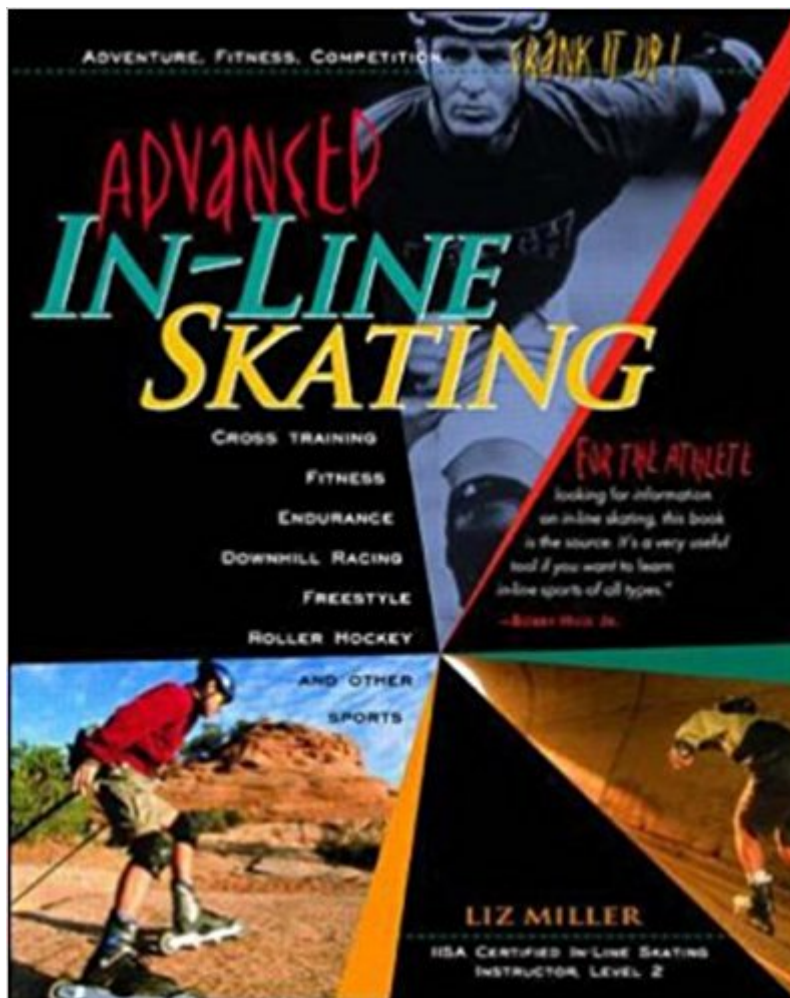




The book was found

Advanced In-Line Skating



Synopsis

"Liz Miller has really done something special. Advanced In-Line Skating gives the reader a taste of all the wonderful possibilities a pair of in-line skates can provide. It will be a great resource."--Kris Simeone, Inline Certification Program Director, International Inline Skating Association "Liz Miller's passion for the sport of in-line skating comes across clearly in Advanced In-Line Skating. This is the most complete resource for skaters of all abilities and includes all they need to reach their next level. Liz leaves no gray areas in explaining even the smallest details of every in-line discipline with factual, up-to-date information and resources. I recommend this book to everyone, even beginners, for a comprehensive overview of in-line skating."--Suzanne Nottingham, Examiner, IISA Instructor Certification Program, coauthor of Fitness In-Line Skating "This book cracks open the world of in-line skating for those looking for more than straight-line skating on their local bike path. As people look for innovative ways to reduce stress, have fun, and get and stay fit, Advanced In-Line Skating delivers a timely guide to getting the most from a pair of skates."--Adam Steer, Director, In-Line Certification Program, Canada "This book is the next logical step after Get Rolling. It's brimming with well-written, advanced skating techniques and key exercises to help transform you into the skater you want to be. It covers everything from speedskating, roller hockey, aggressive, downhill, hybrid sports to essential safety tips, shopping advice, definitions of skate terminology and just improving and sharpening your rolling-around skills. Pack this book (with your helmet) in your skate bag and take it with you to the trail, road, or rink. It rocks and so will you!"--Jim Fink, Seattle Skate Patrol

Book Information

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Customer Reviews

Park Your Car and Take to the Streets Whether you want to skate backcountry roads, get unbelievably fit, dance, get acrobatic, join a competitive hockey or basketball league, or just run errands, here's the key to expanding your skating horizons. Liz Miller, author of the best-selling *Get Rolling: The Beginner's Guide to In-Line Skating*, delivers everything you need to live in-line skating. This fun and inviting, step-by-step, clearly illustrated lesson plan is easy to use and accessible. From tips to terms to techniques, *Advanced In-Line Skating* covers everything you need to explore the ever-widening world of rolling opportunities, including Moving safely in traffic and on hills Racing, touring, fitness, and cross training Participating in games, including roller hockey, soccer, and basketball, roller dancing, and figure skating Launch ramp and half pipe techniques What to look for in gear and supplies for long-distance skating Tips on everything from foot care to treating "road rash" "For the athlete looking for information on in-line skating, this book is the source. It's a very useful tool if you want to learn in-line sports of all types."--Bobby Hull Jr.

Liz Miller is an International In-Line Skating Association certified instructor and the author of *Get Rolling*, a widely praised introduction to in-line skating.

Advanced? Are you kidding? This book spends a lot of time about covering a broad range of topics - but none in depth. I was looking for a good book on techniques -- well this is NOT the one. It is very superfiscial and not worth buying. I found some "beginners" books with more info!

I was looking for a book on advanced techniques - this is NOT the book. She covers roller hockey, speed skating and other topics very briefly. The book is misnamed.....should read "In Line skating Activities".....

This book covers fairly diverse inline areas- speed, hockey, fitness, etc and as a result does not delve too deeply into any one area. If you wish to pursue any one aspect of skating, I'd recommend finding something more specialised. For example, the two areas that I specifically wish to pursue, double push and stair riding, are not covered at all. I find it especially puzzling that stair riding could be missing from a book with this title.Still, as broad skating book, it's quite interesting and does have some good stuff on stroke technique.

good book it tells you the basics and more. i loved it cause i love to in-line skate if you dont now

after you read it you will... hope you like this book! infact i know you will by daniel pruit

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