



# 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	<input type="checkbox"/> Snow slide steps <input type="checkbox"/> Backward skating <input type="checkbox"/> Backward two-foot glide	<input type="checkbox"/> Stationary 180° turn <input type="checkbox"/> Stationary two-foot jump <input type="checkbox"/> Forward skating perimeter of ice surface
	4/4 check marks required. Ribbon awarded: _____	3/3 check marks required. Ribbon awarded: _____	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	<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	<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: _____	3/4 check marks required. Ribbon awarded: _____	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	<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	<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: _____	5/5 check marks required. Ribbon awarded: _____	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	<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	<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
	5/7 check marks required. Ribbon awarded: _____	5/6 check marks required. Ribbon awarded: _____	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	<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	<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
	5/7 check marks required. Ribbon awarded: _____	6/7 check marks required. Ribbon awarded: _____	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	<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	<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: _____	6/8 check marks required. Ribbon awarded: _____	6/8 check marks required. Ribbon awarded: _____

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## 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:

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Stage 2  
Badge awarded:

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Stage 3  
Badge awarded:

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Stage 4  
Badge awarded:

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Stage 5  
Badge awarded:

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Stage 6  
Badge awarded:

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## COACH'S COMMENTS

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COACH'S SIGNATURE

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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.

## CANPOWERSKATE

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