

# LEARN TO SKATE

## PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

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

Notes: \_\_\_\_\_

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Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245

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Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

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

Notes: \_\_\_\_\_

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Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

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## PROGRESS REPORT

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:

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Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245



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## PROGRESS REPORT

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:

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Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

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## PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

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

Notes: \_\_\_\_\_

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## PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

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

Notes: \_\_\_\_\_

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Class: \_\_\_\_\_

Date: \_\_\_\_\_

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

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Class: \_\_\_\_\_

Date: \_\_\_\_\_

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

Notes:

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## PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

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

Notes: \_\_\_\_\_

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Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

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

Notes: \_\_\_\_\_

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Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

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Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

### FREESKATE 3

Good

Needs Work

Alternating Backward  
Crossovers to Back Outside  
Edges (4 Sets)

☐☐

Alternating  
Mohawk/Crossover  
Sequence (Both Sides)

☐☐

Waltz Three-Turns  
(Forward Outside Three-  
Turn, Back Outside Edge  
Glide) (Both Directions)

☐☐

Advanced Back Spin with  
free foot in crossed leg  
position (3 Revolutions)

☐☐

Loop Jump

☐☐

Waltz Jump-Toe Loop or  
Salchow-Toe Loop

☐☐

★ Bonus: Toe Step  
Sequence, Skater's choice

☐☐

### FREESKATE 4

Forward Power Three-  
Turns (3 Sets) (R and L)

☐☐

Waltz Eight

☐☐

Forward Upright Spin to  
Backward Upright Spin (3  
Revolutions each)

☐☐

Sit Spin (3 Revolutions)

☐☐

Half Loop

☐☐

Flip

☐☐

★ Bonus: Split  
Jump/Falling Leaf/Stag

☐☐

Notes: \_\_\_\_\_

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Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

### FREESKATE 3

Good

Needs Work

Alternating Backward  
Crossovers to Back Outside  
Edges (4 Sets)

☐☐

Alternating  
Mohawk/Crossover  
Sequence (Both Sides)

☐☐

Waltz Three-Turns  
(Forward Outside Three-  
Turn, Back Outside Edge  
Glide) (Both Directions)

☐☐

Advanced Back Spin with  
free foot in crossed leg  
position (3 Revolutions)

☐☐

Loop Jump

☐☐

Waltz Jump-Toe Loop or  
Salchow-Toe Loop

☐☐

★ Bonus: Toe Step  
Sequence, Skater's choice

☐☐

### FREESKATE 4

Forward Power Three-  
Turns (3 Sets) (R and L)

☐☐

Waltz Eight

☐☐

Forward Upright Spin to  
Backward Upright Spin (3  
Revolutions each)

☐☐

Sit Spin (3 Revolutions)

☐☐

Half Loop

☐☐

Flip

☐☐

★ Bonus: Split  
Jump/Falling Leaf/Stag

☐☐

Notes: \_\_\_\_\_

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Instructor: \_\_\_\_\_

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Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

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

Notes:

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Class: \_\_\_\_\_

Date: \_\_\_\_\_

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

Notes:

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## PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

ADULT BRONZE	Good	Needs Work	ADULT SILVER	Good	Needs Work
Forward Marching	<input type="checkbox"/>	<input type="checkbox"/>	Forward Stroking with Proper Blade Use	<input type="checkbox"/>	<input type="checkbox"/>
Forward Two-Foot Glide	<input type="checkbox"/>	<input type="checkbox"/>	Forward Pumps on a Circle (Both Sides)	<input type="checkbox"/>	<input type="checkbox"/>
Forward Swizzles	<input type="checkbox"/>	<input type="checkbox"/>	Moving Forward to Back and Backward to Forwards, Two-Feet on a circle (Both Directions)	<input type="checkbox"/>	<input type="checkbox"/>
Rocking Horse (Forward Swizzle to Backward Swizzle)	<input type="checkbox"/>	<input type="checkbox"/>	Backward Glide	<input type="checkbox"/>	<input type="checkbox"/>
Dip	<input type="checkbox"/>	<input type="checkbox"/>	Forward Chasses on a Circle (Both Directions)	<input type="checkbox"/>	<input type="checkbox"/>
Forward Snowplow Stop	<input type="checkbox"/>	<input type="checkbox"/>	Backwards Snowplow Stop	<input type="checkbox"/>	<input type="checkbox"/>
Skate Across Ice	<input type="checkbox"/>	<input type="checkbox"/>	Forward Outside/Inside Edge on a Circle (R and L)	<input type="checkbox"/>	<input type="checkbox"/>
Forward One-Foot Glide (R and L)	<input type="checkbox"/>	<input type="checkbox"/>	Forward Crossovers (Both Sides)	<input type="checkbox"/>	<input type="checkbox"/>
Forward Slalom	<input type="checkbox"/>	<input type="checkbox"/>	Backward One-Foot Glide (R and L)	<input type="checkbox"/>	<input type="checkbox"/>
Backward Wiggles	<input type="checkbox"/>	<input type="checkbox"/>	Backward Pumps on a Circle (Both Sides)	<input type="checkbox"/>	<input type="checkbox"/>
Backward Swizzles	<input type="checkbox"/>	<input type="checkbox"/>	Hockey Stop	<input type="checkbox"/>	<input type="checkbox"/>
Two-Foot Turns in Place	<input type="checkbox"/>	<input type="checkbox"/>			

Notes:

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Instructor:

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245

# LEARN TO SKATE

## PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

ADULT BRONZE	Good	Needs Work	ADULT SILVER	Good	Needs Work
Forward Marching	<input type="checkbox"/>	<input type="checkbox"/>	Forward Stroking with Proper Blade Use	<input type="checkbox"/>	<input type="checkbox"/>
Forward Two-Foot Glide	<input type="checkbox"/>	<input type="checkbox"/>	Forward Pumps on a Circle (Both Sides)	<input type="checkbox"/>	<input type="checkbox"/>
Forward Swizzles	<input type="checkbox"/>	<input type="checkbox"/>	Moving Forward to Back and Backward to Forwards, Two-Feet on a circle (Both Directions)	<input type="checkbox"/>	<input type="checkbox"/>
Rocking Horse (Forward Swizzle to Backward Swizzle)	<input type="checkbox"/>	<input type="checkbox"/>	Backward Glide	<input type="checkbox"/>	<input type="checkbox"/>
Dip	<input type="checkbox"/>	<input type="checkbox"/>	Forward Chasses on a Circle (Both Directions)	<input type="checkbox"/>	<input type="checkbox"/>
Forward Snowplow Stop	<input type="checkbox"/>	<input type="checkbox"/>	Backwards Snowplow Stop	<input type="checkbox"/>	<input type="checkbox"/>
Skate Across Ice	<input type="checkbox"/>	<input type="checkbox"/>	Forward Outside/Inside Edge on a Circle (R and L)	<input type="checkbox"/>	<input type="checkbox"/>
Forward One-Foot Glide (R and L)	<input type="checkbox"/>	<input type="checkbox"/>	Forward Crossovers (Both Sides)	<input type="checkbox"/>	<input type="checkbox"/>
Forward Slalom	<input type="checkbox"/>	<input type="checkbox"/>	Backward One-Foot Glide (R and L)	<input type="checkbox"/>	<input type="checkbox"/>
Backward Wiggles	<input type="checkbox"/>	<input type="checkbox"/>	Backward Pumps on a Circle (Both Sides)	<input type="checkbox"/>	<input type="checkbox"/>
Backward Swizzles	<input type="checkbox"/>	<input type="checkbox"/>	Hockey Stop	<input type="checkbox"/>	<input type="checkbox"/>
Two-Foot Turns in Place	<input type="checkbox"/>	<input type="checkbox"/>			

Notes:

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Instructor:

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245





SPORTS  
PERFORMANCE  
CENTER

## SKATING SKILLS PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

LITTLE KINGS SKATING SKILLS	Good	Needs Work
Falling and Recovery to a balanced standing position	<input type="checkbox"/>	<input type="checkbox"/>
Proper Basic Hockey Stance (Forward & Backward)	<input type="checkbox"/>	<input type="checkbox"/>
Forward strides using 45 degree V-Push, focus on good recovery and alt arm drive	<input type="checkbox"/>	<input type="checkbox"/>
Two foot glides and dips	<input type="checkbox"/>	<input type="checkbox"/>
One foot glides (Both Feet)	<input type="checkbox"/>	<input type="checkbox"/>
Forward and Backward Swizzles	<input type="checkbox"/>	<input type="checkbox"/>
Snowplow Stops	<input type="checkbox"/>	<input type="checkbox"/>
Controlled Two-Foot U-Turns	<input type="checkbox"/>	<input type="checkbox"/>
Forwards and Backwards Cuts (Half-Swizzle Pumps) on a circle, both directions	<input type="checkbox"/>	<input type="checkbox"/>

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

LITTLE KINGS ADV SKATING SKILLS	Good	Needs Work
Forward outside edges on half circles (large C's), alternating feet on the short axis of the rink	<input type="checkbox"/>	<input type="checkbox"/>
Forward inside edges on half circles (large C's), alternating feet on the short axis of the rink	<input type="checkbox"/>	<input type="checkbox"/>
Forwards crossovers on circle, clockwise and counterclockwise (4-6 each)	<input type="checkbox"/>	<input type="checkbox"/>
Backwards crossovers on circle, clockwise and counterclockwise (4-6 each)	<input type="checkbox"/>	<input type="checkbox"/>
Hockey stops (stopping to the left and to the right, with speed)	<input type="checkbox"/>	<input type="checkbox"/>
Mohawks (R and L)	<input type="checkbox"/>	<input type="checkbox"/>
Forward to Backward Pivots	<input type="checkbox"/>	<input type="checkbox"/>
Backward one-foot glide (R and L)	<input type="checkbox"/>	<input type="checkbox"/>
Slaloms	<input type="checkbox"/>	<input type="checkbox"/>

Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245



SPORTS  
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## SKATING SKILLS PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

LITTLE KINGS SKATING SKILLS	Good	Needs Work
Falling and Recovery to a balanced standing position	<input type="checkbox"/>	<input type="checkbox"/>
Proper Basic Hockey Stance (Forward & Backward)	<input type="checkbox"/>	<input type="checkbox"/>
Forward strides using 45 degree V-Push, focus on good recovery and alt arm drive	<input type="checkbox"/>	<input type="checkbox"/>
Two foot glides and dips	<input type="checkbox"/>	<input type="checkbox"/>
One foot glides (Both Feet)	<input type="checkbox"/>	<input type="checkbox"/>
Forward and Backward Swizzles	<input type="checkbox"/>	<input type="checkbox"/>
Snowplow Stops	<input type="checkbox"/>	<input type="checkbox"/>
Controlled Two-Foot U-Turns	<input type="checkbox"/>	<input type="checkbox"/>
Forwards and Backwards Cuts (Half-Swizzle Pumps) on a circle, both directions	<input type="checkbox"/>	<input type="checkbox"/>

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

LITTLE KINGS ADV SKATING SKILLS	Good	Needs Work
Forward outside edges on half circles (large C's), alternating feet on the short axis of the rink	<input type="checkbox"/>	<input type="checkbox"/>
Forward inside edges on half circles (large C's), alternating feet on the short axis of the rink	<input type="checkbox"/>	<input type="checkbox"/>
Forwards crossovers on circle, clockwise and counterclockwise (4-6 each)	<input type="checkbox"/>	<input type="checkbox"/>
Backwards crossovers on circle, clockwise and counterclockwise (4-6 each)	<input type="checkbox"/>	<input type="checkbox"/>
Hockey stops (stopping to the left and to the right, with speed)	<input type="checkbox"/>	<input type="checkbox"/>
Mohawks (R and L)	<input type="checkbox"/>	<input type="checkbox"/>
Forward to Backward Pivots	<input type="checkbox"/>	<input type="checkbox"/>
Backward one-foot glide (R and L)	<input type="checkbox"/>	<input type="checkbox"/>
Slaloms	<input type="checkbox"/>	<input type="checkbox"/>

Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245



SPORTS  
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## SKATING SKILLS PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

### LITTLE KINGS ACADEMY 1

Good

Needs Work

Hockey ready position  
and holding stick

☐☐

Stationary stick  
handelling

☐☐

Forward skating with  
puck

☐☐

Stickhandeling while  
skating

☐☐

Backwards skating  
with puck

☐☐

Passing while  
stationary (forehand  
and backhand)

☐☐

Passing while skating  
(forward and  
backward)

☐☐

Wrist Shot

☐☐

### LITTLE KINGS ACADEMY 2

Good

Needs Work

Puck control through  
cones

☐☐

Crossovers with puck

☐☐

Passing and shooting  
drills

☐☐

Battle drills

☐☐

Teamwork during  
game play

☐☐

Notes:

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Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245



SPORTS  
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## SKATING SKILLS PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

### LITTLE KINGS ACADEMY 1

Good

Needs Work

Hockey ready position  
and holding stick

☐☐

Stationary stick  
handelling

☐☐

Forward skating with  
puck

☐☐

Stickhandeling while  
skating

☐☐

Backwards skating  
with puck

☐☐

Passing while  
stationary (forehand  
and backhand)

☐☐

Passing while skating  
(forward and  
backward)

☐☐

Wrist Shot

☐☐

### LITTLE KINGS ACADEMY 2

Good

Needs Work

Puck control through  
cones

☐☐

Crossovers with puck

☐☐

Passing and shooting  
drills

☐☐

Battle drills

☐☐

Teamwork during  
game play

☐☐

Notes:

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Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245

# LEARN TO SKATE

## SKATING SKILLS PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

Spin Comp 1 & 2                      Good      Needs Work

_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>

Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245

# LEARN TO SKATE

## SKATING SKILLS PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

Intro to Spin                      Good      Needs Work

_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>

Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

555 N Nash Street, El Segundo, CA 90245

# LEARN TO SKATE

## SKATING SKILLS PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

Power	Good	Needs Work
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>

Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

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# LEARN TO SKATE

## SKATING SKILLS PROGRESS REPORT

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

Power	Good	Needs Work
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>

Instructor: \_\_\_\_\_

Skating Director: *Gabriella Weissmann*

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