



PROGRESS REPORT

SKATER'S NAME _____

CLUB/SKATING SCHOOL _____

PRE-CANSKATE - OPTIONAL READINESS LEVEL

- | | | | |
|--|---------------------------------------|---|--|
| ☐ Fall down & get up | ☐ Move forward | ☐ Move backwards | ☐ 360° march |
| ☐ Balance on two feet | ☐ Make snow | ☐ Two-foot twist | ☐ Two-foot jump |

Pre-Canskate ribbon awarded: _____

CANSKATE ELEMENTS

	BALANCE	CONTROL	AGILITY
STAGE 1	☐ Fall down & get up ☐ Forward skating ☐ Forward two-foot glide ☐ Forward two-foot sit glide	☐ Snow slide steps ☐ Backward skating ☐ Backward two-foot glide	☐ Stationary 180° turn ☐ Stationary two-foot jump ☐ 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	☐ Forward sculling ☐ Forward two-foot to one-foot glide ☐ Forward push/glide sequence ☐ Forward one-foot glide with speed	☐ Forward stop ☐ Backward two-foot sit glide ☐ Backward two-foot to one-foot glide ☐ Backward push/glide sequence	☐ Forward two-foot turn ☐ Backward two-foot turn ☐ Forward 180° glide turn ☐ 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	☐ Forward stationary blade push ☐ Forward two-foot slalom ☐ Forward circle thrusts ☐ Walking crosscuts ☐ Forward two-foot to one-foot curve glide	☐ Forward stop with speed ☐ Backward sculling ☐ Backward two-foot to one-foot glide ☐ Backward push/glide sequence ☐ Backward one-foot glide with speed	☐ Forward two-foot quick turn ☐ Backward two-foot quick turn ☐ Forward 360° step turn ☐ Backward two-foot jump ☐ 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	☐ Forward crosscuts ☐ Forward inside giant slalom ☐ Forward outside giant slalom ☐ Forward lunge ☐ Forward spiral ☐ Drop-down drill ☐ Forward "V" start	☐ Backward stop ☐ Backward circle thrusts or pumps ☐ Backward two-foot slalom ☐ Backward one-foot glide with curve ☐ Sustained forward one-foot glide ☐ Speed drill #1	☐ Forward one-foot turn ☐ Backward 360° step turn ☐ Forward to backward two-foot jump ☐ Backward to forward two-foot jump ☐ Two-foot spin ☐ 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	☐ Forward crosscuts figure-8 ☐ Forward inside edges ☐ Forward push/glide sequence ☐ Inside spread eagle ☐ Forward one-foot slalom ☐ Running lateral crossovers ☐ Forward perimeter skating with jumps	☐ Forward two-foot side stop ☐ Backward stop with speed ☐ Backward crosscuts ☐ Backward inside giant slalom ☐ Backward push/glide sequence ☐ Backward spiral ☐ Speed drill #2	☐ Forward one-foot turn ☐ Forward 360° glide turn ☐ Forward to backward one-foot jump ☐ Forward power jump ☐ One-foot spin ☐ Alternating foot spin ☐ 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	☐ Forward power crosscuts ☐ Forward outside edges ☐ Forward one-foot slalom ☐ Forward one-foot sit glide ☐ Forward spiral (curve or straight line) ☐ Forward crossover acceleration ☐ Forward perimeter skating with crosscuts ☐ Forward perimeter skating with stops	☐ Forward one-foot side stop ☐ Forward two-foot side stop with speed ☐ Backward outside giant slalom ☐ Backward crosscuts figure-8 ☐ Backward perimeter skating with crosscuts ☐ Backward one-foot slalom ☐ Backward one-foot spin ☐ Speed drill #3	☐ Forward C step ☐ Backward C step ☐ Two-foot multi turns ☐ Rotating power jump ☐ Backward toe-assisted jump ☐ Backward 360 two-foot jump ☐ Forward one-foot spin with spiraling edge ☐ 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: _____

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:



Stage 2
Badge awarded:



Stage 3
Badge awarded:



Stage 4
Badge awarded:



Stage 5
Badge awarded:



Stage 6
Badge awarded:

COACH'S COMMENTS

COACH'S SIGNATURE

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.