

CanSkate Report Card

Name: _____ Club: Warren Skating Club Date: March 17, 2010

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Skill Badges
Go Forward balance on 2 feet marching on the spot walking fwd	Go Forward 8 fwd push glide steps fwd glide 2-feet to 1-foot 1/2 sit glide 2 foot sculling	Go Forward fwd Slalom 2 feet & 1 foot	Go Forward fwd glide on a curve cw/ccw walking crosscuts	Go Forward fwd circle thrusts cw/ccw fwd crosscuts cw/ccw	Go Forward fwd perimeter stoking cw/ccw	Go Forward
Go Backward walking backward (8 steps)	Go Backward walking backward with glide	Go Backward skate bwd 8 steps bwd glide 2 feet/1 foot bwd 2 foot sculling	Go Forward fwd glide on a curve cw/ccw walking crosscuts	Go Backward bwd circle thrusts cw/ccw	Go Backward bwd perimeter stroking cw/ccw bwd crosscut figure 8	Go Backward
Stop Falling down & getting up making snow	Stop Fwd snowplow or 1/2 snowplow stop	Stop Bwd snowplow or 1/2 snowplow stop	Stop fwd 2-foot side stop	Stop fwd 1-foot side stop	Stop fwd 2-foot side stop with speed	Stop
Turn 2-foot 1/4 turns on the spot	Turn 2-foot 1/2 turns on the spot	Turn 2-foot turn fwd to bwd bwd to fwd	Turn 2-foot turn fwd to bwd bwd to fwd on a curve fwd 3 turns outside & inside	Turn skating bwd on a curve and step fwd	Turn circle stroking with crosscuts and turns fwd inside mohawks	Turn
Spin walking around on the spot	Spin 2 foot spin	Spin 2 foot spin picking up alternating feet	Spin fwd 1 foot spin 2 foot sit spin	Spin fwd 1 foot spin more than 1 rotation back spin	Spin fwd 1 foot spin with spiralling FO edge entry back spin more than 1 rotation	Spin
Jump 2-foot jump on the spot	Jump 2-foot jump while gliding fwd	Jump 2-foot jump while gliding bwd	Jump 2-foot jump fwd - bwd bwd - fwd on a curve	Jump 1-foot jump fwd - bwd power jump	Jump waltz jump toe-loop	Jump
Challenge skills skate across width of ice w/out falling fwd 1-foot balance	Challenge skills fwd perimeter skate bwd skate width of rink light glide turn bwd 1-foot balance	Challenge skills bwd perimeter skate fwd spiral	Challenge skills bwd spiral	Challenge skills shoot the duck drag	Challenge skills any jump with 1 rotation	