

	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 1-foot glide <input type="checkbox"/> R ○ L <input type="checkbox"/> Fwd push/glide sequence EXTREME <input type="checkbox"/> Fwd 1-foot glide with speed <input type="checkbox"/> R ○ L	SKATE FORWARD <input type="checkbox"/> Fwd stationary blade push (T, V or L) <input type="checkbox"/> R ○ L <input type="checkbox"/> Fwd 2-foot slalom <input type="checkbox"/> Fwd circle thrusts <input type="checkbox"/> CW ○ CCW <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> R ○ L EXTREME <input type="checkbox"/> Fwd 2-foot to 1-foot curve glide <input type="checkbox"/> R ○ L	SKATE FORWARD <input type="checkbox"/> Fwd crosscuts <input type="checkbox"/> 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 <input type="checkbox"/> CW ○ CCW <input type="checkbox"/> Fwd perimeter skating with crosscuts <input type="checkbox"/> CW ○ CCW <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 <input type="checkbox"/> R ○ L 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 <input type="checkbox"/> R ○ L EXTREME <input type="checkbox"/> Bwd push/glide sequence	STOP <input type="checkbox"/> Fwd stop with speed <input type="checkbox"/> R ○ L ○ Both SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot sculling <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R ○ L <input type="checkbox"/> Bwd push/glide sequence EXTREME <input type="checkbox"/> Bwd 1-foot glide <input type="checkbox"/> R ○ L	STOP <input type="checkbox"/> Bwd stop SKATE BACKWARD <input type="checkbox"/> Bwd circle thrusts <input type="checkbox"/> 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 1st blue line in 9 seconds or less	STOP <input type="checkbox"/> Fwd 2-foot side stop <input type="checkbox"/> CW ○ CCW <input type="checkbox"/> Bwd stop with speed <input type="checkbox"/> R ○ L ○ Both SKATE BACKWARD <input type="checkbox"/> Bwd crosscuts <input type="checkbox"/> 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 2nd 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 <input type="checkbox"/> 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 <input type="checkbox"/> CW ○ CCW EXTREME <input type="checkbox"/> Bwd 1-foot slalom SPIN & 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 <input type="checkbox"/> 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 <input type="checkbox"/> CW ○ CCW JUMP <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 <input type="checkbox"/> CW ○ CCW	TURN <input type="checkbox"/> Fwd 1-foot turn (small curve) <input type="checkbox"/> F I ○ F O <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) <input type="checkbox"/> LFI ○ LFO ○ RFI ○ RFO <input type="checkbox"/> Fwd 360° glide turn <input type="checkbox"/> CW ○ CCW JUMP <input type="checkbox"/> Fwd to bwd 1-foot jump <input type="checkbox"/> F I ○ F O <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) <input type="checkbox"/> R ○ L <input type="checkbox"/> Bwd 180° step turn (mohawk) <input type="checkbox"/> R ○ L <input type="checkbox"/> 2-foot multi-turns JUMP <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Bwd toe-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump SPIN & SPIRALS <input type="checkbox"/> Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE <input type="checkbox"/> Fwd 2-foot reverse pivot turn <input type="checkbox"/> 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: