

ADULT REPORT CARD



POWERED BY



STUDENT NAME

INSTRUCTOR

DATE

--	--	--

LEVEL ENROLLED

NEXT SESSION ENROLL IN LEVEL

	<input type="checkbox"/> Pass <input type="checkbox"/> Needs Improvement	
--	--	--

ADULT 1		ACCOMPLISHED
A	Falling and recovery on ice	
B	Forward marching	
C	Forward two-foot glide	
D	Forward swizzles (4-6 in a row)	
E	One forward swizzle/one backward swizzle (rocking horse)	
F	Dip	
G	Forward snowplow stop (one or two feet)	
ADULT 2		ACCOMPLISHED
A	Forward skating across the width of the ice	
B	Forward one-foot glides (R and L)	
C	Forward slalom	
D	Backward wiggles	
E	Backward swizzles (4-6 in a row)	
F	Two-foot turns in place	
ADULT 3		ACCOMPLISHED
A	Forward stroking with proper blade use (begin with repetitive one-foot pushes)	
B	Forward half-swizzle pumps on the circle, clockwise and counterclockwise (6-8 in a row)	
C	Moving forward to backward and backward to forward two-foot turn on a circle, clockwise and counterclockwise	
D	Backward skating into a long two-foot glide	
E	Forward chasses on a circle, clockwise and counterclockwise	
F	Backward snowplow stop (R and L)	

ADULT 4		ACCOMPLISHED
A	Forward outside edge on a circle (R and L)	
B	Forward inside edge on a circle (R and L)	
C	Forward crossovers, clockwise and counterclockwise	
D	Backward one-foot glides (R and L)	
E	Backward half-swizzle pumps on a circle, clockwise and counterclockwise	
F	Hockey stop, both directions	
ADULT 5		ACCOMPLISHED
A	Backward outside edge on circle (R and L)	
B	Backward inside edge on a circle (R and L)	
C	Backward crossovers, clockwise and counterclockwise	
D	Forward outside three-turn (R and L)	
E	Forward swing rolls to a count of six	
F	Beginning two-foot spin	
ADULT 6		ACCOMPLISHED
A	Forward stroking with crossover end patterns	
B	Backward stroking with crossover end patterns	
C	Forward inside three-turn (R and L)	
D	Beginning power pull (R and L)	
E	T-stop (R or L)	
F	Lunge	
G	Two-foot spin into one-foot spin (USp)	

Upon completion of the Adult 1-6 curriculum, adult skaters should feel confidence with all fundamental skating skills and may choose to progress to more specialized areas of skating such as free skating, ice dancing, adult hockey leagues, or joining a synchronized skating team.