

## CONTOURING / PROFILING

To improve your skating abilities it is important to find a shape/profile that suits your skating style. Things to consider when speaking in terms of profiling are acceleration, speed, maneuverability, stability and energy consumption. In general one can say that:

*A larger radius gives more ice contact. This gives higher top speed and better balance, and is more energy efficient. However, the acceleration and maneuverability will be decreased. A smaller radius leads to increased friction (more weight on a small area). This will increase maneuverability and acceleration at the cost of top speed, balance and energy consumption.*

The following single radius shapes are commonly used:

### Ice Hockey

- Regular skates range between 6-13'.
- Goalie skates range between 22-30'.

### Figure skating

- Regular skates range between 7-8'.
- Expensive ones combine 2-3 radii.

### Bandy

- Regular skates range between 4-8 m.
- Goalie skates around 6 m.

### Speed skating

- Short track range between 4-15 m
- Long track range between 17-27 m
- Long distance skates range between 30-40 m

We have many different templates to choose from (see our price list for all available):

### SINGLE RADIUS TEMPLATES

- Same attribute regardless of gravity point
- Can be pitched to alter the performance

### DUAL RADIUS TEMPLATES

- Contains two radii
- Better acceleration
- Better speed
- Better balance
- Can be pitched to alter the performance

### TRIPLE RADIUS TEMPLATES

- Contains three radii
- Even better speed
- Even better balance
- Can be pitched to alter the performance

### ADDING A FLAT PART

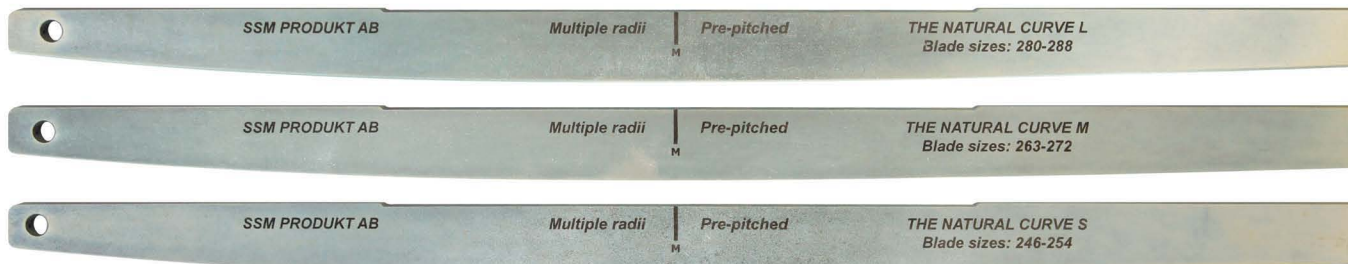
- Great for kids learning to skate
- Not as tiresome
- Better speed and balance at the correct angle against the ice
- Not as common for professionals today
- Can be pitched to alter the performance

### THE NATURAL CURVE

- Developed with Sweden Hockey Institute
- Pre-pitched
- Multiple radii combined to a specific pitch
- Optimize your performance

**BRAND NEW**

These templates use a completely new way of thinking!



**PIVOT**

**PITCH**

The lowest point on the skate when you are standing on the ice is called the *“pivot point”* or *“balance point”*.

This point is normally in the middle of the skate blade but can be moved forward or backwards to change your *“pitch” (or angle)* against the ice.

These angles are called *forward lie, neutral lie or backward lie* where forward and neutral are most popular.

Leaning forward is more tiresome but will increase acceleration.

Moving a *radius* towards the rear on the skate blade will give you a forward lean.

Moving a *flat part* towards the front of the skate blade will give you a forward lean.