SKATER PROGRESS CARD

FIRST & FAST STRIDES

LEVEL 01

☐ **Stationary toe touch**	From a standing position on two feet, skaters hinge at the hips to touch their toes with a slight bend in the knees.
☐ **Marching on the spot**	Skaters stand stationary on the ice, with feet approximately hip distance apart, and alternate lifting the left and right foot.
☐ **Sideways steps** *Left and Right*	Skaters take multiple lateral steps to the left *(and to the right)*, with each foot coming off the ice and remaining parallel to each other.
☐ **Successfully participates in a 30-minute session**	Skaters participate fully in a 30-minute session without requiring off-ice breaks.
☐ **Stable static position**	Skaters balance on two blades in a stationary position with feet shoulder distance apart.
☐ **Controlled lower to the ice**	Skaters can move from a stationary standing position to sitting down on the ice in a controlled fashion.
☐ **Get up with assistance**	With external support, skaters can push into a standing position.
☐ **Make snow** *Left and Right*	From a standing position on two feet, skaters can bend their knees and extend one leg by pushing one blade away from the body to make snow on the ice.
☐ **Forward steps**	Skaters step and move forwards, with each foot coming off the ice.
☐ **Fundamental skating skills off the ice**	Skaters complete fundamental skating skills *(get up independently, march on the spot, forward steps, backwards steps, sideways steps)* with their skates on, in an off-ice environment.

Signature

Date

LEVEL 02

☐ **Stationary 360 degree rotation**	Skaters turn on the spot in a complete circle *(360 degrees)*, with or without lifting their feet from the ice. Can be done in either direction.
☐ **Stationary 1-foot balance** *Left and Right*	From a standing position on two feet, skaters lift one foot off the ice and maintain a balanced position.
☐ **Stationary 2-foot jump**	From a stationary standing position on two feet, skaters jump and land back on two feet maintaining stability.
☐ **Pick up object off the ice in stationary standing**	From a standing position on two feet, skaters hinge at the hips to pick up an ankle-high object placed in front of their feet.
☐ **Get up independently on-ice**	Skaters get up from the ice to a standing position independently.
☐ **Forwards skate**	Skaters move forwards with a natural rhythm, allowing the blades to glide between steps.
☐ **2-foot glide**	After generating forward movement, skaters glide on two feet parallel to each other approximately hip distance apart.
☐ **Backward steps**	Skaters can step backward, with each foot coming off the ice.
☐ **Push an object**	Skaters push an object forwards on the ice *(chair, teaching aid, bucket, mats etc).*
☐ **Fun interactions with fellow skaters**	Skaters contribute to, and enjoy, fun interactions with each other a majority of the time.

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LEVEL 03

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☐	**Moving 180 degree rotation** *Clockwise and Counter clockwise*	While skating forwards along a tragectory, skaters turn their bodies to backwards and maintain backwards movement.
☐	**Stationary kick object** *Left and Right*	Skaters can safely kick an object placed on the ice with one foot/skate.
☐	**Bubbles**	Skaters initaite a repeatable forward «bubble» pattern on the ice beginning with their heels together, bending their knees and applying pressure to the inside edge of their skate to create bubble shapes with their skates, finishing the movement by bringing their toes together.
☐	**Forwards stop** *Left, Right, 2-feet*	Skaters stop their forward momentum by an indicated location. The stop is initiated with one foot *(left or right)* or two feet.
☐	**Start from static on a cue**	Skaters stand stationary on the ice, then begin forward movement when cued.
☐	**1-foot glide** *Left and Right*	After generating forward movement, skaters shift their balance (centre of gravity) and glide on one foot.
☐	**Backward skate**	Skaters move backwards, allowing the blades to glide between steps.
☐	**2-foot turn** *Left and Right*	Skaters follow a defined curve with two feet on the ice and maintain a forward direction.
☐	**Skate independently to the lesson**	Skaters locate, skate to, and stop at the coach's location to begin the practice.
☐	**Willingness to try new challenges**	Skaters are eager and interested to try new activities offered by the coach.

LEVEL 04

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☐	**Swipe up object when moving** *L hand, R hand, 2 hands*	While gliding on two feet parallel to each other, skaters hinge forwards to pick up an object off of the ice.
☐	**Successfully participates in a 45 minute session**	Skaters participate in a 45 minute session without requiring off-ice breaks.
☐	**Backwards stop**	Skaters come to a full stop from a backwards glide.
☐	**1-foot turn** *Left counter clockwise, Right counter clockwise - Left clockwise, Right clockwise*	Skaters follow a defined curve with one foot on the ice.
☐	**Walking crossovers** *Left and Right*	Skaters step sideways, using a crossover technique, in both directions.
☐	**Complete 1 lap**	Skaters complete one full lap of the ice unaided.
☐	**Follows rules of a game**	Skaters follow the flow and safety rules of an on-ice game.
☐	**Linear relays with tag**	Skaters take a turn in a linear relay race, before safely tagging a teammate to hand off the relay.
☐	**Follows insructions from coach**	Skaters follow the flow and technical elements of on-ice activities.
☐	**Assists with safety equipment**	Skaters assist with putting on their required personal safety equipment.

LEVEL 05

☐ **Moving 2 foot jump**	While gliding forwards, skaters jump and land back on two feet without falling.
☐ ❗ **Speed skating turtle fall**	From skating, skaters fall to the ice in a controlled manner and group their limbs to avoid collisions and injury.
☐ **Skate with arm swing**	Skaters coordinate the movement of their arms with their legs, as they swing their arms in a forward-backward direction.
☐ **Backwards skate width of ice** *(~15m)*	Skaters skate backwards using c-curves for the width of a hockey ice rink surface *(approx 15m)*.
☐ ❗ 🏆 **Static basic position**	Skaters demonstrate a stable and efficient representation of basic position.
☐ **Sculling around track**	Skaters move around the circumference of a short track speed skating track, gliding on the left leg while pushing out with the right leg to generate speed.
☐ **Follows start procedure**	Skaters follow the speed skating start procedure commands of *«Go to the start, Ready, Go»*.
☐ **Skates with high cadence** *(foot speed)*	Skaters increase their speed of skating by moving their feet faster than their baseline skating.
☐ ❗ **Follows general racing rules**	Skaters follow the flow and safety elements of a speed skating race.
☐ **Skates fast and slow laps**	Skaters understand and demonstrate the ability to change their pace of skating during lap skating.
☐ **Push a partner**	Using an appropriate push technique, skaters push a partner skater forward on the ice.
☐ **Basic knowledge of warm up**	Skaters skate warm up laps using appropriate speed and effort.
☐ **Basic knowledge of cool down**	Skaters skate cool down laps using appropriate speed and effort.
☐ **Thanks coach after practice**	Skaters independently show appreciation to the coach in a manner they are comfortable with *(e.g. verbal thank you, high five, etc.)*.
☐ 🏆 **Independent hard skate guard use**	Skaters manage their hard skate guards without assistance from an adult.

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LEVEL 06

☐ **Slalom with both skates on edge**	Skaters turn around 8 slalom points (1m apart) on two feet, with both blades on edge.
☐ ❗ **2 minute consecutive skate**	Skaters complete a continuous 2-minute flat-paced skate around a track without rest breaks.
☐ 🏆 **Sit on heels**	Skaters glide on two feet crouched down with their buttocks near their heels.
☐ **Forwards stop from speed** *Left, Right, 2-feet*	Skaters stop their high-paced forward momentum by an indicated location.
☐ **Skate with one arm swing on corner**	Skaters skate with their right arm swinging through the corner and left arm on their back.
☐ **Moving ankle stability**	Skaters maintain stability at their ankles when gliding on two feet, with their knees aligned over the feet when viewing from the front.
☐ ❗ **Corner edge glide around track**	Skaters glide around the circumference of a short track speed skating track on two skates with both skates on the left corner edges.
☐ **Speed skating start position**	Skaters demonstrate a stable, efficient and legal speed skating start position.
☐ **Changes pace on command**	Skaters understand and demonstrate the ability to change their pace while skating laps.

☐ **Maintains non-contact in a pack**	Skaters avoid contact with fellow skaters in a pack while skating laps.
☐ **Maneuvers around other skaters**	Skaters safely maneuver around slower-moving skaters without causing contact.
☐ **Partner relays with tag** *(2 lap exchange)*	Skaters take turns in a tag relay race on the track, before safely tagging a teammate to hand off the relay.
☐ **Uses water bottle independently**	Skaters manage their water needs and intake independently on the ice during a practice.
☐ **Respectful interactions with fellow skaters**	Skaters are consistently respectful in interactions with fellow skaters.
☐ **Puts on skates independently**	Skaters put on their skates independently in preparation for an adult to assist with tying.

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LEVEL 07

☐ **Moving 360 degree rotation**	While maintaining movement along a trajectory, skaters to turn their bodies around in a complete rotation and maintain a forward direction upon exit of the skill.
☐ **Speed skating stop**	Skaters demonstrate the ability to come to a stop from low speed using a manner that does not dull the blades.
☐ **Appropriate push direction relative to speed**	While skating a short race, skaters adjust the angle of their push as their speed increases.
☐ **Moving basic position**	Skaters maintain a stable and efficient representation of basic position while skating laps.
☐ **Crossovers**	Skaters achieve counterclockwise crossovers while moving around a curve.
☐ **Cadence acceleration**	At a predetermined location, skaters increase their speed of skating towards full speed using high turnover of their foot speed.
☐ **Safely rejoins race after fall**	Skaters demonstate the awareness and ability to safely rejoin a race after they have fallen.
☐ **Consistently follows basic track pattern marked on ice**	Skaters follow a speed track when marked on the ice with visual cues.
☐ **Basic understanding of lap times**	Skaters verbally explain the concept of «*lap time*», and are able to estimate if their own lap time is faster or slower than a recent previously-skated lap time.
☐ **Able to follow in a line**	Skaters demonstrate the ability to follow in a line of skaters moving at moderate speed.
☐ **Setting up a pass**	Skaters demonstrate the fundamental elements of setting up a pass, including creating a gap to the skater ahead and accelerating into the gap.
☐ **Partner push relay**	In partners, skaters take turns in a push relay on the track.
☐ **Generates outcome goals**	Skaters identify a realistic and achievable goal in advance of a performance opportunity.
☐ **Understands and celebrates PBs**	Skaters explain the concept of a personal best *(PB)* and identify appropriate ways to celebrate a PB.
☐ **Chooses appropriate skate guards**	Skaters choose and use their hard skate guards and soft skate guards without assistance from an adult.

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LEVEL 08

☐	**1-legged slalom** *Left and Right*	Skaters turn around 6 slalom points *(1m apart)* on one foot, before repeating on the other foot.
☐	! **3 minute race**	Skaters manage their pace adequately to finish a race *(sanctioned or in practice)* lasting approximately three minutes.
☐	**Parallel or 1-foot stop** *Clockwise (Right) or Counter Clockwise (Left)*	Skaters come to a complete stop from a moderate skating pace, facing sideways to the direction of body movement.
☐	! **Full recovery strides ON and OFF ice**	While skating on the straightaway, skaters demonstrate a complete recovery stride on each leg by bringing the pushing leg back under the centre of mass before executing the subsequent push. This skill is evaluated on and off the ice.
☐	**Agile backwards skate** *Clockwise and Counter clockwise*	Skaters move backwards around the track with a group of skaters, avoiding contact.
☐	**Crossovers on track**	Skaters achieve counterclockwise crossovers while moving around the circumference of a short track speed skating track.
☐	**Effective reaction time and initial start steps**	Skaters demonstrate a quick reaction and efficient initial starting strides when executing a speed skating start.
☐	**Power acceleration on cue**	At a predetermined location, skaters increase their speed of skating towards full speed, using powerful strides.
☐	**Speed track**	Skaters smoothly skate a speed track without external cueing.
☐	**Exhange the lead while skating in a line**	Skaters smoothly exchange the leader while skating in a line at a moderate speed.
☐	**Effective outside pass**	Skaters use the fundamental elements of a pass to execute an outside pass on a partner.
☐	! **4-person relays**	Skaters take turns in a 4-person push relay on the track.
☐	**Off-ice warm-up completed**	Skaters engage in an off-ice warm up (including cardio, dynamic stretching, and activation) with instructions from a coach.
☐	**Independent water bottle management**	Skaters prepare and use their water bottle without assistance from an adult. Skaters can fill and clean their bottle when required.
☐	**Manages own safety equipment**	Skaters put on their safety equipment independently.

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LEVEL 09

☐	**Bubbles with outside edges**	Building on the bubble skill learned in Level 3, Skaters create the same bubble shapes with their skates while moving forwards, and hit their outside edges as they bring their feet together.
☐	! **Prepare for impact with mats**	Skaters demonstrate safe falling technique when preparing for impact with the mats.
☐	**Full weight transfer in straights including basic shuffle step**	While skating on the straightaway, skaters demonstrate a complete weight shift during a skating stride and shuffle step.
☐	**Backwards 1 foot glide** *Left and Right*	Skaters glide backwards on 1 foot in a straight line.
☐	**Effective transition to skating** *(changing angle of blades, cadence)*	While skating a short race, skaters adjust the angle of their push and the cadence of their skating as their speed increases.
☐	! **Follows complex racing rules**	Skaters explain the most common infractions in short track speed skating racing including the understanding of responsibility during a pass.
☐	**Defensive track**	Skaters demonstrate the ability to skate tight to the blocks to protect their lead at race speed.
☐	**Changes pace in race on a cue**	Skaters understand and demonstrate the ability to change their pace during a race when cued by their coach.

☐ **LT lane crossover**	Skaters demonstrate a long track lane crossover on the back straight.
☐ **Effective inside pass**	Skaters use the fundamental elements of a pass to execute an inside pass on a partner.
☐ **Team pursuit from rolling start**	In groups of 3 or 4, skaters smoothly exchange the leader while skating in a line at a moderate speed for 1200m.
☐ **Emotional regulation with support**	Skaters accurately identify emotions and choose age-appropriate strategies to manage their emotions.
☐ **Participates effectively in race debrief**	Skaters accurately identify a strength and challenge in their recent race performance.
☐ **Maintains focus through practice/ positive influence on group dynamics**	Skaters expect and model positive group culture.
☐ **Dries own skates**	Skaters effectively dry their own skates after practice without assistance from an adult.

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LEVEL 10

☐ **Maneuvers around obstacles on 1 leg** *Left and Right*	Skaters move confidently around randomly-spaced objects one 1 leg.
☐ **Tolerates 60 minute session**	Skaters participate in a 60 minute session without requiring off-ice breaks.
☐ **Knee to wall** *(off-ice)*	With their toes 10cm from the wall, skaters are able to drop their knees forward to touch the wall without their heels lifting off the ground.
☐ **Skate with arms on back**	Skaters skate comfortably with both arms on their back.
☐ **Low basic position while moving**	Skaters maintain a stable and efficient representation of basic position while skating laps.
☐ **Fully-extended crossovers on track at speed**	Skaters achieve full extension during counterclockwise crossovers while moving at speed around the circumference of a short track speed skating track.
☐ **Race finish with extended leg**	Skaters demonstrate a safe and legal finish at the finish line.
☐ **Changes corner entry gate on cue**	Skaters understand and demonstrate the ability to change their corner entry when cued by their coach.
☐ **Changes pace in race based on situation**	Skaters understand and demonstrate the ability to change their pace during a race based on the pace of the race.
☐ **Repositions within pack**	Skaters execute appropriate tactical skills from their existing repetoire to reposition within a pack.
☐ **4-person 2000m relay**	Skaters take turns in a 4-person 2000m relay on the track.
☐ **Uses strategies to manage activation levels during competition**	Skaters explain basic sport performance strategies to manage activation levels during a competition.
☐ **Basic knowledge of sport performance nutrition**	Skaters explain basic nutrition concepts for sport performance.
☐ **Participates effectively in race planning**	Skaters choose appropriate tactical skills from their existing repetoire to execute a race strategy that has been pre-determined by their coach.
☐ **Ties own skates**	Skaters tie their own skates tightly enough for safe skating.

Signature

Date

Name **Date**

Note