

Canskate Badge Chart

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	<ul style="list-style-type: none"> * fall down and get up * fwd consecutive push/glide sequence * fwd 2 foot glide * fwd 2 foot sit glide 	<ul style="list-style-type: none"> * fwd 2 foot sculling * fwd 2 foot to 1 foot glide * Fwd consecutive push glide sequence * fwd 1 foot glide 	<ul style="list-style-type: none"> * stationary blade push and glide (T,V,L) * fwd 2 foot slalom * fwd circle thrusts * walking crossovers * fwd 2 foot to 1 foot glide on a curve 	<ul style="list-style-type: none"> * fwd crossovers * fwd inside slalom course * fwd outside slalom course * fwd drag with glide * fwd spiral (Figure Skating) * fwd fast V start (Hockey) 	<ul style="list-style-type: none"> * fwd crossover 8 pattern * fwd inside edges * fwd consecutive push Glide sequence * fwd jump with speed * fwd 1 foot change of edge Slalom * lateral crossovers steps 	<ul style="list-style-type: none"> * fwd crossovers with power Blade pushes * fwd perimeter stroking With crossovers * fwd outside edges * fwd 1 foot change of edge Slalom on defined curves * fwd shoot the duck * fwd perimeter stroking With stops at each line * fwd spiral (Figure Skating) * fwd corssover acceleration
CONTROL	<ul style="list-style-type: none"> *make snow using slide steps *bwd 2 foot walking * bwd 2 foot glide 	<ul style="list-style-type: none"> * snowplow stop * bwd 2 foot sit glide * fwd 2 foot to 1 foot glide * bwd push/glide sequence 	<ul style="list-style-type: none"> * fwd snowplow stop from fast skating * bwd 2 foot sculling *bwd 2 foot to 1 foot glide * bwd consecutive push glide sequence * bwd 1 foot glide 	<ul style="list-style-type: none"> * bwd snowplow stop * bwd circle thrusts * bwd 2 foot slalom * bwd 1 foot glide * fast fwd skating * fwd 1 foot glide the Length of the station 	<ul style="list-style-type: none"> * fwd 2 foot side stop * bwd stop from fast skating * bwd crossovers * bwd inside slalom course * bwd consecutive push Glide sequence * bwd spiral (Figure Skating) * skating with speed 	<ul style="list-style-type: none"> * fwd 1 foot side stop * fwd fast 2 foot side stop * bwd outside slalom * bwd crossovers figure 8 * bwd 1 foot change of edge Slalom course * bwd 1 foot spin * fast skating assessment
AGILITY	<ul style="list-style-type: none"> * 2 foot 1/2 turn on the spot CW/CCW *2 foot jump on the spot * fwd perimeter stroking CW/CCW 	<ul style="list-style-type: none"> * fwd 2 foot turn * bwd 2 foot turn * fwd 180 degree glide turn * fwd 2 foot jump with glide 	<ul style="list-style-type: none"> * quick fwd 2 foot turn * quick bwd 2 foot turn * fwd 360 turn with steps * fwd 2 foot jump with glide * fast fwd perimeter skating 	<ul style="list-style-type: none"> *fwd 180-1 foot turn * bwd 360 turn with steps * fwd 180 -2 foot jump * bwd 180 -2 foot jump * 2 foot spin * 2 foot sit spin 	<ul style="list-style-type: none"> *fwd 180 1- foot turn * fwd 360- 2 foot turn * fwd 180 -1 foot jump *fwd power jump * 1 foot spin * alternating foot spin * fast fwd tight glide turn 	<ul style="list-style-type: none"> * fwd mohawk turns * bwd mohawk turns * 1 foot twists moving * rotating power jumps * figure skating skills * hockey skills
PRESCHOOL	<ul style="list-style-type: none"> * T position * fall down and getting up * moving forward * moving backward 	<ul style="list-style-type: none"> * V position * making snow * marching on the spot * jumping on the spot 	<ul style="list-style-type: none"> * following instructions * actively involved in the class * twisting on the spot * 1 foot balance on spot 			

Skating Towards Excellence!