

| | STAGE 1 | STAGE 2 | STAGE 3 | STAGE 4 | STAGE 5 | STAGE 6 |
|----------------|--|--|--|---|---|--|
| BALANCE | SKATE FORWARD: <input type="checkbox"/> Fall down & get up <input type="checkbox"/> Fwd consecutive push/glide sequence <input type="checkbox"/> Fwd 2-foot glide <input type="checkbox"/> Fwd 2-foot sit glide | SKATE FORWARD: <input type="checkbox"/> Fwd 2-foot sculling <input type="checkbox"/> Fwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd consecutive push/glide sequence EXTREME: <input type="checkbox"/> Fwd 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L | SKATE FORWARD: <input type="checkbox"/> Stationary blade push & glide (T, V or L) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd 2-foot slalom <input type="checkbox"/> Fwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> R <input type="checkbox"/> L EXTREME: <input type="checkbox"/> Fwd 2-foot to 1-foot glide on a curve <input type="checkbox"/> R <input type="checkbox"/> L | SKATE FORWARD: <input type="checkbox"/> Fwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd inside slalom course <input type="checkbox"/> Fwd outside slalom course EXTREME: <input type="checkbox"/> Fwd drag with glide SPINS & SPIRALS: <input type="checkbox"/> Fwd spiral HOCKEY & RINGETTE: <input type="checkbox"/> Fwd drop down & get up while moving <input type="checkbox"/> Fwd "v" start acceleration | SKATE FORWARD: <input type="checkbox"/> Fwd crosscuts - figure 8 <input type="checkbox"/> Fwd inside edges <input type="checkbox"/> Fwd consecutive push/glide sequence EXTREME: <input type="checkbox"/> Fwd perimeter stroking with jump over each line <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Fwd 1-foot change of edge slalom HOCKEY & RINGETTE: <input type="checkbox"/> Running lateral crossover steps | SKATE FORWARD: <input type="checkbox"/> Fwd crosscuts with power blade pushes <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd perimeter stroking with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd outside edges <input type="checkbox"/> Fwd 1-foot change of edge slalom on defined curves, no steps EXTREME: <input type="checkbox"/> Fwd shoot the duck <input type="checkbox"/> Fwd perimeter stroking with 2-foot side stops at each line SPINS & SPIRALS: <input type="checkbox"/> Fwd spiral HOCKEY & RINGETTE: <input type="checkbox"/> Fwd "crossover" acceleration |
| | 4/4 checkmarks required Date: | 4/4 checkmarks required Date: | 5/5 checkmarks required Date: | 5/7 checkmarks required Date: | 5/7 checkmarks required Date: | 6/8 checkmarks required Date: |
| CONTROL | STOP: <input type="checkbox"/> Make snow using slide steps <input type="checkbox"/> R <input type="checkbox"/> L SKATE BACKWARD: <input type="checkbox"/> Bwd 2-foot skating/walking <input type="checkbox"/> Bwd 2-foot glide | STOP: <input type="checkbox"/> Fwd ½ or full snowplow stop SKATE BACKWARD: <input type="checkbox"/> Bwd 2-foot sit glide <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L EXTREME: <input type="checkbox"/> Bwd push/glide sequence | STOP: <input type="checkbox"/> Fwd snowplow from fast skating <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both SKATE BACKWARD: <input type="checkbox"/> Bwd 2-foot sculling <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd consecutive push/glide sequence EXTREME: <input type="checkbox"/> Bwd 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L | STOP: <input type="checkbox"/> Bwd ½ or full snowplow stop SKATE BACKWARD: <input type="checkbox"/> Bwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd 2-foot slalom <input type="checkbox"/> Bwd consecutive push/glide sequence EXTREME: <input type="checkbox"/> Bwd 1-foot glide SPEED: <input type="checkbox"/> Skate goal line to 1st blue line in 7-9 seconds EXTREME: <input type="checkbox"/> Fwd 1-foot glide blue line to blue line | STOP: <input type="checkbox"/> Fwd 2-foot side stop <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd stop from fast skating <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both SKATE BACKWARD: <input type="checkbox"/> Bwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd inside slalom course <input type="checkbox"/> Bwd consecutive push/glide sequence SPINS & SPIRALS: <input type="checkbox"/> Bwd spiral SPEED: <input type="checkbox"/> Skate goal line to 2nd blue line in 10-12 seconds | STOP: <input type="checkbox"/> Fwd 1-foot side stop <input type="checkbox"/> Fwd fast 2-foot side stop <input type="checkbox"/> CW <input type="checkbox"/> CCW SKATE BACKWARD: <input type="checkbox"/> Bwd outside slalom course <input type="checkbox"/> Bwd crosscuts – figure 8 <input type="checkbox"/> Bwd perimeter stroking with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW EXTREME: <input type="checkbox"/> Bwd 1-foot change of edge slalom SPIN & SPIRALS: <input type="checkbox"/> Bwd 1-foot spin SPEED: <input type="checkbox"/> Skate perimeter of ice in 30-35 seconds |
| | 3/3 checkmarks required Date: | 3/4 checkmarks required Date: | 5/5 checkmarks required Date: | 5/7 checkmarks required Date: | 6/7 checkmarks required Date: | 6/8 checkmarks required Date: |
| AGILITY | TURN: <input type="checkbox"/> 2-foot ½ turn on the spot <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP: <input type="checkbox"/> 2-foot jump on the spot EXTREME: <input type="checkbox"/> Fwd perimeter stroking <input type="checkbox"/> CW <input type="checkbox"/> CCW | TURN: <input type="checkbox"/> Fwd 2-foot turn <input type="checkbox"/> Bwd 2-foot turn <input type="checkbox"/> Fwd 180° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP: <input type="checkbox"/> Fwd 2-foot jump with glide | TURN: <input type="checkbox"/> Quick fwd 2-foot turn <input type="checkbox"/> Quick bwd 2-foot turn <input type="checkbox"/> Fwd 360° turn with steps JUMP: <input type="checkbox"/> Bwd 2-foot jump with glide EXTREME: <input type="checkbox"/> Fast fwd perimeter stroking <input type="checkbox"/> CW <input type="checkbox"/> CCW | TURN: <input type="checkbox"/> Fwd 180° 1-foot turn (small curve) <input type="checkbox"/> FI <input type="checkbox"/> FO <input type="checkbox"/> Bwd 360° turn with steps JUMP: <input type="checkbox"/> Fwd 180° 2-foot jump <input type="checkbox"/> Bwd 180° 2-foot jump SPINS & SPIRALS: <input type="checkbox"/> 2-foot spin <input type="checkbox"/> 2-foot sit spin | TURN: <input type="checkbox"/> Fwd 180° 1-foot turn (large curve) <input type="checkbox"/> LFI <input type="checkbox"/> LFO <input type="checkbox"/> RFI <input type="checkbox"/> RFO <input type="checkbox"/> Fwd 360° glide turn (2-foot or 1-foot) <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP: <input type="checkbox"/> Fwd 180° 1-foot jump <input type="checkbox"/> FI <input type="checkbox"/> FO <input type="checkbox"/> Fwd power jump SPINS & SPIRALS: <input type="checkbox"/> 1-foot spin <input type="checkbox"/> Alternating foot spin HOCKEY & RINGETTE: <input type="checkbox"/> Fast fwd tight glide turn sequence | TURN: <input type="checkbox"/> Fwd 180° step turn on curve (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd 180° step turn on curve (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> 2-foot twists moving (multi-turns) JUMP: <input type="checkbox"/> Rotating power jump (fwd 180°) <input type="checkbox"/> Bwd toe assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump SPIN & SPIRALS: <input type="checkbox"/> Fwd 1-foot spin with spiralling edge entry HOCKEY & RINGETTE: <input type="checkbox"/> Fwd 180° 2-foot reverse pivot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW |
| | 3/3 checkmarks required Date: | 4/4 checkmarks required Date: | 5/5 checkmarks required Date: | 5/6 checkmarks required Date: | 6/7 checkmarks required Date: | 6/8 checkmarks required Date: |
| | DATE AWARDED STAGE 1: | DATE AWARDED STAGE 2: | DATE AWARDED STAGE 3: | DATE AWARDED STAGE 4: | DATE AWARDED STAGE 5: | DATE AWARDED STAGE 6: |

Skater Progress Report

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Coach's signature

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Date:

Stage badge passing criteria:

All three fundamental area certificates (Balance, Control, Agility) must be awarded in order to receive a stage badge.

What's next after CanSkate?



The STARSkate Program:

- learn more advanced figure skating skills in free skate, dance, skating skills and interpretive
- choose group, semi-private or private lessons taught by professional coaches
- earn badges and other incentives including certificates, stickers and tattoos
- be tested against a national standard by specially trained evaluators (optional)
- serves as an entry into the Skate Canada competitive program by qualifying skaters for various levels of events

Other program options include synchronized skating and CanPowerSkate.



SYNCHROSKATE



CANPOWERSKATE

For more information contact your local Skate Canada skating club or Skate Canada at 1-888-747-2372, e-mail: skatecanada@skatecanada.ca or visit our website at www.skatecanada.ca



Report Card

Skater's name:

Session date:

Club:
