BALANCE SKILLS			E	М	Α		
Stance	2-foot s	stance FWD					
	2-foot s	stance BWD					
	FWD 1-	-foot stance L					
	FWD 1-	-foot stance R					
	BWD 1	-foot stance L					
	BWD 1	-foot stance R					
Forward Stride							
Forward Edges	Edges	Inside					
	Edges	Outside					
	Sustain	ed CW					
	Sustain	ed CCW					
Forward Crossovers	CW						
	CCW						
Forward Lateral Movement							
Please indicate	e highest	rating					
☐ GOLD = 11 o	r more Ad	dvanced					
☐ SILVER = 11	or more a	at Moderate or high	er				
\square BRONZE = 11 or more Early or higher							
BALANCE AGILITY			C	CONTROL			

AGILITY SKIL	LS	E	М	Α
Slalom	2-foot FWD			
	2-foot BWD			
	FWD 1-foot L			
	FWD 1-foot R			
	BWD 1-foot L			
	BWD 1-foot R			
Tight Turns	180° CW			
	180° CCW			
	360° CW			
	360° CCW			
Eagle/C-step	Eagle CW			
	Eagle CCW			
	C-step LEFT			
	C-step RIGHT			
Reverse Pivot	CW			
	CCW			
Starts	Explosive			
	FWD Crossover L			
	FWD Crossover R			
	BWD Crossover L			
	BWD Crossover R			
Please indicate	highest rating			
☐ GOLD = 17 or	more Advanced			
☐ SILVER = 17 c	r more at Moderate or higher			
☐ BRONZE = 17	or more Early or higher			

CONTROL S	KILLS	Е	М	Α
Stops	FWD 2-foot L			
	FWD 2-foot R			
	Backward V			
	FWD 1-foot L			
	FWD 1-foot R			
	BWD 1-foot L			
	BWD 1-foot R			
Backward Stric	Backward Stride			
Backward Edges	Edges Inside			
	Edges Outside			
	Sustained CW			
	Sustained CCW			
Backward Crossovers	CW			
	CCW			
Backward Lateral Movement				
Please indicate				
☐ GOLD = 12 or more Advanced				
☐ SILVER = 12	or more at Moderate or high	er		

BALANCE	AGILITY	CONTROL	OVERALL RATING	SPEED DRILL TIMES		
GOLD	GOLD	GOLD	GOLD - 2 or more at Gold level	1st Attempt	2nd Attempt	Difference
SILVER	SILVER	SILVER	☐ SILVER - 2 or more at Silver level or higher			
BRONZE	BRONZE	BRONZE	☐ BRONZE - 2 or more at Bronze level			
Comments:						

Coach's Signature:

☐ BRONZE = 12 or more Early or higher

Date:

ADDITIONAL COMMENTS:

POWERSKATE & LONG-TERM DEVELOPMENT (LTD) ALIGNMENT

- The PowerSkate program has been aligned with LTD philosophies to accompany Hockey Canada and Ringette Canada's programming at the Learn to Play and Learn to Train Stage of LTD.
- PowerSkate ideally incorporates skaters/players at the "Golden Age of Learning" (ages 9-12) to enhance their skating ability by teaching technique and efficiency, for quality execution.
- Skating is a physical literacy skill that is required for ice sports. Prior to playing hockey or ringette, players should have acquired basic skating skills.
- The PowerSkate curriculum was designed as a transitional program advancing from the CanSkate program. It specifically focuses on skating skills that are essential for the games of hockey and ringette.

DID YOU KNOW?

- Skate Canada has been teaching Canadians to skate since 1887
- Skate Canada has approximately 1,200 skating clubs across the country
- CanSkate is Skate Canada's flagship Learn to Skate program and some of the best skaters in the world learned to skate with CanSkate (including Olympic Speed Skaters and men's and women's Olympic hockey players and NHL players).
- PowerSkate is the only nationally regulated power skating program in Canada



NAME OF SKATER

DATE OF PROGRAM

CLUB OR SKATING SCHOOL