

# TRUE

"HOW TO"

SERIES

WITH SCOTT VAN HORNE



# "HOW TO"

## SERIES

WITH SCOTT VAN HORNE

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**TRUE**





# **TRUE**

## **PRO CUSTOM SKATE:**

### **PERFECTED BY VH**

It took us over 10 years to develop an efficient, scalable method for the monocoque boot construction for speed skating. Recently, we created an anatomically advanced foot last allowing us to use speed skate production techniques for the production of hockey boots. Because of the complexity of the new foot last, we also developed new production techniques to accurately create the 3D foot last shape.

Although, the standard sized boot will fit like a custom boot when heat molded to the customer's foot, we wanted to take it one step further and design a method for making a truer custom boot, or bespoke boot. What we developed was a technique to create a custom boot from foot tracing and circumference measurements – and this is the same method we use to fit NHL and other Professional Players. This technique has worked exceptionally well for individuals with slight foot deformities, bumps that just can't be accommodated in a normal skate, high insteps, flat arches and overly wide or narrow feet.



## PLAYER BENEFITS

### AN EVOLUTION IN SKATE DESIGN.

Our patented carbon fibre, monocoque design yields more direct power transfer and unmatched control while in stride or using your edges.

### FINALLY, A PAIN FREE SKATING EXPERIENCE.

Built from the inside out using a custom 3D foot last shaped to the individual skater's foot, our two-tiered customized thermoformed boot locks in the foot, eliminating loss of energy and producing unrivaled power, comfort, and control.

### OPTIMIZED FOR ANY TYPE OF SKATER.

The patented TRUE tendon guard provides optimized flexibility and stability in every stride for a more direct and fluid power transfer.

### ULTIMATE FIT, COMFORT AND PROTECTION.

Formed with the monocoque shell, the patented TRUE ToeCap provides superior comfort and unrivaled protection.

### PERFECT SKATING POSITION.

The strategically placed eyelets puts the player in an optimized knee-forward position, facilitating natural and more direct energy transfer and maximum power in every stride.

### LIGHTWEIGHT AND DURABLE.

The antimicrobial and hydrophobic liner wicks moisture to the venting holes to keep the feet dry and comfortable.

### STAY IN THE GAME.

Averaging 18 seconds per holder, our BenchChange technology allows for fast blade replacement via TRUE's magnetized blade change tool provided with each pair of skates.

### BEST IN CLASS EDGE CONTROL.

Made in Canada with only the finest raw materials, the best-in-class StepSteel blade carves through the ice with precision and power.

### PRECISION CRAFTED.

Our unique insole system is designed to optimize drainage while supporting TRUE's industry leading fit.

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# TRUE

## HOW TO: HEAT MOLDING

1 /



Place skate in heat molding oven at 180 degrees for 10 minutes.

---

2 /



Using a shoe horn, place customer's foot (sock on) in skate.

---

3 /



As foot goes in the skate, pull tongue back out.

---

4 /



Have customer bang heel into skate to make sure heel sucks back into heel pocket.

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HOW TO: HEAT MOLDING

5 /



Have customer tighten skates at about eighty percent of what they'd normally tighten.

---

6 /



Once tightened, have customer place foot flat on ground, with the centre of the kneecap over centre of the toecap. (This ensures the skate cools in proper position).

---

7 /



While customer is holding kneecap over toe, push into various areas of the skate to help it hug the foot, and interlock fingers and use the butt of palms to pull and squeeze skate around the ankle (don't push on the ankle bone - push behind it).

---

8 /



Let cool for 15 minutes on customer's foot.

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# TRUE

## HOW TO: HEAT MOLDING

9 /



Remove skate and leave to cool for a couple hours.

---

10 /



Repeat steps 1-9 for other skate.

---

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# TRUE

## HOW TO: SKATE ON

1 /



Have skate laced down at least two full eyelets and loose all the way to the bottom.

---

2 /



When placing skate on, hold skate on the side and rotate out. (Allows foot to sink in).

---

3 /



Have customer bang heel into skate to make sure heel sucks back into heel pocket.

---

4 /



Tighten skates.



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# TRUE

## HOW TO: CLAMP TECHNIQUE

1 /



Position ratchet clamp around back of heel.

---

2 /



Ask customer to tighten until it feels comfortable.

---

3 /



Hold in place for 10 minutes while it cools.

---

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HOW TO: TENSOR TECHNIQUE

1 /



Place skate in heat molding oven at 180 degrees for 12 minutes.

---

2 /



Using a shoe horn, have customer place foot (sock on) in skate.

---

3 /



As foot goes in the skate, pull the tongue back out.

---

4 /



Have customer bang heel into skate to make sure heel sucks back into heel pocket.

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# TRUE

## HOW TO: TENSOR TECHNIQUE

5 /



Have customer tighten skate at about eighty percent of what they'd normally tighten.

---

6 /



Ask customer to position knee over the middle of toe cap.

---

7 /



Take a tensor bandage and wrap around lower ankle until tight enough for customer. Clip in place.

---

8 /



Let skate cool on foot for 15 minutes. Repeat process for other foot if necessary.

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# TRUE

## HOW TO: SKATE OFF

1 /



Unlace skate down three eyelets and loosen to the bottom eyelet.

---

2 /



Pull tongue out.

---

3 /



Have customer position hands on sides of skate to pull foot out.

---

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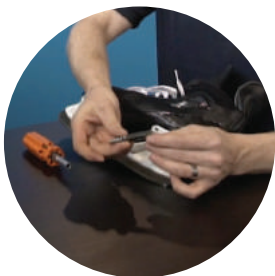
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HOW TO: CHANGE A PLAYER BLADE

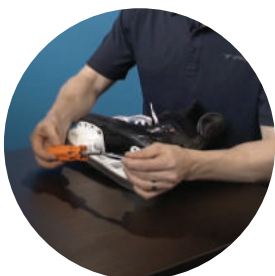
1 /



Every TRUE Pro Custom Skate is shipped with our QuickBench tool.

---

2 /



Attach the tool to any screw driver handle.

---

3 /



Unscrew the bolt located at the back of the skate to loosen and remove the blade.

---

4 /



Align the bolt of the new blade up with the magnetized socket and place the hook in the front and lightly bang into place.



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HOW TO: CHANGE A PLAYER BLADE

**5** /



Use the socket with the nut in it, and tighten until it fits snugly (do not over-tighten).

---



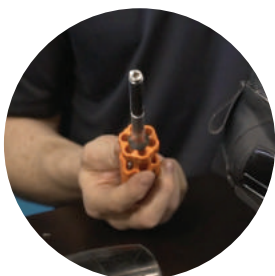
1 /



Use the standard handle with the magnetized socket and insert into hole at the back of skate near blade.

---

2 /



Turn socket until bolt comes out.

---

3 /



Using a rubber mallet, tap heel until the blade comes out.

---

4 /



Position the replacement blade where old blade came out, and gently tap it back in with the rubber mallet.

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**HOW TO: CHANGE A GOALIE BLADE**

**5** /



Position bolt back in hole at the back of skate and, using the magnetized socket, tighten bolt into place being careful not to overtighten.

---

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HOW TO: TONGUE ADJUSTMENT

1 /



If toe area isn't snug enough, lift velcro tab under laces, slide tongue toward front of toe, and re-velcro.

---

2 /



If toe area is too snug, lift velcro tab under laces, and slide tongue back toward heel, and re-velcro.

---

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# TRUE

## HOW TO: INSOLE ADJUSTMENT

1 /



Pull insole (blue) and footbed (red) out of skate.

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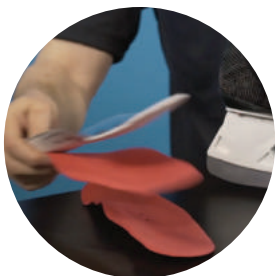
2 /



If skate is too tight, place only the blue insole back in skate.

---

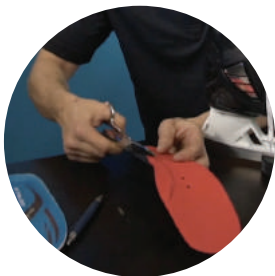
3 /



If skate is too loose, request additional red footbeds from retailer and place into skate with blue insole on top.

---

4 /



If customer is struggling with pain in arch of foot, remove red footbed, mark arch area with a pen, and trim.



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## HOW TO: EYELET CUFF

1 /



Remove the tongue.

---

2 /



Hold a heat gun 2-3 inches from the eyelet cuff and sweep it back and forth until eyelet area softens.

---

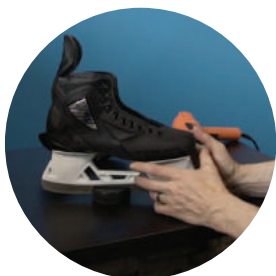
3 /



Gently roll the edge of the eyelet cuff so it flares out and creates more space for foot.

---

4 /



Let cool for 1 hour.

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# TRUE

## HOW TO: TOE INSERT

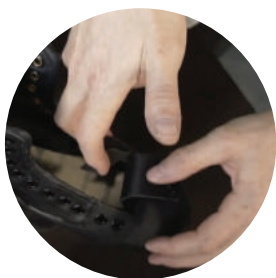
1 /



If skate is too long in toe area, remove the tongue and insole system.

---

2 /



Take toe insert(s) (each insert makes a quarter of a size difference), and using fingers, push insert(s) to the toe of skate.

---

3 /



Tape both sides of the insert(s) to the front of the skate.

---

4 /



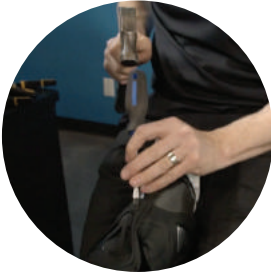
Place the insole system and tongue back into the skate.



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### HOW TO: REPLACE TENDON GUARD

1 /



Using a hammer, chisel off the plastic piece below the tendon guard.

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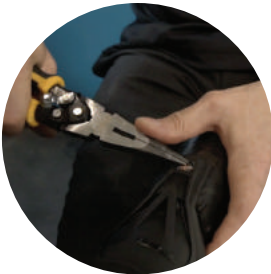
2 /



Once plastic piece is removed, use a screwdriver to pry under the edge of the copper rivet.

---

3 /



Using needle nose pliers or needle cutters, roll it right off.

---

4 /



Place the screwdriver over the rivet, and punch it through with the hammer.

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HOW TO: REPLACE TENDON GUARD

5 /



Once rivet is removed, pull out tendon guard.

---

6 /



Slide new tendon guard into place (make sure holes line up).

---

7 /



Re-insert a new copper rivet into existing hole.

---



## CONTACT

For more information please see [www.true-hockey.com](http://www.true-hockey.com), contact your local TRUE Hockey Sales Representative or Customer service at 1-(204) 415-5910 or by email at [skateservice@truitemper.com](mailto:skateservice@truitemper.com)





**TRUE**

MADE TRUE. PLAY TRUE.