

SKATES

- Excellent
- Good
- Satisfactory
- Needs Improvement



Comments _____

CLOTHING

- Excellent
- Good
- Satisfactory
- Needs Improvement

Comments _____

BEHAVIOUR

- Listens to instructions
- Respects the other skaters in the group
- 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 (age dependent)
- Shows enthusiasm for skating

Comments _____

ATTENDANCE

- Attends Regularly
- Is Punctual

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 *Junior* level skate should skate at least twice a week, preferably three (or 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.



JUNIOR

Progress



Report

for:

Date

Signed:

JUNIOR

	FREE SKATE 1 forward	FREE SKATE 2 bend	FREE SKATE 3 backwards	FREE SKATE 4 lean	FREE SKATE 5 power	Date Completed
SKILLS 1 glide	<input type="checkbox"/> F 2 foot tuck <input type="checkbox"/> F lunge <input type="checkbox"/> F arabesque <input type="checkbox"/> F spiral	<input type="checkbox"/> F edges on a circle <input type="checkbox"/> B edges on a circle <input type="checkbox"/> F straight strokes <input type="checkbox"/> B straight strokes	<input type="checkbox"/> F outside edges <input type="checkbox"/> F inside edges <input type="checkbox"/> B outside edges <input type="checkbox"/> B inside edges <input type="checkbox"/> F change of edge	<input type="checkbox"/> B tuck <input type="checkbox"/> B lunge <input type="checkbox"/> B arabesque <input type="checkbox"/> B spiral <input type="checkbox"/> B change of edge <input type="checkbox"/> Ina Bauer	<input type="checkbox"/> FO spiral <input type="checkbox"/> FI spiral <input type="checkbox"/> BO spiral <input type="checkbox"/> BI spiral <input type="checkbox"/> Spread eagle	
SKILLS 2 cross	<input type="checkbox"/> F circle thrust <input type="checkbox"/> B circle thrust <input type="checkbox"/> F crosscuts <input type="checkbox"/> B crosscuts	<input type="checkbox"/> F popcans <u>w</u> straight strokes <input type="checkbox"/> B popcans <u>w</u> straight strokes <input type="checkbox"/> F undercut <input type="checkbox"/> B undercut <input type="checkbox"/> Spiralling curve	<input type="checkbox"/> F fig 8 stroking <u>w</u> FI edge <input type="checkbox"/> B fig 8 stroking <u>w</u> BO edge <input type="checkbox"/> Russian stroking	<input type="checkbox"/> FO cross rolls <input type="checkbox"/> FI slip steps <input type="checkbox"/> BO slip steps <input type="checkbox"/> BO cross rolls <input type="checkbox"/> BI slip steps	<input type="checkbox"/> Fig 8 stroking <u>w</u> O choctaws <input type="checkbox"/> I mohawk pattern <input type="checkbox"/> O mohawk pattern	
SKILLS 3 turn	<input type="checkbox"/> F outside 3 <input type="checkbox"/> F inside closed 3 <input type="checkbox"/> F inside open 3 <input type="checkbox"/> F inside open mohawk <input type="checkbox"/> B outside open mohawk <input type="checkbox"/> B inside open mohawk	<input type="checkbox"/> B outside closed 3 <input type="checkbox"/> B inside closed 3 <input type="checkbox"/> F outside open choctaw <input type="checkbox"/> B outside open choctaw <input type="checkbox"/> B inside open choctaw <input type="checkbox"/> 2 foot twist	<input type="checkbox"/> F 3's <u>w</u> speed <input type="checkbox"/> FI closed 3's <u>w</u> speed <input type="checkbox"/> F inside pivot <input type="checkbox"/> B inside pivot <input type="checkbox"/> Barrel rolls	<input type="checkbox"/> F brackets <input type="checkbox"/> B outside 3 <u>w</u> speed <input type="checkbox"/> B inside 3 <u>w</u> speed <input type="checkbox"/> B outside pivot	<input type="checkbox"/> O 3 turn pattern <input type="checkbox"/> I 3 turn pattern	
SKILLS 4 stop & go	<input type="checkbox"/> I stop <input type="checkbox"/> B push-offs <input type="checkbox"/> B edges <input type="checkbox"/> F & B 2 foot slalom	<input type="checkbox"/> Back stop <input type="checkbox"/> Back set-up <input type="checkbox"/> Forward set-up <input type="checkbox"/> F 1 foot slalom <input type="checkbox"/> B 1 foot slalom	<input type="checkbox"/> Hockey stop <input type="checkbox"/> 3 turn power step <input type="checkbox"/> Mohawk power step <input type="checkbox"/> Waltz 3's	<input type="checkbox"/> Tango stop <input type="checkbox"/> BO 3, FI mohawk <input type="checkbox"/> BI 3, cross, FI mohawk <input type="checkbox"/> I power 3s	<input type="checkbox"/> T-stop <input type="checkbox"/> FI 3, cross, BI mohawk	
SKILLS 5 jump & spin	<input type="checkbox"/> Front spin set up <input type="checkbox"/> Outside 3 jump <input type="checkbox"/> Inside 3 jump <input type="checkbox"/> Landing position <input type="checkbox"/> Waltz jump <input type="checkbox"/> Salchow-3 turn entry <input type="checkbox"/> Toe loop- I 3 entry	<input type="checkbox"/> B corkscrew from standstill <input type="checkbox"/> 1 foot spin <input type="checkbox"/> Loop - inside 3 entry <input type="checkbox"/> Waltz jump <u>w</u> set-up <input type="checkbox"/> Salchow- mohawk entry <input type="checkbox"/> Front spin exit	<input type="checkbox"/> F corkscrew <input type="checkbox"/> Flip jump <input type="checkbox"/> Salchow- F set-up <input type="checkbox"/> Toe loop- O 3 entry <input type="checkbox"/> Loop - F set-up <input type="checkbox"/> Mazurka	<input type="checkbox"/> Sit spin <input type="checkbox"/> Lutz jump <input type="checkbox"/> Loop- back entry <input type="checkbox"/> Flip <u>w</u> set-up <input type="checkbox"/> Falling Leaf	<input type="checkbox"/> Camel spin <input type="checkbox"/> B corkscrew <input type="checkbox"/> Lutz <u>w</u> set-up <input type="checkbox"/> Salchow- B3, mohawk set-up <input type="checkbox"/> Axel concept	
Date Completed						

Comments:
