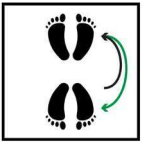
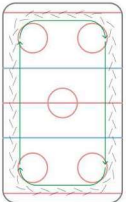
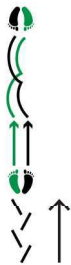
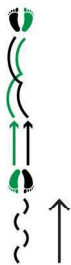
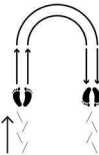
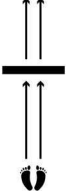

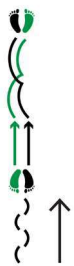

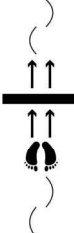
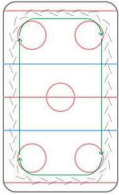













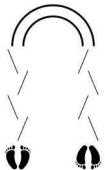

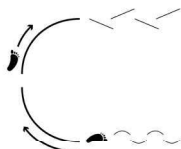
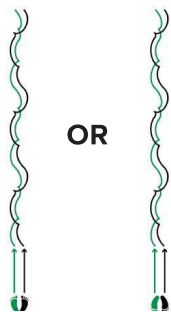
AGILITY




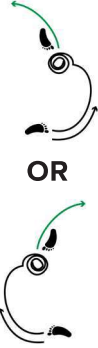
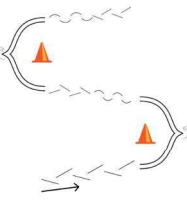
	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 1 - AGILITY	STATIONARY 180° TURN 	The skater stands with their knees/ankles bent with their weight evenly distributed on both feet. The skater then rotates their upper body and torso to rotate approximately 90° applying pressure downwards. As the skater rises (unweights), the skater will twist the lower body 180° in the direction the upper body is facing. Emphasis should be placed on the “down/up/down” action (unweighting of the blades). This skill should be trained in both directions.	<ul style="list-style-type: none"> Perform 1 turn in the skater’s direction of choice
	STATIONARY TWO-FOOT JUMP	The skater stands with their knees/ankles bent and applies pressure downwards. They then push away from the ice so both feet leave the ice and land on 2 feet returning to bent knee/ankle position. Emphasis should be placed on the “bend/up/bend action”.	<ul style="list-style-type: none"> Perform 1 jump with a controlled landing
	*FORWARD SKATING PERIMETER OF ICE SURFACE 	The skater skates forward around the perimeter of ice using a consecutive push/glide sequence (L/R/L/R/L/R). Skaters must demonstrate pushing with the side of the blade. Emphasis should be placed on even strides to encourage rhythm. Two-foot glides between the pushes are acceptable and expected at this level.	<ul style="list-style-type: none"> Complete 1 full lap of the perimeter in the skater’s direction of choice
STAGE 2 - AGILITY	FORWARD TWO-FOOT TURN 	From forward skating, the skater initiates a two-foot glide (feet hip-width apart or narrower), bends their knees/ankles and rotates their upper body and torso towards the inside of the curve or direction of turn desired. The knees/ankles rise, and the skater’s weight moves towards the front of the blades as the hips and feet rotate 180° in same direction as upper body rotation. The skater exits the turn on a backward two-foot glide. The exit glide does not need to be sustained at this level. Emphasis is placed on “down/up/down” knee action (unweighting). This skill must be performed in both directions, clockwise and counterclockwise. It is preferred to perform this skill on a curve; however, a straight line is acceptable.	<ul style="list-style-type: none"> Perform a turn in each direction
	BACKWARD TWO-FOOT TURN 	From backward skating the skater initiates a two-foot glide (feet hip-width apart or narrower), bends their knees/ankles and rotates their upper body and torso towards the outside of the curve or direction of turn desired. The knees/ankles rise, and the skater’s weight moves towards the back of the blades as the hips and feet rotate 180° in same direction as upper body rotation. The skater exits the turn on a forward two-foot glide. The exit glide does not need to be sustained at this level. Emphasis is placed on “down/up/down” knee action (unweighting). This skill must be performed in both directions, clockwise and counterclockwise. It is preferred to perform this skill on a curve; however, a straight line is acceptable.	<ul style="list-style-type: none"> Perform a turn in each direction
	FORWARD 180° GLIDE TURN 	From forward skating, the skater initiates a glide on two feet, bends their knees/ankles and leans into the curve to create a 180° U-turn. The skater exits with forward skating once the full 180° turn is complete. This skill must be performed in both directions, clockwise and counterclockwise.	<ul style="list-style-type: none"> Perform a glide turn in each direction (clockwise and counter-clockwise)

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
	<p>FORWARD TWO-FOOT JUMP</p> 	<p>From forward skating, the skater initiates a glide on two feet, bends their knees/ankles and applies pressure downward. The skater then pushes off the ice, using their arms, knees/ankles in an explosive manner so that both feet leave the ice. The skater lands on two feet and returns to the start position/glide with bent knees for a sustained glide. The skater must demonstrate a controlled glide both in and out of the jump. Emphasis is placed on the “bend, up, bend” knee and ankle action.</p>	<ul style="list-style-type: none"> Perform 1 jump
STAGE 3 - AGILITY	<p>FORWARD TWO-FOOT QUICK TURN</p> 	<p>Following the same description as Stage 2, the skater will perform this skill with a quick turning action and a sustained exit glide.</p>	<ul style="list-style-type: none"> Perform a turn in both directions
	<p>BACKWARD TWO-FOOT QUICK TURN</p> 	<p>Following the same description as Stage 2, the skater will perform this skill with a quick turning action and a sustained exit glide.</p>	<ul style="list-style-type: none"> Perform a turn in both directions
	<p>FORWARD 360° STEP TURN</p> 	<p>From forward skating, the skater will initiate a series of small steps to rotate 360°, like the 360° march in Pre-CanSkate. This skill must be trained in both directions, clockwise and counterclockwise. The skater must maintain forward momentum throughout this turn. This skill introduces the concept of weight transfer needed for the future development of the C step.</p>	<ul style="list-style-type: none"> Perform a full 360° turn while maintaining momentum in and out of turn in the direction of the skater’s choice
	<p>BACKWARD TWO-FOOT JUMP</p> 	<p>From backward skating, the skater initiates a glide on two feet, bends their knees/ankles and applies pressure downward. The skater then pushes off the ice, using their arms, knees/ankles in an explosive manner so that both feet leave the ice. The skater lands on two feet and returns to the start position/glide with bent knees for a sustained glide. The skater must demonstrate a controlled glide both in and out of the jump. Emphasis is placed on the “bend, up, bend” knee and ankle action.</p>	<ul style="list-style-type: none"> Perform 1 jump

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 4 - AGILITY	<p>*FAST FORWARD PERIMETER SKATING</p> 	<p>Following the same description as in Stage 1, the skater will perform this skill with more speed, power, and a consistent/even rhythm. Two-foot glides between pushes are no longer acceptable for this level.</p>	<ul style="list-style-type: none"> Complete 1 full lap of the perimeter in the skater's direction of choice
	<p>FORWARD ONE-FOOT TURN</p> 	<p>Like the two-foot turn action described in Stage 2, the skater will perform this skill starting from a stationary position and on one foot. This skill must be trained on both feet in both directions, ensuring the skater is exposed to all four forward turns:</p> <ul style="list-style-type: none"> Right forward outside turn Left forward outside turn Right forward inside turn Left forward inside turn <p>Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> Perform 1 outside and 1 inside turn on the skater's choice of foot Each turn must demonstrate a sustained glide in and out of the turn for 1 second
	<p>BACKWARD 360° STEP TURN</p> 	<p>From backward skating, the skater will initiate a series of small steps to rotate 360°, like the 360° march in Pre-CanSkate. This skill must be trained in both directions, clockwise and counterclockwise. The skater must maintain backward momentum throughout this turn. This skill introduces the concept of weight transfer needed for the future development of the C step.</p>	<ul style="list-style-type: none"> Perform a full 360° turn while maintaining momentum in and out of turn in the direction of the skater's choice
	<p>FORWARD TO BACKWARD TWO-FOOT JUMP</p> 	<p>Using the same action as indicated in a forward two-foot turn, the skater initiates a glide on two feet and bends their knees/ankles. Using the arms and knees/ankles in an explosive manner, the skater jumps off the ice and rotates 180° landing backward on two feet with bent knees. The skater exits with backward skating. Emphasis is placed on the "bend/up/bend" knee and ankle action. This skill must be trained in both directions. It is preferred to perform this skill on a curve; however, a straight line is acceptable.</p>	<ul style="list-style-type: none"> Perform 1 jump in the direction of the skater's choice.
	<p>BACKWARD TO FORWARD TWO-FOOT JUMP</p> 	<p>Using the same action as indicated in a backward two-foot turn, the skater initiates a glide on two feet and bends their knees/ankles. Using the arms and knees/ankles in an explosive manner, the skater jumps off the ice and rotates 180° landing forward on two feet with bent knees. The skater exits with forward skating. Emphasis is placed on the "bend/up/bend" knee and ankle action. This skill must be trained in both directions. It is preferred to perform this skill on a curve; however, a straight line is acceptable.</p>	<ul style="list-style-type: none"> Perform 1 jump in the direction of the skater's choice.

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 4 - AGILITY	TWO-FOOT SPIN 	<p>The skater begins with their knees bent and arms extended laterally. Using a combination of knee action and hip/shoulder twist, the skater initiates a spin on two feet while maintaining an upright posture. Feet should be a maximum of hip-width apart. The arms draw in to “hug” the body during rotation. The skater may initiate the spin from a stationary position or from a forward two-foot glide. Introduce the spin in both directions and continue to train in the direction of choice for the skater.</p>	<ul style="list-style-type: none"> Perform a minimum of 2 revolutions in the direction of choice for the skater
	TWO-FOOT SIT SPIN 	<p>Using the description from the two-foot spin, the skater bends their knees/ankles to lower to a sit position (approximately 90°). The arms may be stretched out in front for balance during rotation. The skater may initiate the spin from a stationary position or from a forward two-foot glide.</p>	<ul style="list-style-type: none"> Perform a minimum of 1 revolution in the direction of choice for the skater
STAGE 5 - AGILITY	FORWARD ONE-FOOT TURN 	<p>Using the description identified in Stage 4, the skater is expected to perform this skill with more balance and power. All four turns must be trained:</p> <ul style="list-style-type: none"> Right forward outside turn Left forward outside turn Right forward inside turn Left forward inside turn <p>Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> Perform a minimum of 3 turns Each turn must demonstrate a sustained glide in and out of the turn for 1 second
	FORWARD 360° GLIDE TURN 	<p>Adding onto the description identified in Stage 2 - 180° glide turn, the skater will hold their glide for to complete a full tight 360° circle. The skater has the option to complete this skill on one or two feet, exiting with forward skating. This skill must be trained in both directions.</p>	<ul style="list-style-type: none"> Perform the skill in both directions
	FORWARD TO BACKWARD ONE-FOOT JUMP 	<p>Using the same description as Stage 4 Forward to backward jump, two-feet, the skater will perform this skill on one foot. This skill must be trained on both feet and both edges</p>	<ul style="list-style-type: none"> Perform 1 jump on the skater's foot and edge of choice
	FORWARD POWER JUMP 	<p>From forward skating, the skater swings one leg forward while applying pressure downward on the skating foot to propel the skater into the air. The leg that swung forward returns to land under the body and quickly transfers the weight to the opposite foot to perform a forward glide exit. Skaters may land on the toe pick or the flat of the blade before pushing onto the forward glide. Train both feet.</p>	<ul style="list-style-type: none"> Perform 1 jump with the skater's foot of choice

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 5 - AGILITY	ONE-FOOT SPIN 	<p>From a stationary position, forward glide or two-foot spin, the skater begins with their knee/ankle bent. Using a combination of knee/ankle action and hip/shoulder twist the spin is initiated while maintain upright posture. Arms extend laterally and pull inwards while maintaining upright posture. A forward or backward spin is acceptable.</p>	<ul style="list-style-type: none"> Perform a minimum of 2 revolutions in the direction of choice for the skater
	ALTERNATING FOOT SPIN	<p>The skater initiates a two foot or one-foot spin. While maintaining reasonable balance, the skater picks up or rotates on one foot before changing to the other foot. This action is repeated until the end of the spin. Travelling is acceptable. The number of revolutions on each foot is not important as this skill is a progression to more advanced spins.</p>	<ul style="list-style-type: none"> Perform a minimum of 2 revolutions with at least 3 changes of feet in the skater's direction of choice
	FORWARD TIGHT GLIDE TURNS 	<p>Using the description identified in Stage 2 180° glide turn, the skaters will perform this skill with increased speed and balance. The technique of this glide turn is identified as follows:</p> <ul style="list-style-type: none"> The inside foot leads into the curve and is held slightly in front The skater's weight shifts onto back foot. <p>This is a short radius turn used instead of stopping and starting, performed at low and medium speeds allowing skaters to react to changing game situations.</p>	<ul style="list-style-type: none"> Perform a of minimum 6 tight glide turns in alternating directions
STAGE 6 - AGILITY	FORWARD C STEP 	<p>From stationary position or from two-foot glide, the skater steps onto a forward inside edge, extends the free foot and then draws it towards the inside of skating foot. The free foot comes to the inside of the skating foot to form a T or L position with the feet. The free toe externally rotates as the skater rotates the upper body to face the direction from which they came. The skater steps backward onto the free foot performing a backward inside edge. Both steps are performed on the same curve creating a "c" shape.</p>	<ul style="list-style-type: none"> Perform on each foot Demonstrate a 1 second glide before and after the step
	BACKWARD C STEP 	<p>From stationary position or from two-foot glide, the skater steps onto a backward inside edge. The free toe externally rotates as the skater rotates the upper body to face the direction in which the skater is travelling. The skater steps forward onto the free foot performing a forward inside edge. Both steps are performed on the same curve creating a "c" shape.</p>	<ul style="list-style-type: none"> Perform on each foot Demonstrate a 1 second glide before and after the step
	TWO-FOOT MULTI TURNS 	<p>From forward or backward skating, the skater initiates a two-foot glide on straight line or curve to establish balance. The skater bends their knees/ankles and initiates a series of two foot turns like a "three-turn/bracket" action. Emphasis is placed on the "down/up/down/up" action while the feet remain parallel to each other. The skater's body must remain facing one direction throughout the series of turns. Train in both directions. Skaters may take occasional pushes to maintain flow.</p>	<ul style="list-style-type: none"> Perform a minimum of 6 consecutive turns in the direction of choice

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 6 - AGILITY	<p>ROTATING POWER JUMP</p> 	<p>Starting from a standstill, the skater pushes onto a forward outside edge. The skater uses their arms and free leg to move forward while pushing down on the skating leg to launch into the air. The skater will rotate 180° and land on a backward outside edge of opposite foot. Skaters should be introduced to a landing position. Present this skill in both directions. Train in the direction of choice.</p>	<ul style="list-style-type: none"> Perform 1 jump with a minimum 1 second entry and exit edge
	<p>BACKWARD TOE-ASSISTED JUMP</p> 	<p>From backward skating, the skater initiates a one foot glide on a straight line or curve. Extending the free leg back, the toe pick is firmly planted into ice to act as a lever. The skater pulls backward onto the toe and transfers their weight to push off the ice. The skater jumps up vertically with no rotation and lands on the same or opposite foot. Skater may choose both take-off and landing foot.</p>	<ul style="list-style-type: none"> Perform 1 jump with a minimum 1 second exit edge
	<p>BACKWARD 360 TWO-FOOT JUMP</p> 	<p>From backward skating, the skater initiates a glide on two feet for balance. Bending the knees/ankles, the skater prepares for the jump by pressing into the ice and rotating the upper body in the opposite direction of rotation. The skater jumps using the arms, hips and knee action to rotate 360° in the air landing backwards on two feet. The skater may choose their direction of rotation.</p>	<ul style="list-style-type: none"> Perform 1 jump with a minimum of ¾ rotation performed in the air, in the direction of the skater's choice
	<p>FORWARD ONE-FOOT SPIN WITH SPIRALING EDGE</p> 	<p>Beginning with a forward outside edge, the skater applies pressure to the edge to decrease the radius of the edge (spiralling) ending with a three-turn. The spin is initiated on a backward inside edge while rising. The free foot and arms extend laterally and draw inwards towards the body to increase the speed of revolutions. To exit, the skater steps backward onto an outside edge and performs a landing position.</p>	<ul style="list-style-type: none"> Perform a minimum of 2 revolutions
	<p>FORWARD TWO-FOOT REVERSE PIVOT TURN</p> 	<p>Using a staggered pylon course approximately 3 metres wide, the skater skates forward and initiates a glide on two feet with bent knees/ankles. Keeping the body facing the direction of travel, the feet quickly flip/pivot onto a backward glide travelling in the opposite direction of entry (like a bracket turn). After a short glide, the skater exits with backward skating before stepping forward to repeat in the opposite direction.</p>	<ul style="list-style-type: none"> Perform 1 turn in each direction