

Report Cards and Badges

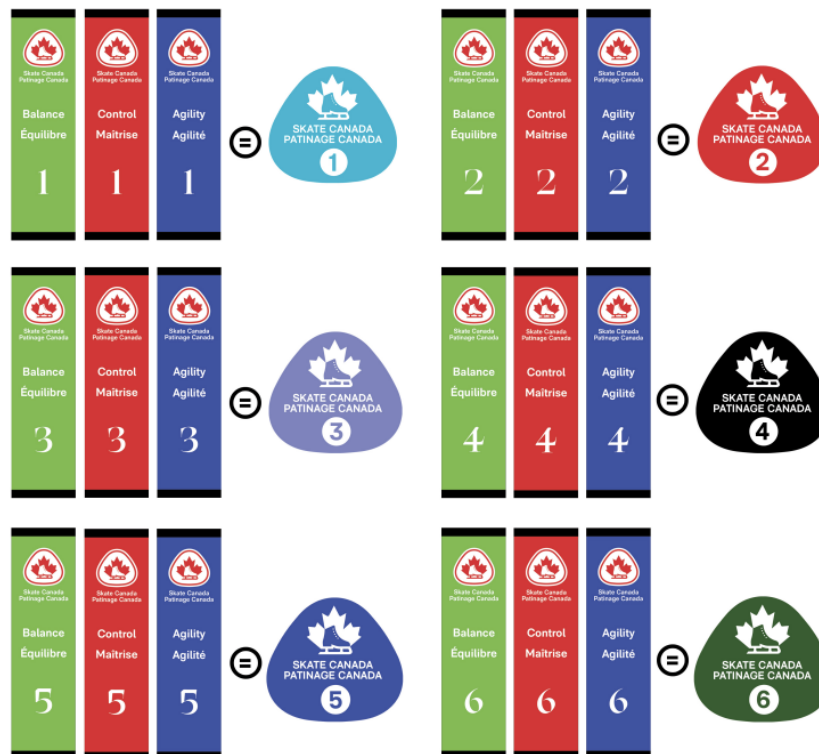
CanSkaters progress is tracked by receiving badges, ribbons and report cards!

- Our coaches use tablets on the ice to track skaters progress as they pass skills.
- Once skills are passed, a ribbon or badge will be awarded within two weeks of passing.
- Badges and Ribbons will be attached to skaters name tags at the beginning of a CanSkate session.
- Report cards will be issued by email at the end of each session (September to December or January to March)

The awards consist of:

- Three Fundamental Area ribbons for each Stage
- Six Stage Badges
- To receive a stage badge, skaters must achieve all Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each Fundamental are indicated on the progress report card.

Awards / Prix



CANSKATE ELEMENTS

	BALANCE	CONTROL	AGILITY
STAGE 1	<input type="checkbox"/> Fall down & get up <input type="checkbox"/> Forward skating <input type="checkbox"/> Forward two-foot glide <input type="checkbox"/> Forward two-foot sit glide	<input type="checkbox"/> Snow slide steps <input type="checkbox"/> Backward skating <input type="checkbox"/> Backward two-foot glide	<input type="checkbox"/> Stationary 180° turn <input type="checkbox"/> Stationary two-foot jump <input type="checkbox"/> Forward skating perimeter of ice surface
	4/4 check marks required. Ribbon awarded: _____	3/3 check marks required. Ribbon awarded: _____	3/3 check marks required. Ribbon awarded: _____
STAGE 2	<input type="checkbox"/> Forward sculling <input type="checkbox"/> Forward two-foot to one-foot glide <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Forward one-foot glide with speed	<input type="checkbox"/> Forward stop <input type="checkbox"/> Backward two-foot sit glide <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence	<input type="checkbox"/> Forward two-foot turn <input type="checkbox"/> Backward two-foot turn <input type="checkbox"/> Forward 180° glide turn <input type="checkbox"/> Forward two-foot jump
	4/4 check marks required. Ribbon awarded: _____	3/4 check marks required. Ribbon awarded: _____	4/4 check marks required. Ribbon awarded: _____
STAGE 3	<input type="checkbox"/> Forward stationary blade push <input type="checkbox"/> Forward two-foot slalom <input type="checkbox"/> Forward circle thrusts <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> Forward two-foot to one-foot curve glide	<input type="checkbox"/> Forward stop with speed <input type="checkbox"/> Backward sculling <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward one-foot glide with speed	<input type="checkbox"/> Forward two-foot quick turn <input type="checkbox"/> Backward two-foot quick turn <input type="checkbox"/> Forward 360° step turn <input type="checkbox"/> Backward two-foot jump <input type="checkbox"/> Fast forward perimeter skating
	5/5 check marks required. Ribbon awarded: _____	5/5 check marks required. Ribbon awarded: _____	5/5 check marks required. Ribbon awarded: _____
STAGE 4	<input type="checkbox"/> Forward crosscuts <input type="checkbox"/> Forward inside giant slalom <input type="checkbox"/> Forward outside giant slalom <input type="checkbox"/> Forward lunge <input type="checkbox"/> Forward spiral <input type="checkbox"/> Drop-down drill <input type="checkbox"/> Forward "V" start	<input type="checkbox"/> Backward stop <input type="checkbox"/> Backward circle thrusts or pumps <input type="checkbox"/> Backward two-foot slalom <input type="checkbox"/> Backward one-foot glide with curve <input type="checkbox"/> Sustained forward one-foot glide <input type="checkbox"/> Speed drill #1	<input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Backward 360° step turn <input type="checkbox"/> Forward to backward two-foot jump <input type="checkbox"/> Backward to forward two-foot jump <input type="checkbox"/> Two-foot spin <input type="checkbox"/> Two-foot sit spin
	5/7 check marks required. Ribbon awarded: _____	5/6 check marks required. Ribbon awarded: _____	5/6 check marks required. Ribbon awarded: _____
STAGE 5	<input type="checkbox"/> Forward crosscuts figure-8 <input type="checkbox"/> Forward inside edges <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Running lateral crossovers <input type="checkbox"/> Forward perimeter skating with jumps	<input type="checkbox"/> Forward two-foot side stop <input type="checkbox"/> Backward stop with speed <input type="checkbox"/> Backward crosscuts <input type="checkbox"/> Backward inside giant slalom <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward spiral <input type="checkbox"/> Speed drill #2	<input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Forward 360° glide turn <input type="checkbox"/> Forward to backward one-foot jump <input type="checkbox"/> Forward power jump <input type="checkbox"/> One-foot spin <input type="checkbox"/> Alternating foot spin <input type="checkbox"/> Forward tight glide turns
	5/7 check marks required. Ribbon awarded: _____	6/7 check marks required. Ribbon awarded: _____	6/7 check marks required. Ribbon awarded: _____
STAGE 6	<input type="checkbox"/> Forward power crosscuts <input type="checkbox"/> Forward outside edges <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Forward one-foot sit glide <input type="checkbox"/> Forward spiral (curve or straight line) <input type="checkbox"/> Forward crossover acceleration <input type="checkbox"/> Forward perimeter skating with crosscuts <input type="checkbox"/> Forward perimeter skating with stops	<input type="checkbox"/> Forward one-foot side stop <input type="checkbox"/> Forward two-foot side stop with speed <input type="checkbox"/> Backward outside giant slalom <input type="checkbox"/> Backward crosscuts figure-8 <input type="checkbox"/> Backward perimeter skating with crosscuts <input type="checkbox"/> Backward one-foot slalom <input type="checkbox"/> Backward one-foot spin <input type="checkbox"/> Speed drill #3	<input type="checkbox"/> Forward C step <input type="checkbox"/> Backward C step <input type="checkbox"/> Two-foot multi turns <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Backward toe-assisted jump <input type="checkbox"/> Backward 360 two-foot jump <input type="checkbox"/> Forward one-foot spin with spiraling edge <input type="checkbox"/> Forward two-foot reverse pivot turn
	6/8 check marks required. Ribbon awarded: _____	6/8 check marks required. Ribbon awarded: _____	6/8 check marks required. Ribbon awarded: _____