

# SNOWPLOW SAM REPORT CARD



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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SNOWPLOW SAM 1		ACCOMPLISHED
<b>A</b>	Sit and stand up with skates on (off-ice)	
<b>B</b>	Sit and stand up (on-ice)	
<b>C</b>	March in place	
<b>D</b>	March forward (8-10 steps)	
<b>E</b>	March, then glide on two feet	
<b>F</b>	Dip in place	
SNOWPLOW SAM 2		ACCOMPLISHED
<b>A</b>	March followed by a long glide	
<b>B</b>	Dip while moving	
<b>C</b>	Backward walking, toes turned inward, shifting weight (4-6 steps)	
<b>D</b>	Backward wiggles (6 in a row)	
<b>E</b>	Forward swizzles (2-3 in a row)	
<b>F</b>	Beginning snowplow stop motion, in place or holding onto barrier	
<b>G</b>	Two-foot hop, in place (optional)	

SNOWPLOW SAM 3		ACCOMPLISHED
<b>A</b>	Forward skating (8-10 steps)	
<b>B</b>	Forward one-foot glide, one time skater's height (R and L)	
<b>C</b>	Forward swizzles (4-6 in a row)	
<b>D</b>	Backward two-foot glide	
<b>E</b>	Backward swizzles (2-3 in a row)	
<b>F</b>	Moving forward snowplow stop (1 or 2 feet)	
<b>G</b>	Curves	
SNOWPLOW SAM 4		ACCOMPLISHED
<b>A</b>	Forward skating	
<b>B</b>	Advanced one-foot glide, two times skater's height	
<b>C</b>	Backward swizzles (4-6 in a row)	
<b>D</b>	Rocking horse; one forward, one backward swizzle, repeat twice	
<b>E</b>	Two-foot turns in place from forward to backward (both directions)	
<b>F</b>	Two-foot hop in place	