to that of a skateboard. wheels, trucks, axel, axel nut, bearing etc

In my opinion Sure Grip Rebel or Flame skates are a great starter skate that your child should be able to get a good year or two in them in some cases. Often times they can be passed down or resold if taken care of. And, don't worry, we'll teach you that too.

Which brings us to our next question...

Speed skates (low cut) or Artistic Boots (high tops)

Speed skates (low cut) or Artistic Boots (high tops)

Neither one gives more ankle support. The boot is a false sense of security and you have the same chance to hurt yourself in both (just being honest!) however the heel on the artistic boot will put your body in a different position than the speed skate. Both are ok, there is some debate to this and you can form your own opinion. I have seen people skate both successfully. The only thing to consider is switching down the road. It might take you a bit to get comfortable to a new boot with or without a heel.

Wheels & Bearings

These are essential to good skating!!! The 2 shops listed above will make sure your son or daughter has the best gear at an affordable rate. One thing to remember is there are indoor wheels (which can be more expensive) and outdoor wheels.

Outdoor wheels are usually softer, stickier and have more “bounce”. The bounce helps with cracks, bumps etc in the road. Indoor wheels tend to be smaller and harder. Smaller for agility, harder for more speed.... or that is the general rule at least. Indoor wheels can be ruined by skating outdoors.

A great way to think of it is the softer the floor, the harder the wheel. The harder the floor, the softer the wheel. Until they grow into derby a bit, then they will want a smaller, harder wheel almost always.

Safety Gear

S-One Lifer Helmet Preferred - Straps properly tightened and less forehead showing. Should have a snug fit. They do stretch with use and new liners are sold to prolong the use. Helmets should be replaced yearly when they begin to play often.

Smith Scab Pads or 187 Pads preferred.

Kids often like to go with the “smallest, coolest” pads but those do not protect the joints as they need to be. These two brands do sell reasonably priced, quality gear in a 3 pack. Knee, elbow and wrist guards.

Sisu Youth Mouth Guard preferred

These might be hard to find in the shop. Ask if they have them or can be ordered in.

The SISU Kids Guard is perfect for kids of Ages 7-10.

The thinner SISU Kids Guard fits snugly to your child's teeth, ensuring a perfect custom fit and enabling them to easily breathe, talk and drink.

<http://www.sisuguard.com/SISU-Kids-Mouth-Guard-p/s16-2.htm>

Skate Tool

Each child needs their own skate tool. Sometimes skates come with them, sometimes they don't. But, for \$5 -\$9 you can get a tool. It is important to check your gear before rolling out to practice. (we will go over more in depth on this) Are, your toe stops loose? How about your axel nuts or even your trucks? All this stuff can be dangerous if left unattended and can impede a child's ability. You don't want that, do you?

Black Shirt / White Shirt

These are to scrimmage... think shirts vs skins... yep. The kids need 1 white shirt and 1 black shirt. preferably with their number on it (minimum)

Where to get your name on your shirt?

- Order through LBJRD
- Look! Graphics in Long Beach
- Wicked Skate Shop in Huntington Beach

Tips to make your life easier:

- buy a "skate leash" ask your skate shop
- have a set of outdoor wheels equipped with bearings so they can skate anywhere without having to swap out bearings. It's a little bit more money but will encourage them to use their skates more and will save money in replacing indoor wheels more frequently.
- rotate toe stops when one wears down. Usually they have a dominant foot and one will wear out first.
- buy Lysol or stink out. Spray pads after use and let them dry. Do not stuff them away in a bag or backpack to minimize odors.
- practice skating outdoors for fun
- clean your bearings after multiple uses. Most skate shops offer bearing cleaning classes and it's a great way to prolong the life of your gear.
- Form carpools with other parents for practices
- It's ok to stuff the toe of a skate if they're too big. It will not impede their skating.
- Stretching after practice is advised. Keeping ice packs on hand for bruises. Epsom salt baths will help with tired athletes. And, these girls are athletes!!!