



PROGRESS REPORT

SKATER'S NAME _____

CLUB/SKATING SCHOOL _____

PRE-CANSKATE - OPTIONAL READINESS LEVEL

- | | | | |
|--|---------------------------------------|---|--|
| <input type="checkbox"/> Fall down & get up | <input type="checkbox"/> Move forward | <input type="checkbox"/> Move backwards | <input type="checkbox"/> 360° march |
| <input type="checkbox"/> Balance on two feet | <input type="checkbox"/> Make snow | <input type="checkbox"/> Two-foot twist | <input type="checkbox"/> Two-foot jump |

Pre-Canskate ribbon awarded: _____

CANSKATE ELEMENTS

	BALANCE	CONTROL	AGILITY
STAGE 1	<input type="checkbox"/> Fall down & get up <input type="checkbox"/> Forward skating <input type="checkbox"/> Forward two-foot glide <input type="checkbox"/> Forward two-foot sit glide 4/4 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Snow slide steps <input type="checkbox"/> Backward skating <input type="checkbox"/> Backward two-foot glide 3/3 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Stationary 180° turn <input type="checkbox"/> Stationary two-foot jump <input type="checkbox"/> Forward skating perimeter of ice surface 3/3 check marks required. Ribbon awarded: _____
STAGE 2	<input type="checkbox"/> Forward sculling <input type="checkbox"/> Forward two-foot to one-foot glide <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Forward one-foot glide with speed 4/4 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward stop <input type="checkbox"/> Backward two-foot sit glide <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence 3/4 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward two-foot turn <input type="checkbox"/> Backward two-foot turn <input type="checkbox"/> Forward 180° glide turn <input type="checkbox"/> Forward two-foot jump 4/4 check marks required. Ribbon awarded: _____
STAGE 3	<input type="checkbox"/> Forward stationary blade push <input type="checkbox"/> Forward two-foot slalom <input type="checkbox"/> Forward circle thrusts <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> Forward two-foot to one-foot curve glide 5/5 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward stop with speed <input type="checkbox"/> Backward sculling <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward one-foot glide with speed 5/5 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward two-foot quick turn <input type="checkbox"/> Backward two-foot quick turn <input type="checkbox"/> Forward 360° step turn <input type="checkbox"/> Backward two-foot jump <input type="checkbox"/> Fast forward perimeter skating 5/5 check marks required. Ribbon awarded: _____
STAGE 4	<input type="checkbox"/> Forward crosscuts <input type="checkbox"/> Forward inside giant slalom <input type="checkbox"/> Forward outside giant slalom <input type="checkbox"/> Forward lunge <input type="checkbox"/> Forward spiral <input type="checkbox"/> Drop-down drill <input type="checkbox"/> Forward "V" start 5/7 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Backward stop <input type="checkbox"/> Backward circle thrusts or pumps <input type="checkbox"/> Backward two-foot slalom <input type="checkbox"/> Backward one-foot glide with curve <input type="checkbox"/> Sustained forward one-foot glide <input type="checkbox"/> Speed drill #1 5/6 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Backward 360° step turn <input type="checkbox"/> Forward to backward two-foot jump <input type="checkbox"/> Backward to forward two-foot jump <input type="checkbox"/> Two-foot spin <input type="checkbox"/> Two-foot sit spin 5/6 check marks required. Ribbon awarded: _____
STAGE 5	<input type="checkbox"/> Forward crosscuts figure-8 <input type="checkbox"/> Forward inside edges <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Running lateral crossovers <input type="checkbox"/> Forward perimeter skating with jumps 5/7 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward two-foot side stop <input type="checkbox"/> Backward stop with speed <input type="checkbox"/> Backward crosscuts <input type="checkbox"/> Backward inside giant slalom <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward spiral <input type="checkbox"/> Speed drill #2 6/7 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Forward 360° glide turn <input type="checkbox"/> Forward to backward one-foot jump <input type="checkbox"/> Forward power jump <input type="checkbox"/> One-foot spin <input type="checkbox"/> Alternating foot spin <input type="checkbox"/> Forward tight glide turns 6/7 check marks required. Ribbon awarded: _____
STAGE 6	<input type="checkbox"/> Forward power crosscuts <input type="checkbox"/> Forward outside edges <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Forward one-foot sit glide <input type="checkbox"/> Forward spiral (curve or straight line) <input type="checkbox"/> Forward crossover acceleration <input type="checkbox"/> Forward perimeter skating with crosscuts <input type="checkbox"/> Forward perimeter skating with stops 6/8 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward one-foot side stop <input type="checkbox"/> Forward two-foot side stop with speed <input type="checkbox"/> Backward outside giant slalom <input type="checkbox"/> Backward crosscuts figure-8 <input type="checkbox"/> Backward perimeter skating with crosscuts <input type="checkbox"/> Backward one-foot slalom <input type="checkbox"/> Backward one-foot spin <input type="checkbox"/> Speed drill #3 6/8 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward C step <input type="checkbox"/> Backward C step <input type="checkbox"/> Two-foot multi turns <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Backward toe-assisted jump <input type="checkbox"/> Backward 360 two-foot jump <input type="checkbox"/> Forward one-foot spin with spiraling edge <input type="checkbox"/> Forward two-foot reverse pivot turn 6/8 check marks required. Ribbon awarded: _____

STAGE BADGE PASSING CRITERIA

All three fundamental area ribbons **Balance, Control** and **Agility** must be awarded in order to receive a stage badge.



Stage 1
Badge awarded:



Stage 2
Badge awarded:



Stage 3
Badge awarded:



Stage 4
Badge awarded:



Stage 5
Badge awarded:



Stage 6
Badge awarded:

COACH'S COMMENTS

COACH'S SIGNATURE

DATE

THE BEST START

CanSkate provides skaters with the best foundation for any ice sport, including figure skating, hockey, speed skating, ringette or for enjoying recreational skating as a life-long activity.



WHAT COMES NEXT?

STAR 1-5

Learn to figure skate program offering opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of skills, freeskate, ice dance, artistic and synchronized skating.

POWERSKATE

Focuses on skating technique through balance, control and agility skills, to enhance the skating ability of hockey and ringette players.