

ADAPTIVE SKATING REPORT CARD



POWERED BY



STUDENT NAME

INSTRUCTOR

DATE

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LEVEL ENROLLED

NEXT SESSION ENROLL IN LEVEL

	<input type="checkbox"/> Pass <input type="checkbox"/> Needs Improvement	
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ADAPTIVE SKATING 1 - OFF-ICE	ACCOMPLISHED
A Stand in skates	
B Review falling and standing up	
C Dip/moderate knee bend	
D March forward 4-5 steps	
E One-foot balance, 2 counts each (R and L)	
ADAPTIVE SKATING 2	ACCOMPLISHED
A Stand on ice	
B Review falling and standing up	
C March forward 4-5 steps	
D Dip/moderate knee bend in place	
E Forward two-foot glide from 3 marches	
ADAPTIVE SKATING 3	ACCOMPLISHED
A Forward two-foot glide from 5 marches	
B Forward swizzles - 3 in a row	
C Backward wiggle or walk - 3 in a row	
D Beginning snowplow stop - one or two feet	
ADAPTIVE SKATING 4	ACCOMPLISHED
A Scooter pushes - 3-4 each foot (R and L)	
B Forward one-foot glides (R and L)	
C Backward wiggles into backward two-foot glide - 3 counts	
D Rocking horse - repeat twice	
ADAPTIVE SKATING 5	ACCOMPLISHED
A Backward swizzles - 3 in a row	
B Two-foot turn, forward to backward in place, clockwise and counterclockwise	
C Curves	
D Moving snowplow stop - one or two feet	
ADAPTIVE SKATING 6	ACCOMPLISHED
A Backward skating into backward two-foot glide - 5 counts	
B Beginning forward stroking	
C Forward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise	
D Moving two-foot turn, forward to backward on a circle, clockwise and counterclockwise	

ADAPTIVE SKATING 7	ACCOMPLISHED
A Forward slalom	
B Beginning backward one-foot glide, 2 counts each (R and L)	
C Backward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise	
D Forward pivot, clockwise or counterclockwise	
E Backward snowplow stop (R or L)	
ADAPTIVE SKATING 8	ACCOMPLISHED
A Forward outside edge on a circle, 3 counts each (R and L)	
B Forward inside edge on a circle, 3 counts each (R and L)	
C Forward crossovers, clockwise and counterclockwise	
D Backward one-foot glide, 4-5 counts each (R and L)	
E Beginning two-foot spin (USp), up to 2 revolutions	
ADAPTIVE SKATING 9	ACCOMPLISHED
A Backward outside edge on a circle, 3 counts each (R and L)	
B Backward inside edge on a circle, 3 counts each (R and L)	
C Introductory forward outside three-turn (R and L)	
D Backward crossovers, clockwise and counterclockwise	
ADAPTIVE SKATING 10	ACCOMPLISHED
A Forward outside three-turn (R and L)	
B Backward alternating half-swizzle pumps	
C Side toe hop/Side stepping (R and L)	
D Two-foot spin (USp), 2-3 revolutions	
E Hockey stop, both directions	
ADAPTIVE SKATING 11	ACCOMPLISHED
A Introductory forward inside three-turn (R and L)	
B Moving two-foot turn, backward to forward on a circle, clockwise and counterclockwise	
C Forward power stroking	
D Two-foot spin to one-foot spin (USp)	
ADAPTIVE SKATING 12	ACCOMPLISHED
A Forward inside three-turn (R and L)	
B Bunny hop, lunge or shoot the duck - skater's choice (R or L)	
C Forward spiral or forward extension on a straight line (R or L)	
D One foot spin (USp), 2 or more revolutions	
E T-stop (R or L)	