

Quick Kids

May 2014



Skate Australia has developed a national junior development program called 'Quick Kids Speed Skating Programme' - a certified programme that teaches basic in-line skating skills to develop physical co-ordination, strength and cardio-respiratory stamina once individuals become proficient. This programme has been endorsed by the Australian Sports Commission. The weekly session will be run by an accredited coach- Jaiden Lanigan, 17, through the Bunbury Speed Skating Club at The Rink in Halifax LIA.



Local teenager Jaiden Lanigan, a former student from Child Side School is giving something back to the school and is coaching a "QUICK KIDS" speed skating program at The Rink, for the Year 3-7 students as part of the initial Australia wide roll-out of the programme. Jaiden has been involved in speed skating for a number of years and earlier this year he took out a number of medals at the national championships in Brisbane; competed in the Korean Open In-Line Speed Skating Championships April 2014 as part of the Australian Team and has been given the opportunity to compete as a member of the Australian team at a World Championships in Argentina in November 2014.

The children at Child Side School are no strangers to physical programs and many of them have been involved in the school's mountain biking program for several years now. This new program is however a dream come true for one child, Elseya Seewraj who has enjoyed skating for a number of years and has been actively looking for ways of getting skating set up as an activity at school.

Not only is it a great opportunity to try something new and different, but the program has scaffolded skills where each skill level being taught builds on the previous skill. This will enable the children to achieve a certificate upon completion of the program. Schools and members of the public who wish to find out more about the programme can contact The Rink or join in a Speed Skating lesson (any age) every Tuesday night of the school term from 5:15pm.

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More Information:

- [Skate Australia 'Quick Kids Speed Skating Programme'](#)
- [The Rink speed skating sessions](#)