



BUILDING

LEADERS

UNDER

EDUCATION

SKATING

KEEPS

ALL

THRIVING &

EMPOWERED



BLUE SKATE, LLC

Who We Are?

- 1) Blue Skate LLC is an organization that teaches roller skating to all age groups. Blue Skate teaches students to work together to improve their physical, mental, social and emotional development through skating.
- 2) What is Blue Skate mission and purpose?
To enable students to work **safely** and collaboratively to develop physical, social, emotional, and mental skills through fun skating experiences.
- 3) What type of work is going to be performed?
Students will be learning the academic vocabulary and physical movements of roller skating. Students will be building on their interpersonal skills, working in groups and partnerships. Students will effectively learn to follow directions.

BLUE SKATE's BIO

David Isaac, CEO/President of Blue Skate LLC, is a member of Kiwanis International and Skate Instructor's Association with over thirty-five years of experience within the roller-skating industry. He is recognized globally for his unique teaching style and special bond he establishes with his students. David Isaac had the opportunity to teach hundreds of skaters from around the world during his "Skate Love Festival 2021" workshop in Barcelona, Spain. He is equally recognized among the local communities in the USA skating world.

David Isaac continues to work as a professional independent information technology contractor for global banks, brokerage firms, advertising, hospitals, IT Construction firms, and other information technology firms for more than twenty-five years. His educational background includes an Associates Degree in Business Administration, Bachelor's Degree in Computer Science, and Double Masters Degrees in Information Technology/Information Systems, and Project Management.

Blue Skate LLC is one of the New York City mentorships or sponsors in the public and/or private sector for the New York City Department of Education's (NYCDOE) external learning program. Participation in activities at this mentorship for credit toward graduation is authorized as an official part of the NYCDOE.

In collaboration with the NYCDOE, NYC Parks Department, Millennium Development, Chaya Skates, and Substance Skatepark. Blue Skate LLC offers mentorship and coaching to students of all ages. Blue Skate's mission is to give back to the community from a roller-skating perspective: sharing knowledge, wisdom and love to our youth, at the same time building strong, active, lifelong learners. We are dedicated to shaping lives by promoting physical and mental health, and hygiene. Our focus is on the safety, and well-being of all, whether it is teaching how to get up gracefully after every fall, or in life.



What Have We Done So Far?

How We've Done It?

Points to Consider

- ❖ **City Ed School (COVID 2022) Skating/Internship for HS students**
- ❖ **SEL: Mindfulness/Meditation Strategies**
- ❖ **Safe-haven**
- ❖ **Confidence Building**



KINESIOLOGY

Anatomy & Kinesiology

As a skate instructor, it's important for you to know the major muscles used in skating, and to be able to recognize and correct common **body position** challenges for new skaters.

Skating requires the following **body positions**:

- ✓ The head to be over the hips, with the chin up
- ✓ An upright posture, with no flexion at the waist
- ✓ Flexion of the knees, ankles, and hip
- ✓ **Balance** from front to back
- ✓ Feet an "apple" or "fist" width apart

Common **body position** challenges and corrections:

- Head tilted forward and down → Lift chin to be level with the ground
- Flexion at the waist → Align nose/knees/toes in a vertical line
- Feet too wide → Bring feet closer together
- Feet on extreme improper **edges** → Apply even pressure on feet to keep skate upright

Primary Muscles

Instructors should have basic knowledge of the muscles used while skating:

Psoas (internal muscles of the hip, not shown) – Help to flex the leg at the hip joint

Core muscles around the spine, ribs, & pelvis – Critical to maintaining **balance**

Lateral Rotators (internal muscles of the hip, not shown) – **Rotate** the hips

Pull the leg outward ← **Abductors**

Adductors → Pull the leg inward

Extend, **rotate** ← **Gluteus** and flex the hip joint

Quadriceps → Primarily extend the knee

Anterior Tibialis (shin) – Extends the ankle and toes

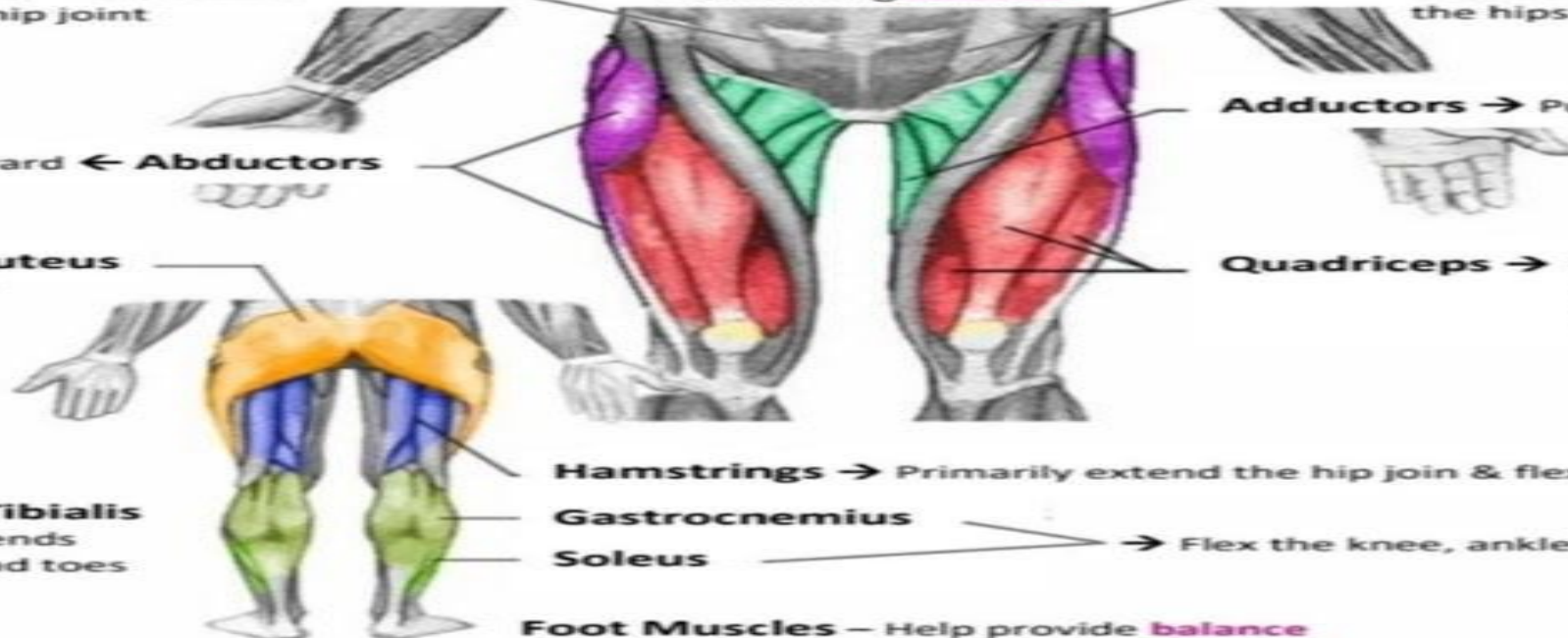
Hamstrings → Primarily extend the hip joint & flex the knee

Gastrocnemius

Soleus

→ Flex the knee, ankle, and toes

Foot Muscles – Help provide **balance**





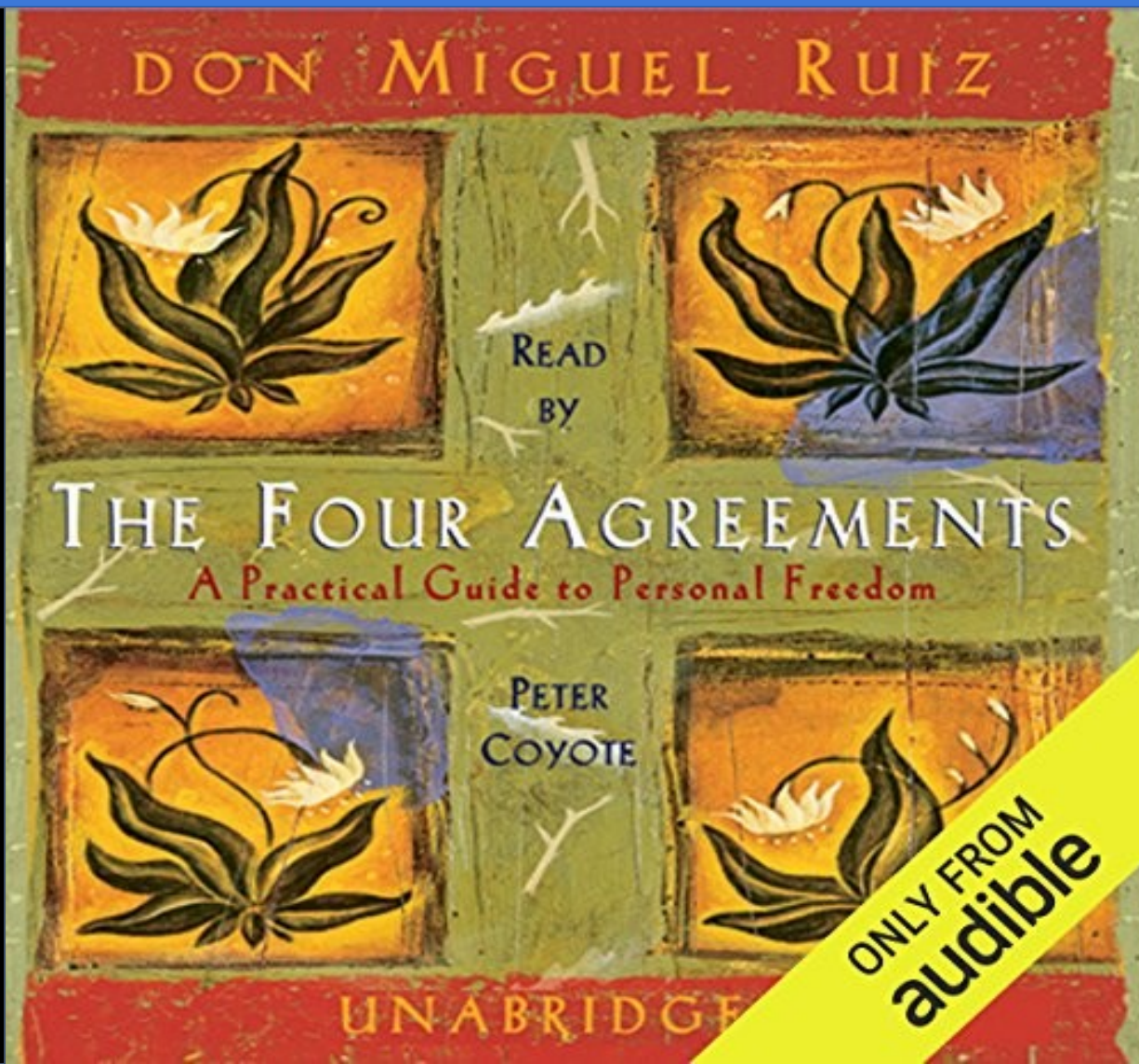
MENTOR TEXTS FOR INTERNSHIPS

Based on the #1 BESTSELLER by
SPENCER JOHNSON, M. D.

Who Moved My Cheese?

for
Teens

An A-Mazing
Way to Change
and Win!



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Bergen Beach

A Wheel Good Time as Family Skating Rolls Out at Free Community Event

By Loretta Chin

People of all ages and skill levels had a fun time at the Blue Skate Outdoor Roller Rink Family Skate Day that debuted at the hockey rink behind the John Malone Community Center, 2331 Bergen Avenue, on Saturday, April 15th.

David Isaac, CEO/President of Blue Skate, worked with Paul Curiale, Executive Director of Millennium Development and the Bergen Beach Youth Organization, to organize the free event. Blue Skate is affiliated with the NYC Department of Education external learning programs and teaches roller skating to all age groups. Blue Skate supplied about 100 pairs of skates.

"All I can say is that it's a great collaboration and partnership," Isaac said. "I promise you that not only do we

have the beautiful skates, but we have the beautiful staff and people to bring support in here to help you have a good time."

Recorded and live music added to the festive mood with special performances by musician and performer Thompson Newkirk who filled the rink with beautiful guitar music.

Curiale said that the hockey rink was installed in 1998 at a time when youth hockey was going strong. That program lasted for about 10 years, until there was a shift in popularity from roller to ice hockey.

With less usage, the rink was used for multipurpose activities, and there are plans to have many more events like this one. Pickleball is also played on the hockey rink.



Lots of happy faces with David Isaac, CEO/President of Blue Skate, Councilwoman Mercedes Narcisse and Paul Curiale, Executive Director of Millennium Development.

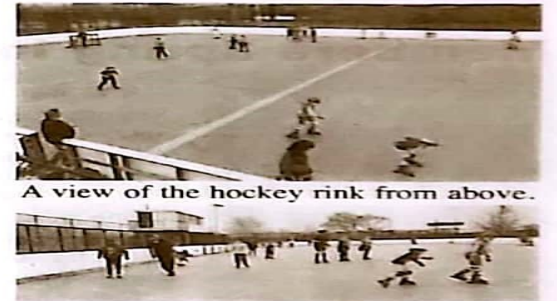
April 27, 2023

CANARSIE

Curiale said that by putting minds and resources together, they were able to have their first full-scale community family skating event at a time when school was out for the week. He wanted to give kids an opportunity to get outside and away from technology, so they could spend time with their families having fun.

"This is something the families in the community have been asking for, for a long time," Curiale said.

The event was supported by Councilwoman Mercedes Narcisse, Assemblywoman Jaime Williams and State Senator Roxanne Persaud, along with many partner organizations.



A view of the hockey rink from above.

Paul Curiale takes a roll around the rink just like the kids.





STUDENT AWARDS





PARTNERSHIPS/COLLABORATIONS



Department of
Youth & Community
Development





MORE COLLABORATIONS



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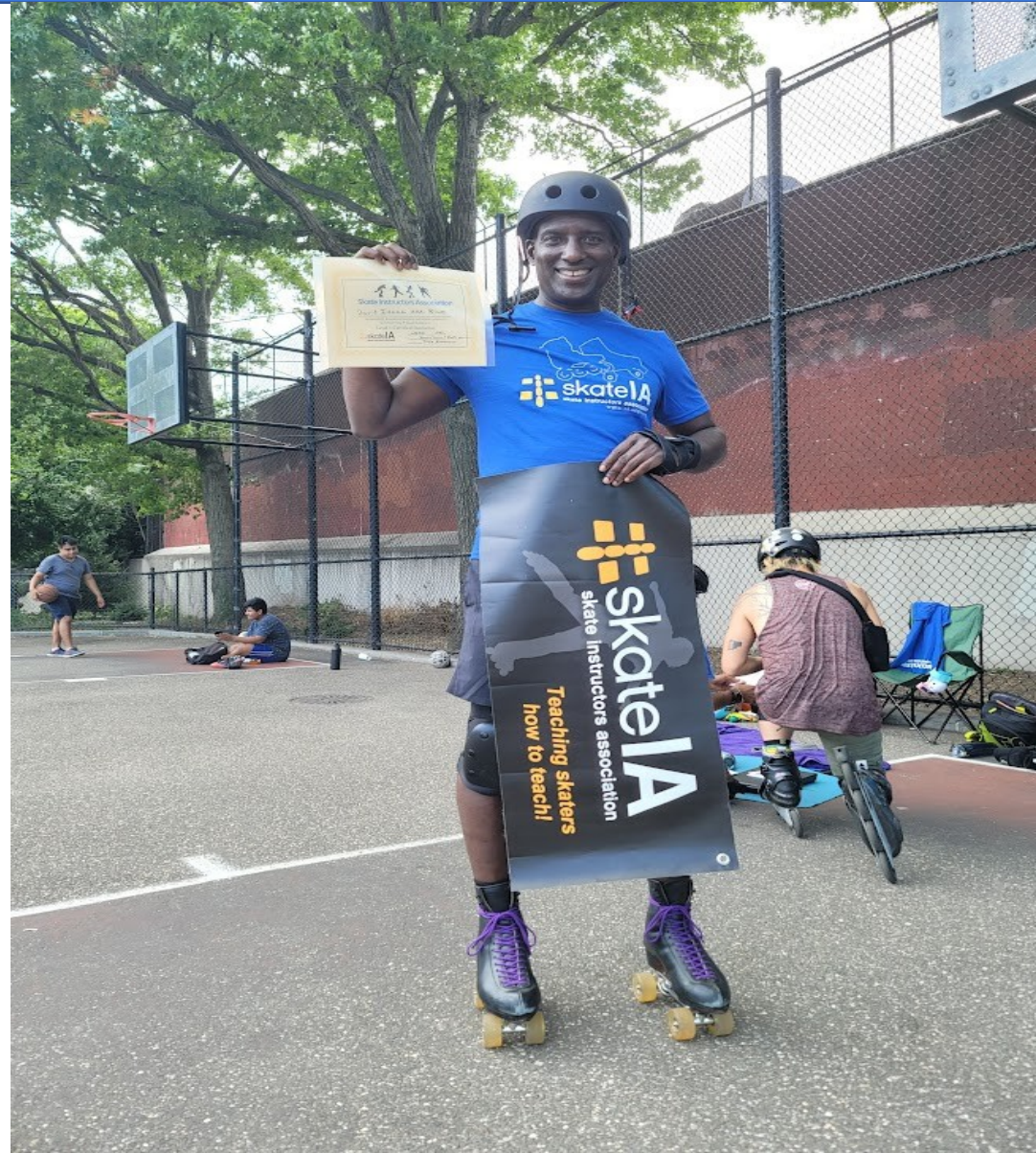


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NYC Parks



MEMBERSHIP/SKATE IA



MEMBERSHIP/CERTIFICATES



**American
Red Cross**





BARCELONA, SPAIN

MASTER SKATE LESSON





BLUE SKATE

ROLLER SKATING EVENTS FOR ALL AGES!

Enjoy the joy of gliding on wheels with friends and family.



Follow us on Instagram

BOOK YOUR NEXT EVENT WITH BLUE SKATE.

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CALL (929) 722-5659

PARTNERSHIPS AND COLLABORATIONS





The New York City Department of Parks and Recreation and Blue Skate
presents

2024 ROLLER SKATE EVENTS

brought to you by the New York City Council Members

JUNE 6

Homecrest Playground
Homecrest Ave., Brooklyn
11:00 am - 3:00 pm
Inna Vernikov, NYC Council Member - District 48

JUNE 14

Kaiser Park
2529 Neptune Ave., Brooklyn
2:00 pm - 6:00 pm
Justin Lee Brannan, NYC Council Member - District 47

JUNE 22

Stroud Playground
Park Place, Brooklyn
11:00 am - 3:00 pm
Crystal Hudson, NYC Council Member - District 35

JUNE 28

Winthrop Park
Winthrop and Rogers Ave., Brooklyn
11:00 am - 3:00 pm
Rita Joseph, NYC Council Member - District 40

JUNE 29

Brownsville Recreation Center
1555 Linden Blvd., Brooklyn
3:00 pm - 7:00 pm
Darlene Mealy, NYC Council Member - District 41





COMMUNITY SKATE DAY
(PROSPECT LEFFERTS GARDENS)

news12
BROOKLYN

Summer on news12 *Local stories. Local vibes.*

news12.com



SKATE LESSONS (4 AND UP)



SKATE LESSONS FOR FAMILY



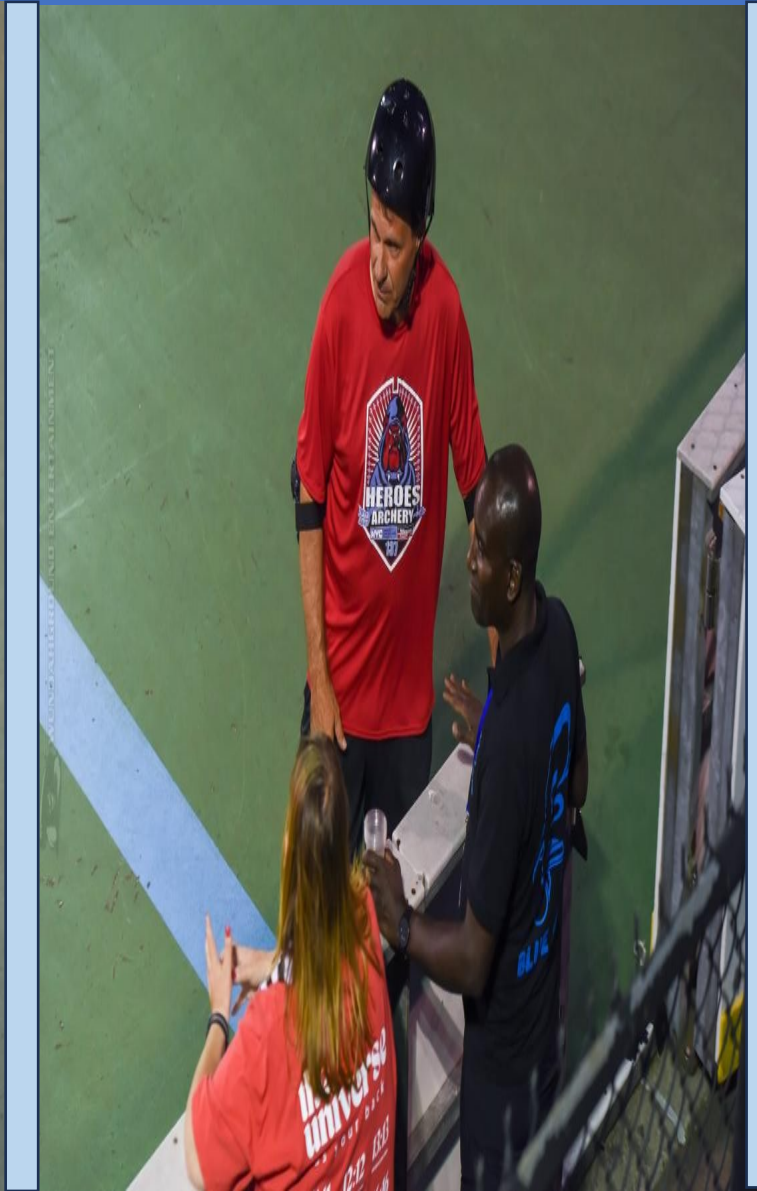
SKATE LESSONS FOR ALL AGES



COMMUNITY SKATING EVENTS

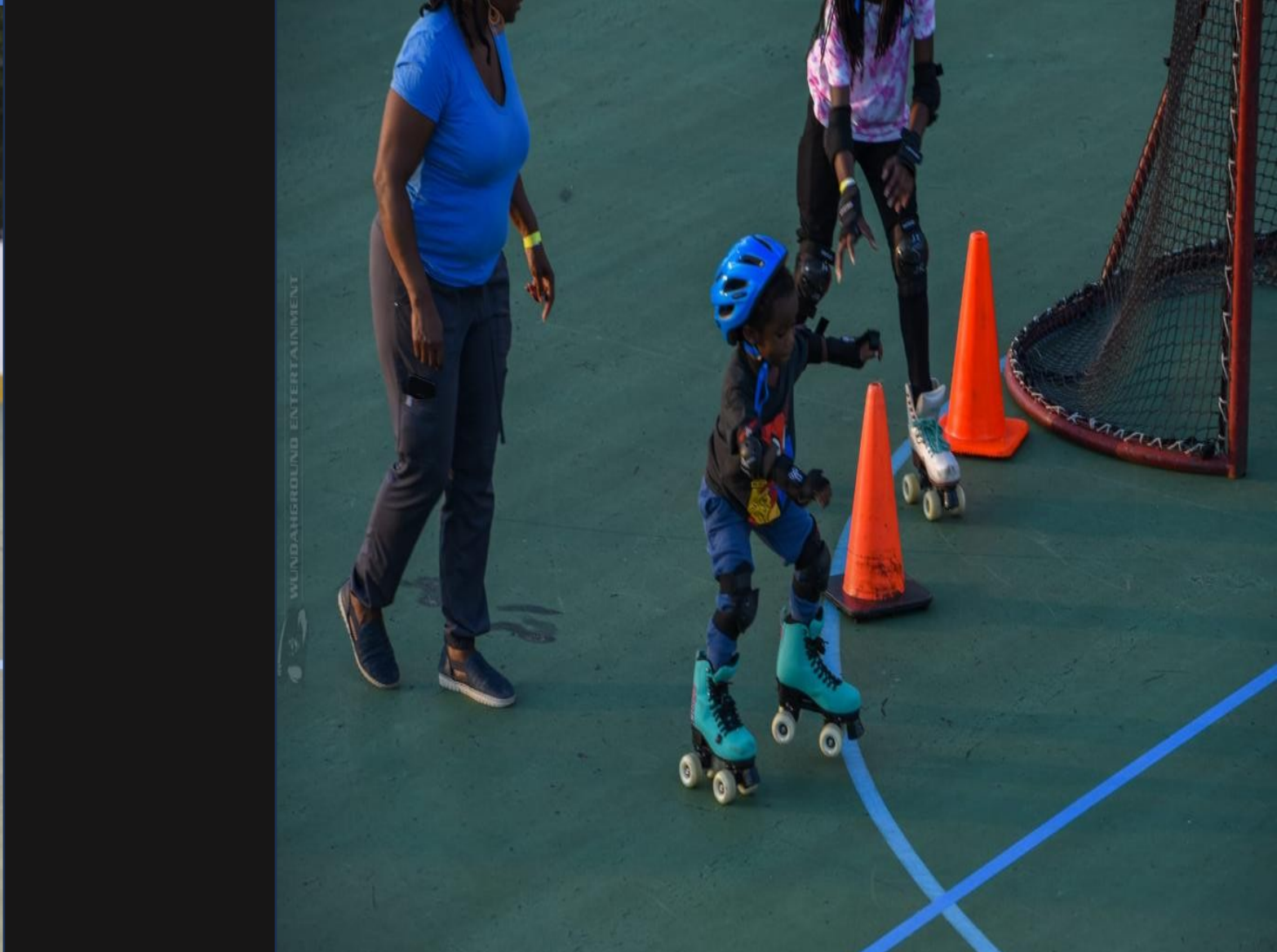


COMMUNITY SKATING EVENTS





COMMUNITY SKATING EVENTS





SKATE CLASSES NYC SCHOOLS





ROLLER SKATING HOCKEY NYC SCHOOLS





SKATE PARTIES AVAILABLE





2024 District 18 Principals' Leadership Meeting At Brooklyn Botanic Garden





Looking Ahead

- ❖ **Grow NYC
Middle/High/Charter
school presence
(Brooklyn)**
- ❖ **Grow Internship Program**



OUR PACKAGE OFFERINGS

CORPORATE	NYC PARKS DEPT	NYC DOE PS/CHARTER SCHOOLS	PRIVATE
☐ Team Building Sessions ☐ Holiday Parties ☐ Special Events ☐ Skating Classes Includes... Skate Instructor Quad Rollers Skates, Kids/Adults Elbow, Knee, Wrist Guards, Helmets	☐ Community Events ☐ Holiday Parties ☐ Special Events ☐ Skating Classes Includes... Skate Instructor Quad Rollers Skates, Kids/Adults Elbow, Knee, Wrist Guards, Helmets	☐ MS/HS Internships ☐ Incentive/Reward ☐ Holiday Parties ☐ Skating Classes Includes... Skate Instructor Quad Rollers Skates, Kids/Adults Elbow, Knee, Wrist Guards, Helmets	☐ Individual/Family Events ☐ Holiday Parties ☐ Birthday Parties ☐ Skating Lessons Includes... Skate Instructor Quad Rollers Skates, Kids/Adults Elbow, Knee, Wrist Guards, Helmets

**Corporate, NYC Parks/DOE and Private Pricing is Available Upon Request*



FOLLOW US:

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FB: DAVID ISAAC

GOOGLE: Blue Skate LLC

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929.722.5659

Waiver & Registration

Complete your waiver and registration before you skate with us.

Scan the QR code, or visit the link below, to fill out your waiver and registration form:

<https://form.bookingzone.com/241567798395982>

Questions? Contact us:

7blueskate7@gmail.com | (929) 722-5659

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Scan to register