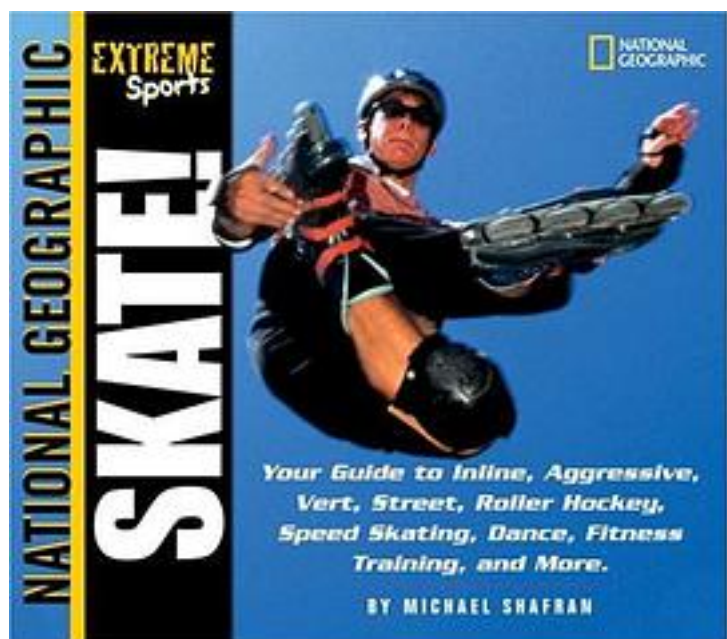


# Extreme Sports Skate!



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In 64 packed pages, kids will learn an enormous amount about roller skating. The book focuses primarily on in-line skating but includes a bit on quad, which is making something of a comeback. Chapter 1 covers the fundamentals of the sport. Chapter 2 introduces kids to aggressive skating, the in-line sport at the X Games Chapter 3 covers roller hockey, with its specialized equipment, terminology, techniques, and tactics. Chapter 4 is about speed skating. In-line racers use a skate with five wheels instead of four and lightweight boots. Chapter 5 includes an array of other skating opportunities, from artistic (sort of like figure skating) to night skating (there are night skating clubs who take over the streets regularly in some cities), to slalom (where you skate around cones). Chapter 6 tells you how to stay safe while skating, how to maintain your equipment, and how to stay fit for the sport.

作者介绍:

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