

# PROGRESS REPORT

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Coach's Signature

Date

## STAGE BADGE PASSING CRITERIA

All three Fundamental Area ribbons **Balance**, **Control** and **Agility** must be awarded in order to receive a stage badge.

## DID YOU KNOW?

- Skate Canada has been teaching Canadians to skate since 1887
- CanSkate is taught in over 1100 skating clubs across the country
- Some of the best skaters in the world learned to skate with CanSkate - including Olympic figure skaters, Olympic speed skaters, men's and women's Olympic hockey players and NHL players

# 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'S NEXT?

In figure skating:

- STARSSkate
  - Figure skating skills are taught in the disciplines of free skating, ice dance, skating skills and interpretive
  - Choose group, semi-private or private lessons
  - Be tested against a national standard if desired
  - Serves as an entry into the Skate Canada competitive program
- SynchroSkate
  - A specialized discipline of skating involving teams of eight or more skaters performing various group formations and maneuvers as one unit
  - Learn to execute circles, blocks, lines, wheels and intersections in unison to music
  - Includes categories for skaters of different ages and skill levels

In power skating – for hockey & ringette:

- CanPowerSkate
  - A dynamic, high energy instructional power skating program geared to hockey and ringette skaters
  - Focuses on balance, technique/efficiency, power, agility, and speed. Skating skills and techniques are taught in a progressive format with emphasis on how these skills apply to game situations

**FOR MORE INFORMATION CONTACT YOUR LOCAL SKATING CLUB**

or call **1.888.747.2372**

e-mail [skatecanada@skatecanada.ca](mailto:skatecanada@skatecanada.ca)

visit [skatecanada.ca](http://skatecanada.ca)



SKATECANADA

**CANSKATE**

## PROGRESS REPORT

SKATER'S NAME

SESSION DATE

CLUB

	PRE CANSKATE	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
<b>BALANCE</b>	<input type="checkbox"/> Balance on 2 feet <input type="checkbox"/> Fall down and get up <input type="checkbox"/> Move forward	<b>SKATE FORWARD</b> <input type="checkbox"/> Fall down & get up <input type="checkbox"/> Fwd push/glide sequence <input type="checkbox"/> Fwd 2-foot glide <input type="checkbox"/> Fwd 2-foot sit glide	<b>SKATE FORWARD</b> <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 push/glide sequence <b>EXTREME</b> <input type="checkbox"/> Fwd 1-foot glide with speed <input type="checkbox"/> R <input type="checkbox"/> L	<b>SKATE FORWARD</b> <input type="checkbox"/> Fwd stationary blade push (T, V or L) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd 2-foot slalom <input type="checkbox"/> Fwd circlethrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> R <input type="checkbox"/> L <b>EXTREME</b> <input type="checkbox"/> Fwd 2-foot to 1-foot curve glide <input type="checkbox"/> R <input type="checkbox"/> L	<b>SKATE FORWARD</b> <input type="checkbox"/> Fwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd inside slalom <input type="checkbox"/> Fwd outside slalom <b>EXTREME</b> <input type="checkbox"/> Fwd drag <b>SPINS &amp; SPIRALS</b> <input type="checkbox"/> Fwd spiral <b>HOCKEY &amp; RINGETTE</b> <input type="checkbox"/> Drop down drill <input type="checkbox"/> Fwd "V" start	<b>SKATE FORWARD</b> <input type="checkbox"/> Fwd crosscuts - figure 8 <input type="checkbox"/> Fwd inside edges <input type="checkbox"/> Fwd push/glide sequence <b>EXTREME</b> <input type="checkbox"/> Fwd perimeter skating with jumps <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Fwd 1-foot slalom <b>HOCKEY &amp; RINGETTE</b> <input type="checkbox"/> Running lateral crossovers	<b>SKATE FORWARD</b> <input type="checkbox"/> Fwd power crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd outside edges <input type="checkbox"/> Fwd 1-foot slalom <b>EXTREME</b> <input type="checkbox"/> Fwd shoot the duck <input type="checkbox"/> Fwd perimeter skating with side stops <b>SPINS &amp; SPIRALS</b> <input type="checkbox"/> Fwd spiral on a curve <b>HOCKEY &amp; RINGETTE</b> <input type="checkbox"/> Fwd "crossover" acceleration
DATE RIBBON AWARDED		4/4 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/7 check marks required Date:	5/7 check marks required Date:	6/8 check marks required Date:
<b>CONTROL</b>	<input type="checkbox"/> Make snow <input type="checkbox"/> Move backward	<b>STOP</b> <input type="checkbox"/> Snow slide steps <input type="checkbox"/> R <input type="checkbox"/> L <b>SKATE BACKWARD</b> <input type="checkbox"/> Bwd 2-foot skating/walking <input type="checkbox"/> Bwd 2-foot glide	<b>STOP</b> <input type="checkbox"/> Fwd stop <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both <b>SKATE BACKWARD</b> <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 <b>EXTREME</b> <input type="checkbox"/> Bwd push/glide sequence	<b>STOP</b> <input type="checkbox"/> Fwd stop with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both <b>SKATE BACKWARD</b> <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 push/glide sequence <b>EXTREME</b> <input type="checkbox"/> Bwd 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L	<b>STOP</b> <input type="checkbox"/> Bwd stop <b>SKATE BACKWARD</b> <input type="checkbox"/> Bwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd 2-foot slalom <b>EXTREME</b> <input type="checkbox"/> Bwd 1-foot glide with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd 1-foot glide from blue line to blue line <input type="checkbox"/> R <input type="checkbox"/> L <b>SPEED</b> <input type="checkbox"/> Skate goal line to 1st blue line in 9 seconds or less	<b>STOP</b> <input type="checkbox"/> Fwd 2-foot side stop <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd stop with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both <b>SKATE BACKWARD</b> <input type="checkbox"/> Bwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd inside slalom <input type="checkbox"/> Bwd push/glide sequence <b>SPINS &amp; SPIRALS</b> <input type="checkbox"/> Bwd spiral <b>SPEED</b> <input type="checkbox"/> Skate goal line to 2nd blue line in 12 seconds or less	<b>STOP</b> <input type="checkbox"/> Fwd 1-foot side stop <input type="checkbox"/> Fwd 2-foot side stop with speed <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>SKATE BACKWARD</b> <input type="checkbox"/> Bwd outside slalom <input type="checkbox"/> Bwd crosscuts - figure 8 <input type="checkbox"/> Bwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>EXTREME</b> <input type="checkbox"/> Bwd 1-foot slalom <b>SPIN &amp; SPIRALS</b> <input type="checkbox"/> Bwd 1-foot spin <b>SPEED</b> <input type="checkbox"/> Skate perimeter of ice in 35 seconds or less
DATE RIBBON AWARDED		3/3 check marks required Date:	3/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:
<b>AGILITY</b>	<input type="checkbox"/> March around the spot <input type="checkbox"/> 2-foot twist on the spot <input type="checkbox"/> Jump on the spot	<b>TURN</b> <input type="checkbox"/> 2-foot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>JUMP</b> <input type="checkbox"/> 2-foot jump <b>EXTREME</b> <input type="checkbox"/> Fwd skating perimeter of ice	<b>TURN</b> <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 <b>JUMP</b> <input type="checkbox"/> Fwd 2-foot jump	<b>TURN</b> <input type="checkbox"/> Fwd 2-foot quick turn <input type="checkbox"/> Bwd 2-foot quick turn <input type="checkbox"/> Fwd 360° step turn <b>JUMP</b> <input type="checkbox"/> Bwd 2-foot jump <b>EXTREME</b> <input type="checkbox"/> Fast fwd perimeter skating <input type="checkbox"/> CW <input type="checkbox"/> CCW	<b>TURN</b> <input type="checkbox"/> Fwd 1-foot turn (small curve) <input type="checkbox"/> FI <input type="checkbox"/> FO <input type="checkbox"/> Bwd 360° step turn <b>JUMP</b> <input type="checkbox"/> Fwd to bwd 2-foot jump <input type="checkbox"/> Bwd to fwd 2-foot jump <b>SPINS &amp; SPIRALS</b> <input type="checkbox"/> 2-foot spin <input type="checkbox"/> 2-foot sit spin	<b>TURN</b> <input type="checkbox"/> Fwd 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 <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>JUMP</b> <input type="checkbox"/> Fwd to bwd 1-foot jump <input type="checkbox"/> FI <input type="checkbox"/> FO <input type="checkbox"/> Fwd power jump <b>SPINS &amp; SPIRALS</b> <input type="checkbox"/> 1-foot spin <input type="checkbox"/> Alternating foot spin <b>HOCKEY &amp; RINGETTE</b> <input type="checkbox"/> Fwd tight glide turns	<b>TURN</b> <input type="checkbox"/> Fwd 180° step turn (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd 180° step turn (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> 2-foot multi-turns <b>JUMP</b> <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Bwd toe-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump <b>SPIN &amp; SPIRALS</b> <input type="checkbox"/> Fwd 1-foot spin with spiraling edge <b>HOCKEY &amp; RINGETTE</b> <input type="checkbox"/> Fwd 2-foot reverse pivot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW
DATE RIBBON AWARDED		3/3 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:
<b>DATE PASSED:</b>	PRE-CANSKATE RIBBON DATE:	STAGE 1 BADGE DATE:	STAGE 2 BADGE DATE:	STAGE 3 BADGE DATE:	STAGE 4 BADGE DATE:	STAGE 5 BADGE DATE:	STAGE 6 BADGE DATE: