SKATES Excellent
□ Good
□ Satisfactory
☐ Needs Improvement
Z rices improvement
Comments
CLOTHING
□ Excellent
Good
☐ Satisfactory
☐ Needs Improvement
Comments
BEHAVIOUR
☐ Listens to instructions
☐ Respects the other skaters
☐ Respects the instructor(s)
☐ Respects the ice
☐ Respects the rules of the group (no gum-
chewing, talking, sitting at the side etc.)
☐ Participates willingly in activities
☐ Concentrates appropriately
☐ Is eager to try new skills
☐ Works independently
☐ Shows enthusiasm for skating
•
Comments
-
ATTENDANCE
ATTENDANCE
☐ Attends Regularly
☐ Is Punctual
12
Comments



The three most important training factors influencing a skater's progress are ice time, lessons and equipment.

EQUIPMENT

Proper equipment in good condition is essential. Skaters who persist in using ill-fitting, inadequate or inappropriate equipment cannot expect to develop proper technique or progress quickly. Skaters in proper skates progress faster, have a opportunity to learn skills properly and generally have a more pleasant experience of skating.

Please consult with your coach before purchasing new or used skates.

ICE TIME

Scheduling, attendance and punctuality affect the total amount of ice time your child receives. ALL skaters at the <u>Intermediate</u> level should consider skating at least three times a week, preferably more.

LESSONS

Skaters who skate enough and wear proper equipment will also need lessons to learn proper skating technique.

Your coach can best advise you of the appropriate type and number of lessons you should have.



INTERMEDIATE

Progress



Report

for:		
Date		

Signed:

Intermediate

Skaters' performance is assessed daily and stickers are awarded when all the necessary skills are completed in either a horizontal or vertical direction. The stickers reward skaters' progress; their achievement has no impact on the level at which a skater trains or competes.

	Balance	Flow	Lean	Speed	Agility	Power	Date Completed
Edges	□Forward & backward edges □Forward changes of edge □X-cuts- 3 tempos	□Back changes of edge □Forward & backward one foot slalom □Perimeter stroking	□5 patterns □Inside power 3's □3+3	□Russian stroking □Mohawk power steps □3 Turn power steps	□Junior Bronze edges □Competition stroking	□Junior Bronze stroking □Power step stroking	
Field Moves	□All 8 spirals on a curve □Forward & backward lunge	□Back outside shoot the duck □Inside Ina Bauer	□Inside spread eagle □Forward & backward catch	□Straight Ina Bauer □Back outside pivot	□ Outside spread eagle □ Forward & backward catch w speed	□Outside Ina Bauer □Change of edge spirals	
Turn	□Open choctaws □Back 3s <u>w</u> speed □Forward 3s <u>w</u> speed □Back brackets	□Forward double 3s □Outside open choctaw stroking □Forward brackets with speed	□Back brackets with speed □Back double 3s □Mohawk/3 turn patterns	□Closed choctaws □Back inside 3, forward brackets	☐1 foot twist-outside ☐1 foot twist- inside	□Outside bracket pattern □Inside bracket pattern □Back outside twizzle	
Spin	□Forward corkscrew □Back corkscrew	□Camel spin □Sit spin □Back spin exit	□Camel, sit spin □Sit change sit	□Camel change camel □Flying camel walk through	□Layback walk through □Camel, sit change sit	□Flying camel □Layback	
Jump	□Waltz-loop combo □Salchow-loop combo □Toe loop-loop combo	□8 loop jumps □Outside 3- mazurka □Mohawk- ballet jump	□Chaine turns □Falling leaf □Flip-loop combo □Lutz-loop combo	□Axel on the harness □Double salchow walk through □Split jump	□Double loop walk through	□Axel □Double toe walk through	Y
Performance	□Solo □Shapes	☐Body Parts ☐Invitational or Club Competition	□Moves	□Preliminary Free Skate test □Level	□Pathway	□Simple use of music □Preliminary Skills Test	
Date Completed							
Comments:							

^{*}This Intermediate Chart and Progress Report were written and designed by Cheryl Richardson. For more information on the curriculum please visit: www.skatingaheadofthecurve.com