

STAGE 1

STAGE 2

STAGE 3

STAGE 4

STAGE 5

<p>SKATE FORWARD > Fall down & get up > Fwd push/glide sequence > Fwd 2-foot glide > Fwd 2-foot sit glide</p>	<p>SKATE FORWARD > Fwd 2-foot sculling > Fwd 2-foot to 1-foot glide > R O L > Fwd push/glide sequence EXTREME > Fwd 1-foot glide with speed > R O L</p>	<p>SKATE FORWARD > Fwd stationary blade push (T, V or L) > R O L > Fwd 2-foot slalom > Fwd circle thrusts > CW O CCW > Walking crosscuts > R O L EXTREME > Fwd 2-foot to 1-foot curve glide > R O L</p>	<p>SKATE FORWARD > Fwd crosscuts > CW O CCW > Fwd inside slalom > Fwd outside slalom EXTREME > Fwd drag SPINS & SPIRALS > Fwd spiral HOCKEY & RINGETTE > Drop down drill > Fwd "v" start</p>	<p>SKATE FORWARD > Fwd crosscuts - figure 8 > Fwd inside edges > Fwd push/glide sequence EXTREME > Fwd perimeter stroking with jumps > Inside spread eagle > Fwd 1-foot slalom HOCKEY & RINGETTE > Running lateral crossovers</p>
<p>1/4 check marks required Date:</p>	<p>4/4 check marks required Date:</p>	<p>5/5 check marks required Date:</p>	<p>5/7 check marks required Date:</p>	<p>5/7 check marks required Date:</p>
<p>STOP > Snow slide steps > R O L SKATE BACKWARD > Bwd 2-foot skating/walking > Bwd 2-foot glide</p>	<p>STOP > Fwd stop SKATE BACKWARD > Bwd 2-foot sit glide > Bwd 2-foot to 1-foot glide > R O L EXTREME > Bwd push/glide sequence</p>	<p>STOP > Fwd stop with speed > R O L O Both SKATE BACKWARD > Bwd 2-foot sculling > Bwd 2-foot to 1-foot glide > R O L > Bwd push/glide sequence EXTREME > Bwd 1-foot glide > R O L</p>	<p>STOP > Bwd stop SKATE BACKWARD > Bwd circle thrusts > CW O CCW > Bwd 2-foot slalom EXTREME > Bwd 1-foot glide with speed > Fwd 1-foot glide from blue line to blue line SPEED > Skate goal line to 1st blue line in 9 seconds or less</p>	<p>STOP > Fwd 2-foot slide stop > CW O CCW > Bwd stop with speed > R O L O Both SKATE BACKWARD > Bwd crosscuts > CW O CCW > Bwd inside slalom > Bwd push/glide sequence SPINS & SPIRALS > Bwd spiral SPEED > Skate goal line to 2nd blue line in 12 seconds or less</p>
<p>1/3 check marks required Date:</p>	<p>3/4 check marks required Date:</p>	<p>5/5 check marks required Date:</p>	<p>5/6 check marks required Date:</p>	<p>6/7 check marks required Date:</p>
<p>TURN > 2-foot turn > CW O CCW JUMP > 2-foot jump EXTREME > Fwd skating perimeter of ice</p>	<p>TURN > Fwd 2-foot turn > Bwd 2-foot turn > Fwd 180° glide turn > CW O CCW JUMP > Fwd 2-foot jump</p>	<p>TURN > Fwd 2-foot quick turn > Bwd 2-foot quick turn > Fwd 360° step turn JUMP > Bwd 2-foot jump EXTREME > Fast fwd perimeter skating > CW O CCW</p>	<p>TURN > Fwd 1-foot turn (small curve) > F O F O > Bwd 360° step turn JUMP > Fwd to bwd 2-foot jump > Bwd to fwd 2-foot jump SPINS & SPIRALS > 2-foot spin > 2-foot sit spin</p>	<p>TURN > Fwd 1-foot turn (large curve) > L F O L F O R F O R F O > Fwd 360° glide turn > CW O CCW JUMP > Fwd to bwd 1-foot jump > F O F O > Fwd power jump SPINS & SPIRALS > 1-foot spin > Alternating foot spin HOCKEY & RINGETTE > Fwd tight glide turns</p>
<p>3/3 check marks required Date:</p>	<p>4/4 check marks required Date:</p>	<p>5/5 check marks required Date:</p>	<p>6/7 check marks required Date:</p>	
<p>STAGE 1 BADGE: DATE:</p>	<p>STAGE 2 BADGE: DATE:</p>	<p>STAGE 3 BADGE: DATE:</p>	<p>STAGE 4 BADGE: DATE:</p>	<p>STAGE 5 BADGE: DATE:</p>