

	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	SKATE FORWARD <input type="checkbox"/> Fwd 2 foot sculling <input type="checkbox"/> Fwd 2 foot to one foot glide Right Left <input type="checkbox"/> Fwd push/glide sequence EXTREME <input type="checkbox"/> Fwd 1 foot glide with speed Right Left	SKATE FORWARD <input type="checkbox"/> Fwd Stationary blade push (feet in A, T, V, or L shape) Right Left <input type="checkbox"/> Fwd 2 foot slalom <input type="checkbox"/> Fwd circle thrusts CW CCW <input type="checkbox"/> Walking crosscuts Right Left EXTREME <input type="checkbox"/> Fwd 2 foot to 1 foot curve glide Right Left	SKATE FORWARD <input type="checkbox"/> Fwd crosscuts CW CCW <input type="checkbox"/> Fwd inside slalom <input type="checkbox"/> Fwd outside slalom EXTREME <input type="checkbox"/> Fwd drag SPINS & SPIRALS <input type="checkbox"/> Fwd spiral 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 power crosscuts - CW CCW <input type="checkbox"/> Fwd perimeter skating with crosscuts <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 SPINS & SPIRALS <input type="checkbox"/> Fwd spiral on a curve HOCKEY & RINGETTE <input type="checkbox"/> Fwd “crossover” acceleration
	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:
CONTROL	STOP <input type="checkbox"/> Snow slide steps Right Left SKATE BACKWARD <input type="checkbox"/> Bwd 2 foot skating/walking <input type="checkbox"/> Bwd 2 foot glide	STOP <input type="checkbox"/> FWD stop SKATE BACKWARD <input type="checkbox"/> Bwd 2 foot sit glide <input type="checkbox"/> Bwd 2 foot to 1 foot glide Right Left EXTREME <input type="checkbox"/> Bwd push/glide sequence	STOP <input type="checkbox"/> Fwd stop with speed Right Left SKATE BACKWARD <input type="checkbox"/> Bwd 2 foot sculling <input type="checkbox"/> Bwd 2 foot to 1 foot glide Right Left <input type="checkbox"/> Bwd push/glide sequence EXTREME <input type="checkbox"/> Bwd 1 foot glide Right Left	STOP <input type="checkbox"/> Bwd stop SKATE BACKWARD <input type="checkbox"/> Bwd circle thrusts CW CCW <input type="checkbox"/> Bwd 2 foot slalom EXTREME <input type="checkbox"/> Bwd 1 foot glide with speed <input type="checkbox"/> Fwd 1 foot glide from blue line to blue line SPEED <input type="checkbox"/> Skate goal line to 1 st blue line in 9 seconds or less	STOP <input type="checkbox"/> Fwd 2 foot side stop - CW CCW <input type="checkbox"/> Bwd stop with speed Right Left SKATE BACKWARD <input type="checkbox"/> Bwd crosscuts - CW CCW <input type="checkbox"/> Bwd inside slalom <input type="checkbox"/> Bwd push/glide sequence SPINS & SPIRALS <input type="checkbox"/> Bwd spiral SPEED <input type="checkbox"/> Skate goal line to 2 nd blue line in 12 seconds or less	STOP <input type="checkbox"/> Fwd 1 foot side stop <input type="checkbox"/> Fwd 2 foot side stop with speed - CW CCW SKATE BACKWARD <input type="checkbox"/> Bwd outside slalom <input type="checkbox"/> Bwd crosscuts – figure 8 <input type="checkbox"/> Bwd perimeter skating with crosscuts CW CCW EXTREME <input type="checkbox"/> Bwd 1-foot slalom SPINS & SPIRALS <input type="checkbox"/> Bwd 1 foot spin SPEED <input type="checkbox"/> Skate perimeter of ice in 35 seconds or less
	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:
AGILITY	TURN <input type="checkbox"/> 2 foot turn CW CCW 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 CW CCW JUMPS <input type="checkbox"/> Fwd 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 CW CCW	TURN <input type="checkbox"/> Fwd 1 foot turn (small curve) FI FO <input type="checkbox"/> Bwd 360 step turn JUMP <input type="checkbox"/> Fwd to Bwd 2 foot jump <input type="checkbox"/> Bwd to Fwd 2 foot jump SPINS & SPIRALS <input type="checkbox"/> 2 foot spin <input type="checkbox"/> 2 foot sit spin	TURN <input type="checkbox"/> Fwd 1 foot turn (large curve) LFI LFO RFI RFO <input type="checkbox"/> Fwd 360 glide turn - CW CCW JUMP <input type="checkbox"/> Fwd to bwd 1 foot jump FI FO <input type="checkbox"/> Fwd power jump SPINS & 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 (Mohawk) Right Left <input type="checkbox"/> Bwd 180 step turn (Mohawk) Right Left <input type="checkbox"/> 2 foot multi turns JUMP <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Bwd tow assisted jump <input type="checkbox"/> Bwd 360 2 foot jump SPINS & Spirals <input type="checkbox"/> Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE <input type="checkbox"/> Fwd 2 foot reverse pivot turn CW CCW
	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:
DATE PASSED :	STAGE 1 BADGE: DATE:	STAGE 2 BADGE: DATE:	STAGE 3 BADGE: DATE:	STAGE 4 BADGE: DATE:	STAGE 5 BADGE: DATE:	STAGE 6 BADGE: DATE:

Fwd = Forward Bwd = Backward CW = Clockwise CCW = Counter Clockwise LI = Left Inside LO = Left Outside RI = Right Inside RO = Right Outside