CanSkate Skills

	Skate Forward	Stop	Skate Backward	Turn	Jump	Speed	Extreme	Spins and Spirals	Hockey/Ringette	Completion Date
Stage 1	❑ Falling down and getting up ❑ Fwd consec push/glide seq ❑ Fwd 2-foot glide ❑ Fwd 2-foot sit glide	❑ Make snow using slide steps	❑ Bwd 2-foot skating ❑ Bwd 2-foot glide	❑ 2-foot 1/2 turn on the spot	❑ 2-foot jump on spot		❑ Fwd skating perimeter of ice ❑ 2-foot glide or sit glide on a curve with speed			Date: Initial:
Stage 2	❑ Fwd sculling ❑ Fwd 2-foot to 1-foot glide ❑ Fwd consec blade push/glide seq	❑ Fwd 1/2 or full snowplow	❑ Bwd 2-foot sit glide ❑ Bwd 2-foot to 1-foot mini glide	❑ 2-foot turn F to B & B to F ❑ Fwd 180º glide turn	❑ Fwd 2-foot jump with glide		❑ Fwd 1-foot glide ❑ Bwd push glide sequence			Date: Initial:
Stage 3	❑ Stationary blade push & glide (T,V or L push) ❑ Fwd 2-foot slalom ❑ Fwd circle thrusts ❑ Walking crosscuts	❑ Fwd snowplow from fast fwd skating	❑ Bwd 2-foot sculling ❑ Bwd 2-foot to 1-foot glide ❑ Bwd consec push/glide seq	❑ 2-foot F to B & B to F quick turn ❑ Fwd skating - 360º turn (with steps)	❑ Bwd 2-foot jump with glide		❑ Bwd 1-foot glide ❑ Fast fwd perimeter stroking ❑ Fwd 2-foot to 1-foot glide on a curve			Date: Initial:
Stage 4	❑ Fwd crosscuts ❑ Fwd alternating 1-foot large slalom (inside edges) ❑ Fwd alternating 1-foot large slalom (outside edges)	❑ Bwd 1/2 or full snowplow	❑ Bwd consec blade push/glide seq ❑ Bwd circle thrusts ❑ Bwd 2-foot slalom	❑ 1-foot turn F to B (both edges) on small curve ❑ Bwd skating - 360º turn (with steps)	❑ 2-foot F to B & B to F jump on a curve	❑ Skate from goal line to 1st blue line in 7-9 seconds	❑ Bwd 1-foot glide ❑ Fwd 1-foot glide from blue line to blue line ❑ Fwd drag with glide	❑ 2-foot spin ❑ 2-foot sit spin ❑ Fwd spiral	❑ Fall down and get up while moving ❑ Fwd skating from a V start	Date: Initial:
Stage 5	❑ Fwd crosscuts - figure 8 ❑ Fwd inside edges ❑ Fwd consec blade push/glide seq	❑ Fwd 2-foot side stop ❑ Bwd stop from fast skating	❑ Bwd crosscuts ❑ Bwd alternating 1-foot large slalom (inside edges) ❑ Bwd consec blade push/glide seq	❑ 1-foot turn F to B (both edges) on large curve ❑ 360º glide turn fwd (2-foot or 1-foot)	❑ 1-foot jump F to B ❑ Fwd power jump	❑ Skate from goal line to 2nd blue line in 10-12 seconds	❑ Fwd perimeter skating with jump over each line ❑ Inside spread eagle ❑ Fwd 1-foot slalom - change of edge	❑ 1-foot spin ❑ Alternating foot spin ❑ Bwd spiral	❑ Running lateral crossover steps ❑ Fast fwd tight glide turns	Date: Initial:
Stage 6	❑ Fwd crosscuts with power blade pushes ❑ Fwd perimeter stroking with crosscuts ❑ Fwd outside edges ❑ 1-foot slalom - change of edge on one foot, defined curves, no steps	❑ Fwd 1-foot side stop ❑ Fwd 2-foot side stop with speed	❑ Bwd alternating 1-foot large slalom (outside edges) ❑ Bwd crosscuts - figure 8 ❑ Bwd perimeter stroking with crosscuts	❑ Turn on curve alternating feet (mohawk) F to B & B to F ❑ 2-foot twists (multi-turns) moving	❑ Rotating power jump ❑ Back toe assisted jump ❑ Bwd full rotation jump	❑ Skate perimeter of ice in 30-35 seconds	❑ Shoot the duck ❑ Perimeter skating with 2-foot side stops at each line ❑ Bwd 1-foot slalom - change of edge	❑ 1-foot back spin ❑ 1-foot fwd spin with spiralling edge entry ❑ Fwd spiral with speed on curve	❑ Fwd crossover start ❑ 2-foot reverse pivot turn	Date: Initial:
Completion Date	Date: Initial:	Date: Initial:	Date: Initial:	Date: Initial:	Date: Initial:	Date: Initial:	Date: Initial:	Date: Initial:	Date: Initial:	

Skater Progress Report

Coach's Signature ..... Date .....

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.

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: _____