

# Goalcrease Skate Sharpening Guide

Sharpen skates every 3-8 hours of skating.

<b>7/8"</b>	For very lightweight goalies who need the edges to slide, often beginners.
<b>3/4"</b>	Common for 10 to 12 year olds
11/16"	
<b>5/8"</b>	Popular choice for a variety of sizes and skill levels. Good combo of bite for quick push off and stops, while still sliding on the edge for shuffles.
9/16"	
<b>1/2"</b>	For big, strong goalies who push hard and need lots of bite in order to stop quickly
7/16"	
<b>3/8"</b>	Very sharp
5/16"	
<b>1/4"</b>	Are you sure?

## Depth of Hollow



\*not to scale

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