






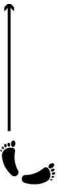



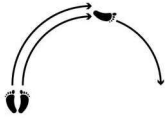

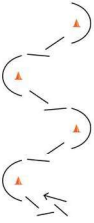
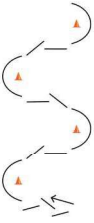

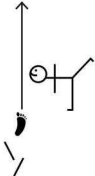
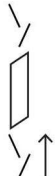

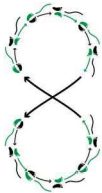
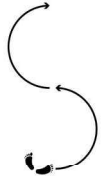



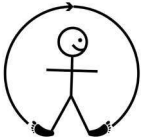


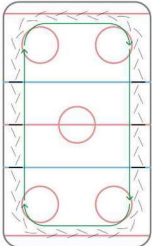
BALANCE

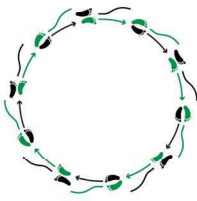
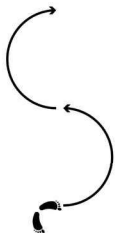


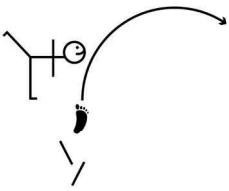
	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 1 - BALANCE	FALL DOWN & GET UP	From a stationary position or from skating, the skater bends their knees/ankles and falls to ice. The skater then kneels on the ice bringing one knee up and placing the foot in front of the body. The weight is then transferred onto front foot as the skater rises and places the other foot on the ice. The skater may use one or both hands to push from the ice or knee to a standing position.	<ul style="list-style-type: none"> • Fall with control • Rise unassisted
	FORWARD SKATING 	The skater advances forward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R). Two-foot glides between the pushes are acceptable and expected at this level. Side of the blade pushes must be taught and encouraged.	<ul style="list-style-type: none"> • Skate forward approx. 13 metres (1/2 of the width)
	FORWARD TWO-FOOT GLIDE 	From forward skating, the skater initiates a glide on two feet in an upright position by bringing their feet to a resting position approximately hip-width apart while continuing to move forward. The glide may be performed on a straight line or curve.	<ul style="list-style-type: none"> • Perform the glide for a minimum of 1 second)
	FORWARD TWO-FOOT SIT GLIDE 	From forward skating, the skater initiates a glide on two feet in a sit position. The sit position is achieved by allowing the upper body to lean forward while bending the knees/ankles to lower the glutes to a position between a 135°-90° angle to the ice.	<ul style="list-style-type: none"> • Perform the glide for a minimum of 1 second
STAGE 2 - BALANCE	FORWARD SCULLING 	From forward skating or a stationary position, the skater bends their knees/ankles and bring their heels together. Toes face outward while pressure is applied downward initiating a forward motion as the feet move outward. The feet glide outwards to create lobes/curves. At a maximum, the lobes of the sculls are slightly wider than the shoulder width of the skater. Maintaining the forward momentum, the knees/ankles rise as the skaters pulls their toes together to close the scull and repeat the action. Emphasis should be placed on “down/up/down/up” rhythm.	<ul style="list-style-type: none"> • Perform a minimum of 6 consecutive sculls
	FORWARD TWO-FOOT TO ONE-FOOT GLIDE 	From forward skating, the skater initiates a glide on two feet for a minimum of one second and then transfers their weight to one foot and continues to maintain the glide for a minimum of one second. The glide may be performed on a straight line or curve. This skill must be performed on both feet. Example: Forward skating, two-foot glide into at right forward glide, forward skating, two-foot glide into a left forward glide. Ideally, the free foot should be held close to the skating leg for increased balance.	<ul style="list-style-type: none"> • Perform on each foot • Perform each glide for a minimum of 1 second


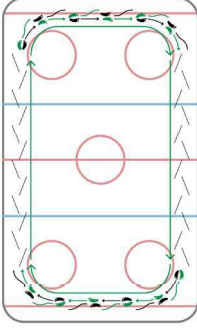
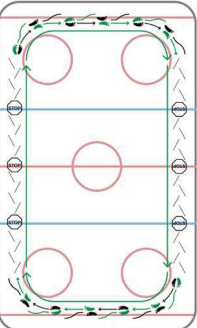
	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 2 - BALANCE	<p>FORWARD PUSH/ GLIDE SEQUENCE</p> 	<p>The skater advances forward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R). Skaters must demonstrate pushing with the side of the blade. Emphasis should be placed on even strides to encourage rhythm. Two-foot glides between the pushes are acceptable and expected at this level. One sequence is complete when the skater performs a push/glide on each foot.</p>	<ul style="list-style-type: none"> • Perform the skill across the width of the ice • Perform with a minimum of 50% blade pushes
	<p>FORWARD ONE-FOOT GLIDE WITH SPEED</p> 	<p>From forward skating, the skater gains as much speed as they can and initiate a glide on one foot. This skill must be trained on both feet. The glide may be performed on a straight line or curve. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> • Perform the glide for a minimum of 2 seconds on skater's choice of foot
STAGE 3 - BALANCE	<p>FORWARD STATIONARY BLADE PUSH</p> 	<p>From a standstill position, the skater places their feet in a T, V or L position (does not have to be precise). The skater applies pressure to the back foot and pushes off using the side of the blade. The skater then transfers their weight to the skating foot and maintains a one foot glide. The free foot should be held close to the skating leg. This skill must be trained on both feet. The glide is permitted to be performed on a straight line or a curve.</p>	<ul style="list-style-type: none"> • Perform on the skater's foot of choice • Sustain the glide for a minimum of 2 seconds
	<p>FORWARD TWO-FOOT SLALOM</p> 	<p>From forward skating, the skater initiates a glide on two feet, applies pressure into the ice and uses a knee bend rhythm (down/up, down/up) along with twisting/leaning of the upper body to navigate through a slalom course of pylons set in a straight line. Arms are used freely to aid in upper body twist action.</p>	<ul style="list-style-type: none"> • Perform the skill through a minimum of 6 pylons
	<p>FORWARD CIRCLE THRUSTS</p> 	<p>From forward skating on a circle, the skater initiates a glide on two feet, no wider than shoulder-width apart. Using the side of the blade, the skater applies pressure to the outside foot to perform a push that extends behind the skater at an approx. angle of 30° before leaving the ice. The inside foot remains on the ice. The skater will hold the glide on the skating foot for approximately one second before returning to two-foot glide. Repeat. Emphasis is placed on the bend before for the push, therefore a small glide between pushes is permitted and expected. This skill must be trained in both directions, clockwise and counterclockwise.</p>	<ul style="list-style-type: none"> • Perform 1 full circle in each direction using a minimum of 75% of blade pushes

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 3 - BALANCE	<p>WALKING CROSSCUTS</p> 	<p>From a standstill position the skaters stands with feet parallel, placed perpendicular to desired direction of travel. The skater transfers their weight onto one foot and crosses the other foot over to be placed on the ice. From the crossed position, the skater picks up the foot that is under and places it back to the starting position. Repeat. This skill must be trained in both directions to allow each foot the opportunity to be crossed. It is accepted and expected for the skater to hold the crossed position to ensure balance and control are achieved.</p>	<ul style="list-style-type: none"> Perform a series of a minimum of 4 walking crosscuts in each direction
	<p>FORWARD TWO-FOOT TO ONE-FOOT CURVE GLIDE</p> 	<p>From forward skating on a curve, the skater initiates a glide on two feet and then transfers their weight to one foot and continues to maintain the glide for a minimum of two seconds. This skill must be performed on both feet, in both directions, clockwise and counterclockwise, to allow the introduction of both inside and outside edges on each foot. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> Perform on each foot in both directions
STAGE 4 - BALANCE	<p>FORWARD CROSSCUTS</p> 	<p>From forward skating on a circle, the skater initiates the crosscuts from a circle thrust push. The skater crosses the outside over inside foot establishing a short two-foot glide in crossed position. The foot underneath pushes with the side of the blade outside the circle and steps beside the skating foot. Repeat. Emphasis is placed on the “bend, push” action as well as the “cross and glide” for stability and future development of power.</p>	<ul style="list-style-type: none"> Perform 1 full complete circle in each direction with a minimum of 50% blade pushes Must demonstrate a short glide in the crossed-foot position for a minimum 50% of the skill
	<p>FORWARD INSIDE GIANT SLALOM</p> 	<p>From forward skating, the skater enters a course of pylons set in a staggered line with the pylons approximately 2.5 metres apart. As the skater approaches each pylon, they will pick up their inside foot and lean towards pylon to create a one-foot curve. Once the curve is complete, they proceed to the next pylon using forward skating and repeat on the opposite foot. As skater becomes proficient at this skill there will be fewer steps between the pylons. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> Perform the skill with a minimum 6 pylons or defined curves
	<p>FORWARD OUTSIDE GIANT SLALOM</p> 	<p>From forward skating, the skater enters a course of pylons set in a staggered line with the pylons approximately 2.5 metres apart. As the skater approaches each pylon, they will pick up their outside foot and lean towards pylon to create a one-foot curve. Once the curve is complete, they proceed to the next pylon using forward skating and repeat on the opposite foot. As skater becomes proficient at this skill there will be fewer steps between the pylons. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> Perform the skill with a minimum 6 pylons or defined curves

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 4 - BALANCE	FORWARD LUNGE 	The skater generates speed from forward skating, glides on two feet, bend their knees/ankles and steps into a lunge position. The front knee bends at a 90° angle and back leg extends straight behind with the free foot placed turned outward. The position may be assisted with the hands on the knee. This skill must be trained on both feet.	<ul style="list-style-type: none"> Perform the skill on the skater's foot of choice Hold the position for a minimum of 2 seconds
	FORWARD SPIRAL 	From forward skating, the skater initiates a glide on two feet to establish balance. The skater shifts their weight onto one foot and lifts the other foot up and back, extending the leg. The upper body leans forward so that the torso is parallel to the ice while free leg extends up to hip level or higher (90° position). Spirals at 85 degrees (slightly lower than hip level) will be permitted. This skill may be done on a straight line or curve. This skill must be trained on both feet.	<ul style="list-style-type: none"> Perform the skill on the skater's foot of choice Hold the position for a minimum of 1 second
	DROP-DOWN DRILL 	From forwards skating, the skater will accelerate and drop to the ice in a safe manner. The skater regains their balance and rises as soon as possible to resume forward skating. Variations of the skill are encouraged (e.g. fall on buttocks, slide on stomach, knee spin, etc.).	<ul style="list-style-type: none"> Perform once using the skater's method of choice
	FORWARD "V" START 	From a standstill position, the skater places their feet in V position. With short, quick steps the skater initiates forward skating by "running" on their blades still turned out in V position. The skater lengthens their strides with each step until a push/glide rhythm has been established.	<ul style="list-style-type: none"> Perform once with a minimum of 4 consecutive "V" steps/runs with acceleration
	STAGE 5 - BALANCE	*FORWARD CROSSCUTS FIGURE-8 	Using the description identified in Stage 4, the skater will perform forward crosscuts in a figure-8 pattern. As this skill should be more developed, the skater is expected to establish a consistent rhythm of "push, cross, push, cross".
FORWARD INSIDE EDGES 		Using the description identified in Stage 3 Stationary T, V, L push, the skater pushes onto a curve to hold a glide on an inside edge for half a circle. The skater repeats this action on the other foot. A line or pylons may be used for reference. Emphasis is placed on the blade pushes and balancing on one foot with the free foot close to the skating leg. Ideally, the free foot should be held close to the skating leg for increased balance.	<ul style="list-style-type: none"> Perform a minimum of 4 consecutive edges using blade pushes

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 5 - BALANCE	FORWARD PUSH/ GLIDE SEQUENCE 	<p>Using the description identified in Stage 2, the skater will perform this skill with speed and consistent rhythm. Evidence of power generation must be demonstrated. Blade pushes are mandatory.</p>	<ul style="list-style-type: none"> Perform skill for 1 full length of the ice
	INSIDE SPREAD EAGLE 	<p>From forward skating, the skater positions themselves into a spread eagle position on a small curve. The front foot glides forwards on an inside edge and the back foot follows the same curve on a backward inside edge. The body leans into the curve with bent or straight knees. This skill must be trained in both directions to encourage turn out and flexibility.</p>	<ul style="list-style-type: none"> Perform the skill in the skater's direction of choice Hold the position for a minimum of 1 second
	FORWARD ONE- FOOT SLALOM 	<p>Using the description identified in Stage 2 Forward two-foot slalom, the skater will perform this skill on one foot. The skater will be executing change of edges through the slalom. Arms used freely to aid in upper body twist action. Small step downs during the skill are permitted. This skill must be trained on both feet.</p>	<ul style="list-style-type: none"> Perform the skill through a minimum of 6 pylons on the skater's foot of choice
	RUNNING LATERAL CROSSOVERS 	<p>Starting from a stationary position, the skater places their feet perpendicular to the desired direction of travel. Like the walking crosscuts from Stage 3, the skater will perform this skill and add a small jump to simulate a running action. The skater's feet remain parallel to one another and the arms may move freely to maintain balance and coordination.</p>	<ul style="list-style-type: none"> Perform 3 consecutive running crossovers in the skater's direction of choice
	*FORWARD PERIMETER SKATING WITH JUMPS 	<p>The skater will skate around the perimeter of the ice demonstrating a push/glide sequence. The skater will jump over the blue and red lines on the ice using any type of jump they choose (e.g. two-foot jump, power jump, forward to backward, etc.) This skill must be trained in both directions.</p>	<ul style="list-style-type: none"> Perform skill for 1 full lap of the ice in the skater's direction of choice

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 6 - BALANCE	<p>*FORWARD POWER CROSSCUTS</p> 	<p>Using the description identified in Stage 4, these crosscuts are expected to be performed in a strong and confident manner with proper blade pushes. The skill may be performed in a figure 8 pattern or on separate circles. The skater may use their arms freely for ease of movement. Power generation must be evident.</p>	<ul style="list-style-type: none"> Perform a minimum of 1 full circle in each direction Demonstrate a minimum of 75% blade pushes
	<p>FORWARD OUTSIDE EDGES</p> 	<p>Using the description identified in Stage 3 Stationary T, V, L push, the skater pushes onto a curve to hold a glide on an outside edge for half a circle. The skater repeats this action on the other foot. A line or pylons may be used for reference. Emphasis is placed on the blade pushes and balancing on one foot with the free foot close to the skating leg. 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 4 consecutive edges using blade pushes
	<p>FORWARD ONE-FOOT SLALOM</p> 	<p>Using the same description as identified in Stage 5, the skater is expected to perform this skill without any small step downs.</p>	<ul style="list-style-type: none"> Perform a minimum of 4 change of edges/lobes/curves on one foot
	<p>FORWARD ONE-FOOT SIT GLIDE</p> 	<p>From forward skating, the skater may glide on two feet to establish balance before shifting their weight onto one foot and to extend the other leg/foot to the front. Bending the skating knee and ankle, the skater leans forward and lowers into a sit position. The skater can rise from the sit position using two feet or one foot and exit with forward skating. Train on both feet.</p>	<ul style="list-style-type: none"> Perform a sit position between a 135° – 90° on the skater's choice of foot Hold position for a minimum of 2 seconds
	<p>FORWARD SPIRAL (CURVE OR STRAIGHT LINE)</p> 	<p>Using the description identified at Stage 4, the skater performs this skill on a curve or straight line with more speed, balance, and extension.</p>	<ul style="list-style-type: none"> Perform 1 spiral on the skater's choice of foot Hold the position for a minimum of 1 second

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 6 - BALANCE	<p>FORWARD CROSSOVER ACCELERATION</p>  <p>The diagram shows a sequence of foot positions and body rotation. At the top, a vertical dashed line indicates the starting stationary position. Below it, a series of dashed lines shows the skater's body and feet rotating and moving forward. At the bottom, a solid diagram shows the skater's feet in a crossover position with arrows indicating the direction of travel and body rotation.</p>	<p>From a stationary position, the skater places their feet perpendicular to desired direction of travel. If travelling to the right, the skater picks up the left foot and crosses it over the right. The skater rotates their body to face the direction of travel and executes a series of short, quick steps (see V start from Stage 4), before lengthening their strides to demonstrate a push/glide sequence with power.</p>	<ul style="list-style-type: none"> Perform once in the direction of choice for the full width of the ice
	<p>*FORWARD PERIMETER SKATING WITH CROSSCUTS</p>  <p>The diagram shows a rectangular ice rink with a perimeter skating path. The path is marked with green arrows indicating the direction of travel. Red circles represent crosscuts across the width of the rink. The rink is divided into three horizontal lanes by blue lines.</p>	<p>The skater skates around the perimeter of the ice demonstrating a push/glide sequence along the length of the ice and forward crosscuts across the width. Skater must demonstrate power generation and control throughout. Blade pushes are mandatory and must be equal and consistent. This skill must be trained in both directions.</p>	<ul style="list-style-type: none"> Perform 1 full lap in the skater's direction of choice
	<p>*FORWARD PERIMETER SKATING WITH STOPS</p>  <p>The diagram shows a rectangular ice rink with a perimeter skating path. The path is marked with green arrows indicating the direction of travel. Red circles represent crosscuts across the width of the rink. Blue circles represent stops at the blue, red, and goal lines. The rink is divided into three horizontal lanes by blue lines.</p>	<p>Using the description identified above, the skater adds a stop at each blue, red or goal line. Skater must demonstrate a variety of stops during their one lap. The different types of stop include but are not limited to, snowplow, two-foot side, one-foot side, backward stop on two feet or one foot, etc. Train in both directions.</p>	<ul style="list-style-type: none"> Perform 1 full lap in the skater's direction of choice