



# Royal Rangers

Merit Requirements: **Blue-Bordered Merit**

## **IN-LINE SKATING**

1. Read one book on the history of in-line skating.
2. Write a 300-word report on the history of in-line skating.
3. Describe on one written page the benefits of in-line skating and why you enjoy the sport.
4. Identify the four main pieces of protective equipment worn while in-line skating.
5. Write a list of items considered to be part of good in-line skating etiquette.
6. Demonstrate the following in-line skating skills:
  - a. A-frame stance
  - b. Ready stance
  - c. Herringbone
  - d. Side step (uphill)
7. While in motion, demonstrate the following skills:
  - a. Crossover
  - b. Parallel turn
  - c. 180-turn
  - d. Backward swizzle
  - e. Back-to-front pivot
  - f. Standard heel-stop
  - g. T-stop
  - h. Spin stop
8. Interview an in-line skating instructor (preferably Christian) regarding the following:
  - a. Why is it important to stretch before skating?
  - b. What benefits come from in-line skating?
  - c. How has in-line skating made you a more disciplined person?
  - d. How do you build a winning attitude?
  - e. How do you build character within a person?
  - f. What is the importance of being a good role model?
  - g. How do you prepare a team or individual for competition?