

The Figure Skating Boutique Inside Edge

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Pj Kwong's First Book: Taking the Ice



Canada's strength as a figure skating nation is as a result of not only exceptional talent but a group of skaters and coaches who have been willing to take risks and to be part of the continuous re-definition of the sport and what is thought of as possible. From the creation of innovative moves and styles to the re-vamping of a judging system, Canada has paved the way. This book is about some of the sport's mavericks.

[Visit the website](#)

[Buy the book](#)

"This book brings figure skating fans closer to the action than they've ever been before."

- **Randy Starkman, Toronto Star**

Upcoming FSB Event Kiosks

The Figure Skating Boutique kiosk will be set up at the following events in February. Stop by and pick up any skating accessories that you may need!

February 4-6, 2011
EOSIC Starskate, Oshawa (Campus Ice Centre)

February 11-13, 2011
Regional Synchro, North Bay (Memorial Gardens)

February 12, 2011
GSC Club Competition, Georgetown (Mold-Masters SportsPlex)

February 18-20, 2011
FSB COS Starskate, Brampton (Cassie Campbell Community Centre)



Winter Hours

Mon, Wed, Fri - 10:00am - 7:00pm
Tues, Thurs - 10:00am - 9:00pm
Saturday - 9:30am - 5:00pm
Sunday - 11:00am - 4:00pm

Tips from the Professionals



Barefoot or socks?

Although many skaters prefer to go barefoot in their skates, it is much harder on the skates than wearing even a thin pair of socks.

Moisture is the number one enemy of skates and wearing any type of sock will absorb some of the moisture from your feet and keep it from entering your boots. If you prefer barefoot then you should remove the insoles from your skates as soon as they are taken off after skating.

[>> Read More tips](#)