



# PEC

## SKATING CLUB



**PLEASE NOTE THE COACH TEAM HAVE THE OFFICIAL FORM  
THIS DOCUMENT IS FOR INFORMATION ONLY**

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## THE BEST START

CanSkate provides skaters with the best foundation for any ice sport, including figure skating, hockey, speed skating, ringette or for enjoying recreational skating as a life-long activity.



## WHAT COMES NEXT?

### STAR 1-5

Learn to figure skate program offering opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of skills, freeskate, ice dance, artistic and synchronized skating.

### CANPOWERSKATE

Focuses on skating technique through balance, control and agility skills, to enhance the skating ability of hockey and ringette players.

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**Prince Edward County Skating**





THE COACH TEAM  
WILL HAVE THE UPDATED FORM WITH THE SKATERS PROGRESS

# STARSKATE

## CANSKATE ELEMENTS

	BALANCE	CONTROL	AGILITY
STAGE 1	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fall down &amp; get up</li> <li><input type="checkbox"/> Forward skating</li> <li><input type="checkbox"/> Forward two-foot glide</li> <li><input type="checkbox"/> Forward two-foot sit glide</li> </ul> <p>4/4 required</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Snow slide steps</li> <li><input type="checkbox"/> Backward skating</li> <li><input type="checkbox"/> Backward two-foot glide</li> </ul> <p>3/3 required</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stationary 180° turn</li> <li><input type="checkbox"/> Stationary two-foot jump</li> <li><input type="checkbox"/> Forward skating perimeter of ice surface</li> </ul> <p>3/3 required</p>
STAGE 2	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward sculling</li> <li><input type="checkbox"/> Forward two-foot to one-foot glide</li> <li><input type="checkbox"/> Forward push/glide sequence</li> <li><input type="checkbox"/> Forward one-foot glide with speed</li> </ul> <p>4/4 required</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward stop</li> <li><input type="checkbox"/> Backward two-foot sit glide</li> <li><input type="checkbox"/> Backward two-foot to one-foot glide</li> <li><input type="checkbox"/> Backward push/glide sequence</li> </ul> <p>3/4 required</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward two-foot turn</li> <li><input type="checkbox"/> Backward two-foot turn</li> <li><input type="checkbox"/> Forward 180° glide turn</li> <li><input type="checkbox"/> Forward two-foot jump</li> </ul> <p>3/3 required</p>
STAGE 3	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward stationary blade push</li> <li><input type="checkbox"/> Forward two-foot slalom</li> <li><input type="checkbox"/> Forward circle thrusts</li> <li><input type="checkbox"/> Walking crosscuts</li> <li><input type="checkbox"/> Forward two-foot to one-foot curve glide</li> </ul> <p>5/5 required</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward stop with speed</li> <li><input type="checkbox"/> Backward sculling</li> <li><input type="checkbox"/> Backward two-foot to one-foot glide</li> <li><input type="checkbox"/> Backward push/glide sequence</li> <li><input type="checkbox"/> Backward one-foot glide with speed</li> </ul> <p>5/5 required</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward two-foot quick turn</li> <li><input type="checkbox"/> Backward two-foot quick turn</li> <li><input type="checkbox"/> Forward 360° step turn</li> <li><input type="checkbox"/> Backward two-foot jump</li> <li><input type="checkbox"/> Fast forward perimeter skating</li> </ul> <p>5/5 required</p>
STAGE 4	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward crosscuts</li> <li><input type="checkbox"/> Forward inside giant slalom</li> <li><input type="checkbox"/> Forward outside giant slalom</li> <li><input type="checkbox"/> Forward lunge</li> <li><input type="checkbox"/> Forward spiral</li> <li><input type="checkbox"/> Drop-down drill</li> <li><input type="checkbox"/> Forward "V" start</li> </ul> <p>5/ required</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backward stop</li> <li><input type="checkbox"/> Backward circle thrusts or pumps</li> <li><input type="checkbox"/> Backward two-foot slalom</li> <li><input type="checkbox"/> Backward one-foot glide with curve</li> <li><input type="checkbox"/> Sustained forward one-foot glide</li> <li><input type="checkbox"/> Speed drill #1</li> </ul> <p>5/6 required</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward one-foot turn</li> <li><input type="checkbox"/> Backward 360° step turn</li> <li><input type="checkbox"/> Forward to backward two-foot jump</li> <li><input type="checkbox"/> Backward to forward two-foot jump</li> <li><input type="checkbox"/> Two-foot spin</li> <li><input type="checkbox"/> Two-foot sit spin</li> </ul> <p>5/6 required</p>



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STAGE 5	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward crosscuts figure-8</li> <li><input type="checkbox"/> Forward inside edges</li> <li><input type="checkbox"/> Forward push/glide sequence</li> <li><input type="checkbox"/> Inside spread eagle</li> <li><input type="checkbox"/> Forward one-foot slalom</li> <li><input type="checkbox"/> Running lateral crossovers</li> <li><input type="checkbox"/> Forward perimeter skating with jumps</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward two-foot side stop</li> <li><input type="checkbox"/> Backward stop with speed</li> <li><input type="checkbox"/> Backward crosscuts</li> <li><input type="checkbox"/> Backward inside giant slalom</li> <li><input type="checkbox"/> Backward push/glide sequence</li> <li><input type="checkbox"/> Backward spiral</li> <li><input type="checkbox"/> Speed drill #2</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward one-foot turn</li> <li><input type="checkbox"/> Forward 360° glide turn</li> <li><input type="checkbox"/> Forward to backward one-foot jump</li> <li><input type="checkbox"/> Forward power jump</li> <li><input type="checkbox"/> One-foot spin</li> <li><input type="checkbox"/> Alternating foot spin</li> <li><input type="checkbox"/> Forward tight glide turns</li> </ul>
	5/7 required	6/7 required	6/7 required
STAGE 6	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward power crosscuts</li> <li><input type="checkbox"/> Forward outside edges</li> <li><input type="checkbox"/> Forward one-foot slalom</li> <li><input type="checkbox"/> Forward one-foot sit glide</li> <li><input type="checkbox"/> Forward spiral (curve or straight line)</li> <li><input type="checkbox"/> Forward crossover acceleration</li> <li><input type="checkbox"/> Forward perimeter skating with crosscuts</li> <li><input type="checkbox"/> Forward perimeter skating with stops</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward one-foot side stop</li> <li><input type="checkbox"/> Forward two-foot side stop with speed</li> <li><input type="checkbox"/> Backward outside giant slalom</li> <li><input type="checkbox"/> Backward crosscuts figure-8</li> <li><input type="checkbox"/> Backward perimeter skating with crosscuts</li> <li><input type="checkbox"/> Backward one-foot slalom</li> <li><input type="checkbox"/> Backward one-foot spin</li> <li><input type="checkbox"/> Speed drill #3</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward C step</li> <li><input type="checkbox"/> Backward C step</li> <li><input type="checkbox"/> Two-foot multi turns</li> <li><input type="checkbox"/> Rotating power jump</li> <li><input type="checkbox"/> Backward toe-assisted jump</li> <li><input type="checkbox"/> Backward 360 two-foot jump</li> <li><input type="checkbox"/> Forward one-foot spin with spiraling edge</li> <li><input type="checkbox"/> Forward two-foot reverse pivot turn</li> </ul>
	6/8 required	6/8 required	6/8 required

### STAGE BADGE PASSING CRITERIA

All three fundamental area ribbons **Balance**, **Control** and **Agility** must be awarded in order to receive a stage badge.



Stage 1  
Badge award



Stage 2  
Badge award



Stage 3  
Badge award



Stage 4  
Badge award



Stage 5  
Badge award



Stage 6  
Badge award



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