



## BALANCE

## NOTES

[illegible]



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## NOTES

[illegible]



## CONTROL


## NOTES

[illegible]



## CONTROL

## NOTES

<div><div>CANSKATE</div></div> <div>CONTROL</div>		STAGE 4							STAGE 5							STAGE 6								
		Bwd stop	Bwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW	Bwd 2-ft slalom	Bwd 1-ft glide with speed <input type="checkbox"/> R <input type="checkbox"/> L	Fwd 1-ft glide from blue line to blue line <input type="checkbox"/> R <input type="checkbox"/> L	Speed Drill #1: Skate goal line to 1st blue line in 9 seconds or less	<div>5/6</div> RIBBON	Fwd 2-ft side stop <input type="checkbox"/> CW <input type="checkbox"/> CCW	Bwd stop with speed (2/3) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> 2-ft	Bwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW	BI slalom	Bwd push/glide sequence	Bwd spiral	Speed Drill #2: Skate goal line to 2nd blue line in 12 seconds or less	<div>6/7</div> RIBBON	Fwd 1-ft side stop	Fwd 2-ft side stop with speed <input type="checkbox"/> CW <input type="checkbox"/> CCW	BO slalom	Bwd crosscuts - figure 8	Bwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW	Bwd 1-ft slalom	Bwd 1-ft spin	Speed Drill #3: Skate full perimeter of ice in 35 seconds or less
1																								
2																								
3																								
4																								
5																								
6																								
7																								
8																								
9																								
10																								



## AGILITY


## NOTES

[illegible]



## AGILITY

## NOTES

 <div> <b>AGILITY</b> </div>		NOTES	
1		Fwd 1-ft turn (small curve) <input type="checkbox"/> FI <input type="checkbox"/> FO	
2		Bwd 360° step turn	
3		Fwd to bwd 2-ft jump	
4		Bwd to fwd 2-ft jump	
5		2-ft spin	
6		2-ft sit spin	
7		<b>RIBBON</b>	
8		Fwd 1-ft turn (large curve) <input type="checkbox"/> RO <input type="checkbox"/> RI <input type="checkbox"/> LO <input type="checkbox"/> LI	
9		Fwd 360° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW	
10		Fwd to bwd 1-ft jump <input type="checkbox"/> FO <input type="checkbox"/> FI	
		Fwd power jump	
		1-ft spin	
		Alternating foot spin	
		Fwd tight glide turns	
		<b>RIBBON</b>	
		Fwd 180° step turn (FI mohawk) <input type="checkbox"/> R <input type="checkbox"/> L	
		Bwd 180° step turn (BO or BI mohawk) <input type="checkbox"/> R <input type="checkbox"/> L	
		2-ft multi-turns	
		Rotating power jump	
		Bwd toe-assisted jump	
		Bwd 360° 2-ft jump	
		Fwd 1-ft spin with spiraling edge	
		Fwd 2-ft reverse pivot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW	
		<b>RIBBON</b>	



NAME

GROUP TRACKING SHEET

STAGE 1

Balance Date:  
Control Date:  
Agility Date:  
Badge Date:

STAGE 2

Balance Date:  
Control Date:  
Agility Date:  
Badge Date:

STAGE 3

Balance Date:  
Control Date:  
Agility Date:  
Badge Date:

STAGE 4

Balance Date:  
Control Date:  
Agility Date:  
Badge Date:

STAGE 5

Balance Date:  
Control Date:  
Agility Date:  
Badge Date:

STAGE 6

Balance Date:  
Control Date:  
Agility Date:  
Badge Date: