



Student Name:

Class:		Date:	
LIONS & CUBS	Good	Needs Work	
Sit and Stand Up (off-ice)			
Sit and Stand Up (on-ice)			
March in Place			
March Forward (8-10 steps)			
March and Glide on Two Feet			
Dip in Place			
SNOWPLOW SAM 1			
Sit and Stand Up (Off-Ice)			
Sit and Stand Up (On-Ice)			
March in Place			
March Forward (8-10 Steps)			
March, then glide on two feet			
Dip in Place			
SNOWPLOW SAM 2			
March followed by a long glide			
Dip while Moving			
Backward Walking (4-6 Steps)			
Backwards Wiggles			
Forward Swizzles			
Beginning Snowplow Stop in Motion			
Two-foot Hop, In Place			
Notes:			

Instructor:

Skating Director: Gabriella Weissmann

555 N Nash Street, El Segundo, CA 90245



LEARN TO SKATE

PROGRESS REPORT

Class:		Date:	
LIONS & CUBS	Good	Needs Work	
Sit and Stand Up (off-ice)			
Sit and Stand Up (on-ice)			
March in Place			
March Forward (8-10 steps)			
March and Glide on Two Feet			
Dip in Place			
SNOWPLOW SAM 1			
Sit and Stand Up (Off-Ice)			
Sit and Stand Up (On-Ice)			
March in Place			
March Forward (8-10 Steps)			
March, then glide on two feet			
Dip in Place			
SNOWPLOW SAM 2			
March followed by a long glide			
Dip while Moving			
Backward Walking (4-6 Steps)			
Backwards Wiggles			
Forward Swizzles			
Beginning Snowplow Stop in Motion			
Two-foot Hop, In Place			
Notes:			

Instructor:

Skating Director: Gabriella Weissmann





Student Name:

Class:		Date:
SNOWPLOW SAM 3	Good	Needs Work
Forward skating (8-10 Steps)		
Forward One-Foot Glide (R and L)		
Forward Swizzles (4-6 in a row)		
Backward Two-Foot Glide		
Backward Swizzles (2-3 in a row)		
Moving Forward Snowplow Stop (1 or 2 feet)		
Curves		
SNOWPLOW SAM 4		
Forward Skating		
Advanced One-Foot Glide		
Backwards Swizzles (4-6 in a row)		
Rocking Horse - One Forward, One Backward, Repeat Twice		
Two-Foot turns - Forward to Backward (Both Directions)		
Two-Foot Hop in Place		
Notes:		
Instructor		
		0 0 11 ~10
Skating D	irector: 👩	Gabriella Weissmann

555 N Nash Street, El Segundo, CA 90245



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PROGRESS REPORT

Student Name: Class: Date: **SNOWPLOW SAM 3 Needs Work** Good Forward skating (8-10 Steps) Forward One-Foot Glide (R and L) Forward Swizzles (4-6 in a row) Backward Two-Foot Glide Backward Swizzles (2-3 in a row) ō Moving Forward Snowplow Stop (1 or 2 feet) Curves SNOWPLOW SAM 4 Forward Skating Advanced One-Foot Glide Backwards Swizzles (4-6 in a row) 8 Rocking Horse - One Forward, One Backward, Repeat Twice Two-Foot turns - Forward to Backward (Both Directions) Two-Foot Hop in Place \Box Notes:

Instructor:

555 N Nash Street, El Segundo, CA 90245

Skating Director: Gabriella Weissmann





Student Name:

Class: Date: BASIC 5 Needs Work Good Backward Outside Edge on a Circle (R and L) Backward Inside Edge on a Circle (R and L) Backward Crossovers (Both Directions) Forward Outside Three-Turns (R and L) Advanced Two-Foot Spin Hockey Stop (Both Directions) ★ Bonus: Side Toe Hop (R and L) BASIC 6 Forward Inside Open Mohawk (Both Sides) Forward Inside Three-Turn (R and L) Moving Backward to Forward Two-Foot Turn on a Circle (Both Directions) **Backward Stroking** Beginning One-Foot Spin T-Stops (R and L) Forward Spiral on a Straight Line (R and L) Bunny Hop П ★ Bonus: Shoot the Duck (R and L) Notes: Instructor: Skating Director: Gabriella Weissmann

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PROGRESS REPORT

Class:	Date	:
BASIC 5	Good	Needs Work
Backward Outside Edge on a Circle (R and L)		
Backward Inside Edge on a Circle (R and L)		
Backward Crossovers (Both Directions)		
Forward Outside Three-Turns (R and L)		
Advanced Two-Foot Spin		
Hockey Stop (Both Directions)		
★ Bonus: Side Toe Hop (R and L)		
BASIC 6		
Forward Inside Open Mohawk (Both Sides)		
Forward Inside Three-Turn (R and L)		
Moving Backward to Forward Two-Foot Turn on a Circle (Both Directions)		
Backward Stroking		
Beginning One-Foot Spin		
T-Stops (R and L)		
Forward Spiral on a Straight Line (R and L)		
Bunny Hop		
★ Bonus: Shoot the Duck (R and L)		
Notes:		

Instructor:

Skating Director: Gabriella Weissmann



PROGRESS REPORT

Class:				Date:		
BASIC 1	Good	Needs Work		BASIC 3	Good	Needs Work
Sit On Ice and Stand Up			_	Beginning Forward Stroking		
March Forward Across Ice				Forward Pumps on a Circle	П	П
Forward Two-Foot Glide				(Both Directions)		_
Dip				Moving Forward to Backward Two-Foot Turns		
Forward Swizzles (6-8 in a row)				(Both Directions) Beginning Backward One-	_	_
Backwards Wiggles				Foot Glides	Ц	ш
Beginning Snowplow Stop (1 or 2 Feet)				Backward Snowplow Stop (R and L)		
★ Bonus: Two-Foot Hop				Forward Slalom		
BASIC 2				★ Bonus: Forward Pivots (Both Directions)		
Scooter Pushes				BASIC 4		
Forward One-Foot Glide (R and L)			-	Forward Outside Edge on a	\Box	
Backward Two-Foot Glide				Circle (R and L)	_	
Rocking Horse -	_	_		Forward Inside Edge on a Circle (R and L)	ш	ш
Forward/Backward Swizzle, (Repeat Twice)	Ц	Ш		Forward Crossovers (Both Directions)		
Backward Swizzle (6-8 in a row)				Backward Pumps on a		
Two-foot turns from				Circle (Both Directions)	ч	
Forward to Backward in Place (Both Directions)				Backward One-Foot Glides (R and L)		
Moving Snowplow Stop	П	П		Beginning Two-Foot Spin		
	_	_		★ Bonus: Forward Lunges		
★ Bonus: Curves	ш	ш				
Notes:						



LEARN TO SKATE

PROGRESS REPORT

Class:			Dat	e:	
BASIC 1	Good	Needs Work	BASIC 3	Good	Needs Wor
Sit On Ice and Stand Up			Beginning Forward Stroki	ng 🔲	
March Forward Across Ice			Forward Pumps on a Circle	.е П	
Forward Two-Foot Glide			(Both Directions)	_	_
Dip			Moving Forward to Backward Two-Foot Turn	s 🔲	
Forward Swizzles (6-8 in a row)			(Both Directions) Beginning Backward One-		
Backwards Wiggles			Foot Glides		
Beginning Snowplow Stop (1 or 2 Feet)			Backward Snowplow Stop (R and L)	, 🗖	
★ Bonus: Two-Foot Hop			Forward Slalom		
BASIC 2			★ Bonus: Forward Pivots		
Scooter Pushes			(Both Directions) BASIC 4		
Forward One-Foot Glide (R and L)			Forward Outside Edge on	a 🗖	
Backward Two-Foot Glide			Circle (R and L)		
Rocking Horse -			Forward Inside Edge on a Circle (R and L)		
Forward/Backward Swizzle, (Repeat Twice)			Forward Crossovers (Both Directions)	, 🗖	
Backward Swizzle (6-8 in a row)			Backward Pumps on a	_	_
row) Two-foot turns from			Circle (Both Directions)	ш	ч
Forward to Backward in Place (Both Directions)			Backward One-Foot Glide (R and L)	s 🔲	
Moving Snowplow Stop		П	Beginning Two-Foot Spin		
	_		★ Bonus: Forward Lunge	s 🔲	
★ Bonus: Curves	Ш	Ш			_
Notes:					

Instructor:
Skating Director: Gabriella Weissmann

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Skating Director: Gabriella Weissmann

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Instructor:



PROGRESS REPORT

Class:			Date:		
PRE-FREESKATE	Good	Needs Work	FREESKATE 1	Good	Needs Work
Backward Crossovers to a Backward Outside Edge			Forward Power Stroking (Both Directions)		
Glide (Both Directions) Backward Outside Edge to			Basic Forward Outside and Inside Edges (4-6)		
Forward Outside Edge Transition on a Circle (R and L)			Backward Outside Three- Turns (R and L)		
Two Forward Crossovers into a forward inside			Upright Spin, Entry from Backward Crossovers (4 Revolutions)		
mohawk, step down and cross behind, step into one	_	a	Half Flip		
backward crossover and	Ц		Toe Loop		
step to a forward inside edge, repeat three times both directions			★ Bonus: Waltz Jump - Waltz Jump Sequence		
One-Foot Upright Spin (3		П	FREESKATE 2		
Revolutions)			Alternating forward outside and inside spirals (2 Sets)		
Mazurka (R and L)			Basic Backward Outside and Inside Edges (4-6)		
Waltz Jump ★ Bonus: Backward Inside			Backward Inside Three- Turns (R and L)		
Pivots (Both Directions)	_	_	Beginning Back Spin (1-2 Revolutions)		
			Half Lutz		
			Salchow		ā
			★ Bonus: Variation of a forward spiral, Skater's choice		
Notes:					
			structor:		
			kating Director: <i>Gabriella</i>	We	o Sissmann



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PROGRESS REPORT

Class:			Dat	e:	
PRE-FREESKATE	Good	Needs Work	FREESKATE 1	Good	Needs Work
Backward Crossovers to a Backward Outside Edge			Forward Power Stroking (Both Directions)		
Glide (Both Directions) Backward Outside Edge to			Basic Forward Outside an Inside Edges (4-6)	d 🔲	
Forward Outside Edge Transition on a Circle (R and L)			Backward Outside Three- Turns (R and L)		
Two Forward Crossovers into a forward inside			Upright Spin, Entry from Backward Crossovers (4 Revolutions)		
mohawk, step down and cross behind, step into one	_	_	Half Flip		
backward crossover and	Ш	ш	Toe Loop		
step to a forward inside edge, repeat three times both directions			★ Bonus: Waltz Jump - Waltz Jump Sequence		
One-Foot Upright Spin (3			FREESKATE 2		
Revolutions)		ч	Alternating forward outsi		
Mazurka (R and L)			Basic Backward Outside	_	_
Waltz Jump			and Inside Edges (4-6)	Ч	ш
★ Bonus: Backward Inside Pivots (Both Directions)			Backward Inside Three- Turns (R and L)		
			Beginning Back Spin (1-2 Revolutions)		
			Half Lutz		
			Salchow		
			★ Bonus: Variation of a forward spiral, Skater's choice		
Notes:					

Instructor:

Skating Director: Gabriella Weissmann

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PROGRESS REPORT

Class:			Date:
FREESKATE 3	Good	Needs Work	FREESKATE 5 Good Needs Worl
Alternating Backward Crossovers to Back Outside Edges (4 Sets)			Backward Outside Three- Turn, Mohawk (Both Directions)
Alternating Mohawk/Crossover Sequence (Both Sides)			Five-Step Mohawk Sequence (Both Directions)
Waltz Three-Turns (Forward Outside Three- Turn, Back Outside Edge Glide) (Both Directions)	0	٥	Camel Spin (3 Revolutions) Waltz Jump-Loop Jump Combination
Advanced Back Spin with free foot in crossed leg			Lutz Jump
position (3 Revolutions)	П		★ Bonus: Loop-loop combo
Loop Jump			FREESKATE 6
Waltz Jump-Toe Loop or Salchow-Toe Loop			Forward Power Pulls (R and
★ Bonus: Toe Step Sequence, Skater's choice			L) Choreographic Step
FREESKATE 4			Sequence, Variety of Three- Turns, Mohawks, and Toe
Forward Power Three- Turns (3 Sets) (R and L)			Steps
Waltz Eight			Camel Sit-Spin Combo (2 Revolutions Each)
Forward Upright Spin to Backward Upright Spin (3			Layback, attitude or cross foot spin (3 Revolutions)
Revolutions each)			Waltz Jump-Euler-Salchow
Sit Spin (3 Revolutions)			Jump
Half Loop			Beginning Axel
Flip			★ Bonus: Backward Outside Pivot
★ Bonus: Split Jump/Falling Leaf/Stag			
Notes:			



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PROGRESS REPORT

Class:			Dat	te:	
FREESKATE 3	Good	Needs Work	FREESKATE 5	Good	Needs Work
Alternating Backward Crossovers to Back Outside Edges (4 Sets)			Backward Outside Three- Turn, Mohawk (Both Directions)	-	
Alternating Mohawk/Crossover Sequence (Both Sides)			Five-Step Mohawk Seque (Both Directions)		
Waltz Three-Turns (Forward Outside Three- Turn, Back Outside Edge Glide) (Both Directions)	0	0	Camel Spin (3 Revolution Waltz Jump-Loop Jump Combination	15)	
Advanced Back Spin with free foot in crossed leg position (3 Revolutions)			Lutz Jump ★ Bonus: Loop-loop com	ıbo	
Loop Jump			FREESKATE 6		
Waltz Jump-Toe Loop or Salchow-Toe Loop			Forward Power Pulls (R a	and	
★ Bonus: Toe Step Sequence, Skater's choice			L) Choreographic Step		
FREESKATE 4			Sequence, Variety of Three Turns, Mohawks, and Toe		
Forward Power Three- Turns (3 Sets) (R and L)			Steps Camel Sit-Spin Combo (2	,	
Waltz Eight			Revolutions Each)		
Forward Upright Spin to Backward Upright Spin (3			Layback, attitude or cross foot spin (3 Revolutions)	s	
Revolutions each)	_		Waltz Jump-Euler-Salch	ow	
Sit Spin (3 Revolutions)			Jump Beginning Axel		
Half Loop			★ Bonus: Backward Outs	ido	
Flip			Pivot	oiue	
★ Bonus: Split Jump/Falling Leaf/Stag					
Notes:					

Instructor:

Skating Director: Gabriella Weissmann





Student Name: Class: Date: ADULT GOLD Needs Work Good Backward Outside Edge on a Circle (R and L) Backward Inside Edge on a Circle (R and L) Backward Crossovers (Both Directions) Forward Outside Three-Turns (R and L) Forward Swing Rolls Beginning Two-Foot Spin Forward Stroking with Crossover End Pattern Backward Stroking with Crossover End Pattern Forward Inside Three-Turn (R and L) Beginning Power Pull (R and L) T-Stop (R or L) Lunge Two-Foot Spin into One-Foot Spin Notes: Instructor:

Skating Director: Gabriella Weissmann

555 N Nash Street, El Segundo, CA 90245



LEARN TO SKATE

PROGRESS REPORT

Student Name:

Class:	Date	:
ADULT GOLD	Good	Needs Work
Backward Outside Edge on a Circle (R and L)		
Backward Inside Edge on a Circle (R and L)		
Backward Crossovers (Both Directions)		
Forward Outside Three-Turns (R and L)		
Forward Swing Rolls		
Beginning Two-Foot Spin		
Forward Stroking with Crossover End Pattern		
Backward Stroking with Crossover End Pattern		
Forward Inside Three-Turn (R and L)		
Beginning Power Pull (R and L)		
T-Stop (R or L)		
Lunge		
Two-Foot Spin into One-Foot Spin		

Notes:		

Instructor:

Skating Director: Gabriella Weissmann



PROGRESS REPORT

Student Name:

Class:				Date:		
ADULT BRONZE	Good	Needs Work		ADULT SILVER	Good	Needs Work
Forward Marching				Forward Stroking with		
orward Two-Foot Glide				Proper Blade Use		
Forward Swizzles				Forward Pumps on a Circle (Both Sides)		
Rocking Horse (Forward Swizzle to Backward Swizzle)				Moving Forward to Back and Backward to Forwards, Two-Feet on a circle (Both		
Dip				Directions)	_	
Forward Snowplow Stop	П			Backward Glide		Ш
Skate Across Ice	H			Forward Chasses on a Circle (Both Directions)		
orward One-Foot Glide (R				Backwards Snowplow Stop		
and L) Forward Slalom				Forward Outside/Inside		
				Edge on a Circle (R and L) Forward Crossovers (Both	_	_
Backward Wiggles	<u> </u>	_		Sides)	Ш	Ш
Backward Swizzles	Ц	Ц		Backward One-Foot Glide (F	[₹] □	П
wo-Foot Turns in Place				and L) Backward Pumps on a		_
				Circle (Both Sides)		
				Hockey Stop		
Notes:						
					-	
		_	Instructo		~///	o <u>.</u>
				Director: <i>Gabriella</i>	<u>i IVe</u>	<u>issmanı</u>
		5	ของ เพลรท	Street, El Segundo, CA 90245		



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PROGRESS REPORT

Class:				ate:	
ADULT BRONZE	Good	Needs Work	ADULT SILVER	Good	Needs Work
Forward Marching			Forward Stroking with Proper Blade Use		
Forward Two-Foot Glide			Forward Pumps on a Ci	rcle 🗖	_
Forward Swizzles			(Both Sides)		Ш
Rocking Horse (Forward Swizzle to Backward Swizzle)			Moving Forward to Back and Backward to Forwa Two-Feet on a circle (B	rds,	<u> </u>
Dip			Directions) Backward Glide		
Forward Snowplow Stop			Forward Chasses on a	ш	ш
Skate Across Ice	$\overline{\Box}$	- Fi	Circle (Both Directions)		
Forward One-Foot Glide (R	$\overline{\Box}$		Backwards Snowplow S	Stop 🔲	
and L)	_	<u> </u>	Forward Outside/Inside		_
Forward Slalom			Edge on a Circle (R and		
Backward Wiggles			Forward Crossovers (Bo Sides)	oth 🔲	
Backward Swizzles			Backward One-Foot Gli	de (R	
Two-Foot Turns in Place			Backward Pumps on a		
			Circle (Both Sides)		
			Hockey Stop		
				_	
Notes:					

Instructor:

Skating Director: Gabriella Weissmann



Student Name:



SKATING SKILLS PROGRESS REPORT

Falling and Recovery to a balanced standing positon	Good	Needs Work	LITTLE KINGS ADV SKATING SKILLS Good Needs Work
Falling and Recovery to a balanced standing positon	Good	Needs Work	SKATING SKILLS Good Needs Work
balanced standing positon			
			Forward outside edges on half circles (large C's),
Proper Basic Hockey Stance (Foreward & Backward)			alternating feet on the short axis of the rink
Foreward strides using 45 degree V-Push, focus on good recovery and alt arm drive			Forward inside edges on half circles (large C's), alternating feet on the short axis of the rink
Two foot glides and dips			Forwards crossovers on circle, clockwise and
One foot glides (Both Feet)	ш	ш	counterclockwise (4-6
Forward and Backward Swizzles			each) Backwards crossovers on
Snowplow Stops			circle, clockwise and
Controlled Two-Foot U- Turns			counterclockwise (4-6 each)
Forwards and Backwards C Cuts (Half-Swizzle Pumps) on a circle, both directions		<u> </u>	Hockey stops (stopping to the left and to the right, with speed)
on a choic, both an ections			Mohawks (R and L
			Forward to Backward Pivots
Notes:			Backward one-foot glide (R and L)
			Slaloms
		Instru	uctor:

555 N Nash Street, El Segundo, CA 90245





SKATING SKILLS PROGRESS REPORT

ass:			Date:		
LITTLE KINGS SKATING SKILLS	Good	Needs Work	LITTLE KINGS ADV SKATING SKILLS	Good	Needs Wor
Falling and Recovery to a balanced standing positon			Forward outside edges on half circles (large C's),		
Proper Basic Hockey Stance (Foreward & Backward)			alternating feet on the shor	t	
Foreward strides using 45 degree V-Push, focus on good recovery and alt arm drive		۵	Forward inside edges on half circles (large C's), alternating feet on the sho axis of the rink	t 🗖	0
Two foot glides and dips			Forwards crossovers on	_	_
One foot glides (Both Feet)			circle, clockwise and counterclockwise (4-6	Ц	
Forward and Backward Swizzles			each) Backwards crossovers on		
Snowplow Stops			circle, clockwise and		
Controlled Two-Foot U- Turns			counterclockwise (4-6 each)	_	
Forwards and Backwards C Cuts (Half-Swizzle Pumps) on a circle, both directions			Hockey stops (stopping to the left and to the right, with speed)		
on a circle, both directions			Mohawks (R and L		
			Forward to Backward Pivot	s 🔲	
Notes:			Backward one-foot glide (R and L)		
			Slaloms		

Instructor:

Skating Director: Gabriella Weissmann



Student Name:

LITTLE KINGS

Class:



LITTLE KINGS

SKATING SKILLS PROGRESS REPORT

Date:

	ACADEMY 1	Good	Needs Work		ACADEMY 2	Good	Needs Work
	Hockey ready position and holding stick				Puck control through cones		
	Stationary stick handelling				Crossovers with puck Passing and shooting		<u> </u>
	Forward skating with puck				drills Battle drills		
	Stickhandeling while skating				Teamwork during game play		_
	Backwards skating with puck						
	Passing while stationary (forehand and backhand)						
	Passing while skating (forward and backward)						
	Wrist Shot						
	Notes:						
_							
_							
			Instru	ctor:			
			Skatin	g Di	rector: Gabriella	Weis	smann
			555 N Na	ash St	reet, El Segundo, CA 90245		





SKATING SKILLS PROGRESS REPORT

Class:			Dat	te:	
LITTLE KINGS ACADEMY 1	Good	Needs Work	LITTLE KINGS ACADEMY 2	Good	Needs Work
Hockey ready position and holding stick			Puck control through cones		
Stationary stick handelling			Crossovers with puck Passing and shooting		
Forward skating with puck			drills Battle drills		
Stickhandeling while skating			Teamwork during game play		_
Backwards skating with puck			0 , ,		
Passing while stationary (forehand and backhand)	0				
Passing while skating (forward and backward)					
Wrist Shot					
Notes:					





SKATING SKILLS PROGRESS REPORT

Student Name:

Class:	Date:			
Spin Comp 1 & 2		Good	Needs Work	
	structor:			



LEARN TO SKATE

SKATING SKILLS PROGRESS REPORT

Student Name:			
Class:		Date:	
Intro to Spin	(Good	Needs Work

Skating Director: Gabriella Weissmann

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Instructor:

Skating Director: Gabriella Weissmann





SKATING SKILLS PROGRESS REPORT

Student Name:					
Class:		Date	Date:		
Power		Good	Needs Work		
	Instructor:				



SKATING SKILLS PROGRESS REPORT

Student Name:		
Class:	Date	:
Power	Good	Needs Work

Skating Director: Gabriella Weissmann

555 N Nash Street, El Segundo, CA 90245

Instructor:

Skating Director: Gabriella Weissmann