



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

