

PROGRESS

Report

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.



WHAT'S NEXT?

THE STARSKATE PROGRAM

- Learn more advanced figure skating skills in free skate, dance, skating skills and interpretive
- Choose group, semi-private or private lessons taught by professional coaches
- Earn badges and other incentives
- Be tested against a national standard by specially trained evaluators (optional)
- Serves as an entry into the Skate Canada competitive program by qualifying skaters for various levels of events

OTHER PROGRAM OPTIONS

- Synchronized skating
- CanPowerSkate



REPORT CARD

SKATER'S NAME

SKATE CANADA NUMBER

SESSION DATE

CLUB



	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	
BALANCE	SKATE FORWARD <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 EXTREME <input type="checkbox"/> Fwd 1-foot glide with speed <input type="checkbox"/> R O L	SKATE FORWARD <input type="checkbox"/> Fwd 2-foot sculling <input type="checkbox"/> Fwd 2-foot to 1-foot glide <input type="checkbox"/> R O L <input type="checkbox"/> Fwd push/glide sequence EXTREME <input type="checkbox"/> Fwd push/glide sequence <input type="checkbox"/> R O L	SKATE FORWARD <input type="checkbox"/> Fwd stationary blade push (T, V or L) <input type="checkbox"/> R O L <input type="checkbox"/> Fwd 2-foot slalom <input type="checkbox"/> Fwd circle thrusts <input type="checkbox"/> CW O CCW <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> R O L EXTREME <input type="checkbox"/> Fwd 2-foot to 1-foot curve glide <input type="checkbox"/> R O L	SKATE FORWARD <input type="checkbox"/> Fwd crosscuts <input type="checkbox"/> CW O CCW <input type="checkbox"/> Fwd inside slalom <input type="checkbox"/> Fwd outside slalom EXTREME <input type="checkbox"/> Fwd drag <input type="checkbox"/> Fwd spiral <input type="checkbox"/> Fwd 1-foot slalom HOCKEY & RINGETTE <input type="checkbox"/> Drop down drill <input type="checkbox"/> Fwd 'V' start	SKATE FORWARD <input type="checkbox"/> Fwd crosscuts - figure 8 <input type="checkbox"/> Fwd inside edges <input type="checkbox"/> Fwd push/glide sequence EXTREME <input type="checkbox"/> Fwd perimeter stroking with jumps <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Fwd 1-foot slalom HOCKEY & RINGETTE <input type="checkbox"/> Running lateral crossovers	SKATE FORWARD <input type="checkbox"/> Fwd perimeter crosscuts <input type="checkbox"/> CW O CCW <input type="checkbox"/> Fwd perimeter skating with crosscuts <input type="checkbox"/> CW O CCW <input type="checkbox"/> Fwd outside edges <input type="checkbox"/> Fwd 1-foot slalom EXTREME <input type="checkbox"/> Fwd shoot the duck <input type="checkbox"/> Fwd perimeter skating with side stops SPIN & SPIRALS <input type="checkbox"/> Fwd spiral on a curve HOCKEY & RINGETTE <input type="checkbox"/> Fwd "crossover" acceleration	
CONTROL	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:	
AGILITY	STOP <input type="checkbox"/> Snow slide steps <input type="checkbox"/> R O L SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot skating/walking <input type="checkbox"/> Bwd 2-foot glide EXTREME <input type="checkbox"/> Bwd push/glide sequence	STOP <input type="checkbox"/> Fwd stop <input type="checkbox"/> R O L Both SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot sit glide <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R O L EXTREME <input type="checkbox"/> Bwd push/glide sequence	STOP <input type="checkbox"/> Bwd stop with speed <input type="checkbox"/> R O L Both SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot sculling <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R O L EXTREME <input type="checkbox"/> Bwd push/glide sequence <input type="checkbox"/> Bwd 1-foot glide	STOP <input type="checkbox"/> Bwd stop <input type="checkbox"/> Bwd circle thrusts <input type="checkbox"/> CW O CCW <input type="checkbox"/> R O L Both SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot slalom <input type="checkbox"/> Bwd crosscuts <input type="checkbox"/> CW O CCW <input type="checkbox"/> Bwd inside slalom <input type="checkbox"/> Bwd push/glide sequence SPIN & SPIRALS <input type="checkbox"/> Bwd spiral SPEED <input type="checkbox"/> Skate goal line to 1st blue line in 9 seconds or less	STOP <input type="checkbox"/> Fwd 2-foot side stop <input type="checkbox"/> CW O CCW <input type="checkbox"/> Bwd stop with speed <input type="checkbox"/> R O L Both SKATE BACKWARD <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 O CCW EXTREME <input type="checkbox"/> Bwd 1-foot slalom SPIN & SPIRALS <input type="checkbox"/> Bwd 1-foot spin SPEED <input type="checkbox"/> Skate perimeter of ice in 35 seconds or less	STOP <input type="checkbox"/> Fwd 1-foot side stop <input type="checkbox"/> Fwd 2-foot side stop with speed <input type="checkbox"/> CW O CCW SKATE BACKWARD <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 O CCW EXTREME <input type="checkbox"/> Bwd 1-foot slalom SPIN & SPIRALS <input type="checkbox"/> Bwd 1-foot spin SPEED <input type="checkbox"/> Skate perimeter of ice in 35 seconds or less	6/8 check marks required Date:
	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:	
	TURN <input type="checkbox"/> 2-foot turn JUMP <input type="checkbox"/> 2-foot jump EXTREME <input type="checkbox"/> Fwd skating perimeter of ice	TURN <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 O CCW JUMP <input type="checkbox"/> Bwd 2-foot jump	TURN <input type="checkbox"/> Fwd 2-foot quick turn <input type="checkbox"/> Bwd 2-foot quick turn <input type="checkbox"/> Fwd 360° step turn JUMP <input type="checkbox"/> Bwd 2-foot jump EXTREME <input type="checkbox"/> Fast fwd perimeter skating <input type="checkbox"/> CW O CCW	TURN <input type="checkbox"/> Fwd 1-foot turn (small curve) <input type="checkbox"/> Fwd 180° step turn JUMP <input type="checkbox"/> Fwd to bwd 2-foot jump <input type="checkbox"/> Bwd to bwd 2-foot jump SPIN & SPIRALS <input type="checkbox"/> 2-foot spin <input type="checkbox"/> 2-foot sit spin	TURN <input type="checkbox"/> Fwd 1-foot turn (large curve) <input type="checkbox"/> Fwd 180° step turn (hockey) <input type="checkbox"/> Fwd 360° glide turn <input type="checkbox"/> CW O CCW JUMP <input type="checkbox"/> Fwd to bwd 1-foot jump <input type="checkbox"/> Fwd power jump <input type="checkbox"/> Bwd bob-assisted jump SPIN & SPIRALS <input type="checkbox"/> 1-foot spin <input type="checkbox"/> Alternating foot spin HOCKEY & RINGETTE <input type="checkbox"/> Fwd tight glide turns	TURN <input type="checkbox"/> Fwd 180° step turn (hockey) <input type="checkbox"/> R O L <input type="checkbox"/> Bwd 180° step turn (hockey) <input type="checkbox"/> R O L <input type="checkbox"/> 2-foot multi-turns JUMP <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Bwd bob-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump SPIN & SPIRALS <input type="checkbox"/> Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE <input type="checkbox"/> Fwd 2-foot reverse pivot turn <input type="checkbox"/> CW O CCW	
DATE PASSED:	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:	
	STAGE 1 BADGE: DATE:	STAGE 2 BADGE: DATE:	STAGE 3 BADGE: DATE:	STAGE 4 BADGE: DATE:	STAGE 5 BADGE: DATE:	STAGE 6 BADGE: DATE:	

