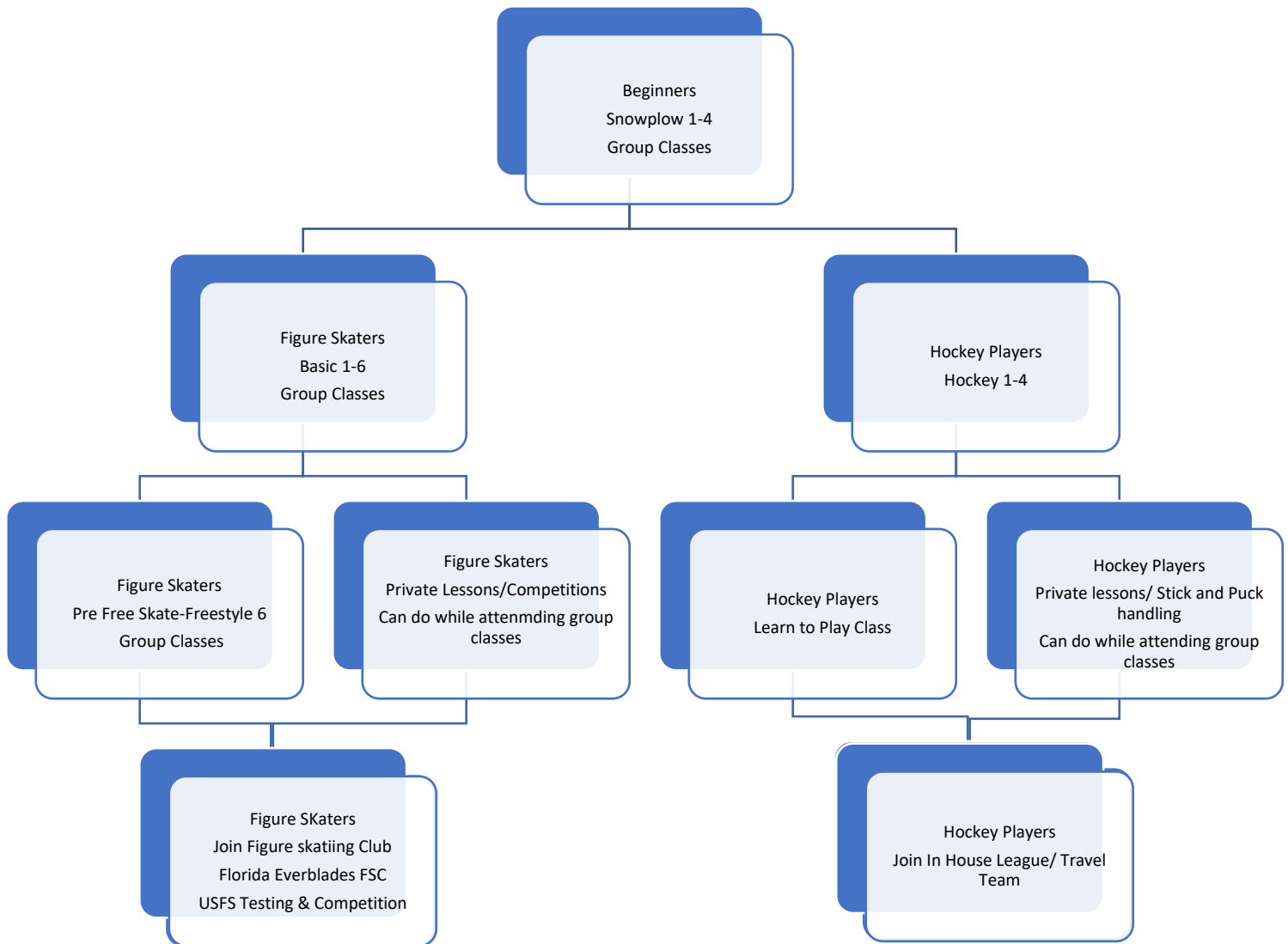


Hertz Arena

All skaters will start at Snowplow 1 and progress through the levels at their own pace!



Skaters will learn the following elements at each level. Once they complete the elements with mastery, the skater will be moved to the next level.

SNOWPLOW SAM 1 (Age 4 and UP Beginner Hockey & Figure)

- A. Sit and stand up with skates on (off-ice)
- B. Sit and stand up (on-ice)
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet F Dip in place

SNOWPLOW SAM 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion, in place or holding onto barrier
- G. Two-foot hop, in place (optional)

SNOWPLOW SAM 3

- A. Forward skating (8-10 steps)
- B. Forward one-foot glide, one time skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward two-foot glide E Backward swizzles (2-3 in a row)
- E. Moving forward snowplow stop (1 or 2 feet)
- F. Curves

SNOWPLOW SAM 4

- A. Forward skating
- B. Advanced one-foot glide, two times skater's height
- C. Backward swizzles (4-6 in a row)
- D. Rocking horse – one forward, one backward swizzle, repeat twice
- E. Two-foot turns in place - forward to backward (both directions)
- F. Two-foot hop in place

BASIC 1

- A. Sit on ice and stand up
- B. March forward across the ice
- C. Forward two-foot glide
- D. Dip
- E. Forward swizzles (6–8 in a row)
- F. Backward wiggles (6–8 in a row)
- G. Beginning snowplow stop (on one or two feet)
- H. Bonus Skill: Two-foot hop in place

BASIC 2

- A. Scooter pushes (R and L)
- B. Forward one-foot glides (R and L)
- C. Backward two-foot glide, length of skater's height
- D. Rocking horse — one forward swizzle, one backward swizzle (repeat twice)
- E. Backward swizzles (6–8 in a row)
- F. Two-foot turns from forward to backward in place (clockwise and counterclockwise)
- G. Moving snowplow stop
- H. Bonus Skill: Curves

BASIC 3

- A. Beginning forward stroking showing correct use of blade

- B. Forward half-swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise
- C. Moving forward to backward two foot turns on a circle (clockwise and counterclockwise)
- D. Beginning backward one-foot glides — focus on balance
- E. Backward snowplow stop (R and L)
- F. Forward slalom
- G. Bonus Skill: Forward pivot

BASIC 4

- A. Forward outside edge on a circle (R and L)
- B. Forward inside edge on a circle (R and L)
- C. Forward crossovers — clockwise and counterclockwise (4-6)
- D. Backward half-swizzle pumps on a circle — 6-8 clockwise and counterclockwise
- E. Backward one-foot glides (R and L)
- F. Beginning two-foot spin (up to two revolutions)
- G. Bonus Skill: Forward lunges — both legs

BASIC 5

- A. Backward outside edge on a circle (R and L)
- B. Backward inside edge on a circle (R and L)
- C. Backward crossovers — 4-6 clockwise and counterclockwise
- D. Forward outside three-turn (R and L)
- E. Advanced two-foot spin, min. 4 revolutions
- F. Hockey stop — both directions
- G. Bonus Skill: Side toe hop (R and L)

BASIC 6

- A. Forward inside open mohawk from a standstill (R to L and L to R)
- B. Forward inside three-turn (R and L)
- C. Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
- D. Backward stroking
- E. Beginning one-foot spin, optional free leg and entry position (2-4 revolutions)
- F. T-stops (R and L)
- G. Bunny hop
- H. Forward spiral on a straight line (R and L)
- I. Bonus Skill: Shoot the duck (R and L)

HOCKEY 1

- A. Falling and recovery to a balanced, standing position
- B. Proper basic hockey stance (forward and backward)
- C. March forward across the ice (8-10 steps)
- D. Two-foot glides and dips from forward marching across the ice
- E. Forward swizzles/double C-cuts (4-6 in a row)
- F. T-push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet
- G. Stationary snowplow stop
- H. Bonus Skill: Front to back and back to front turns (stationary)

HOCKEY 2

- A. Forward strides using 45 degree V-push, focus on good recovery and alternating arm drive
- B. Forward one-foot push and glide (R and L)

- C. Forward C-cuts: single leg (R and L) and alternating feet (R and L) in a straight line
- D. Backward hustle or march, then glide on two feet
- E. Backward swizzles/double C-cuts (4-6 in a row)
- F. Backward C-cuts, single leg (R and L) and alternating feet (R and L) in a straight line
- G. Two-foot moving snowplow stop
- H. Bonus Skills: Scooter or skateboard push on a circle (R and L)

HOCKEY 3

- A. Lateral crossover march (both directions)
- B. Forward C-cuts (half-swizzle pumps) on a circle, both directions
- C. Forward outside edges on half-circles (large Cs), alternating feet on the short or long axis of the rink
- D. Forward inside edges on half-circles (large Cs), alternating feet on the short or long axis of the rink
- E. Backward C-cuts (half-swizzle pumps) on a circle, both directions
- F. Backward snowplow stops: one- and two-foot V-stop
- G. One-foot moving snowplow stop (R and L), introduce 1/4 turn with hips to hockey stop
- H. Bonus Skill: Forward stops and starts

HOCKEY 4

- A. Quick starts using forward V-start
- B. Backward one-foot glide (R and L)
- C. Forward crossover glides (clockwise and counterclockwise). Hold feet in crossed position for 2 counts
- D. Backward crossover glides (clockwise and counterclockwise). Hold feet in crossed position for 2 counts
- E. Forward crossovers on circle, clockwise and counterclockwise (4-6 each)
- F. Backward crossovers on circle, clockwise and counterclockwise (4-6 each)
- G. Hockey stops (stopping to the left and to the right, with speed)
- H. Bonus Skill: Forward to backward mohawk pivots (both directions)

PRE-FREE SKATE (COMBINATION OF BASIC 7 AND 8) SKATING SKILLS

- A. Backward crossovers to a backward outside edge glide (landing position), clockwise and counterclockwise
- B. Backward outside edge to a forward outside edge transition on a circle (R and L)
- C. Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, repeat three times clockwise and counterclockwise
- D. One-foot upright spin (USp), optional entry and free-foot position (minimum three revolutions)
- E. Mazurka (R and L) F Waltz jump (1Wz)
- F. Bonus Skill: Backward inside pivots, clockwise and counterclockwise

FREE SKATE 1 SKATING SKILLS

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (4-6)
- C. Backward outside three-turns (R and L) SPINS
- D. Upright spin (USp), entry from back crossovers (min. four revolutions)
- E. Half flip (1HF) F Toe loop (1T)
- F. Bonus Skill: Waltz jump-waltz jump sequence (1Wz+1Wz)

FREE SKATE 2 SKATING SKILLS

- A. Alternating forward outside and inside spirals on a continuous axis (two sets)
- B. Basic backward outside and backward inside consecutive edges (4-6)
- C. Backward inside three-turns (R and L)
- D. Beginning back spin (USp) (min. 1-2 revolutions)

- E. Half Lutz (1HLz) F Salchow (1S)
- F. Bonus Skill: Variation of a forward spiral, skater's choice

FREE SKATE 3 SKATING SKILLS

- A. Alternating backward crossovers to back outside edges (4 sets)
- B. Alternating mohawk/crossover sequence (R to L and L to R)
- C. Waltz three-turns (forward outside three-turn, backward outside edge glide), clockwise and counterclockwise
- D. Advanced back spin (USp) with free foot in crossed leg position (min. three revolutions)
- E. Loop jump (1Lo) F Waltz jump-toe loop (1Wz+1T) or Salchow toe loop (1S+1T) combination
- F. Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

FREE SKATE 4 SKATING SKILLS

- A. Forward power three-turns, 3 sets each (R and L)
- B. Waltz eight SPINS
- C. Forward upright spin (USp) to backward upright spin (USp) (3 revs. each foot)
- D. Sit spin (SSp) (min. three revolutions)
- E. Half loop (1HLo) F Flip (1F)
- F. Bonus Skill: Split jump, stag jump or split falling leaf

FREE SKATE 5 SKATING SKILLS

- A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B. Five-step mohawk sequence, clockwise and counterclockwise
- C. Camel spin (CSp) (min. three revolutions)
- D. Waltz jump-loop jump combination (1Wz+1Lo)
- E. Lutz jump (1Lz)
- F. Bonus Skill: Loop-loop combo (1Lo+1Lo)

FREE SKATE 6 SKATING SKILLS

- A. Forward power pulls (R and L)
- B. Choreographic step sequence (ChSt), skater's choice, using a variety of three turns, mohawks and toe steps
- C. Camel-sit spin combination (CoSp) (min. two revolutions each position)
- D. Layback (LSp), attitude or cross-foot spin (USp) (three revolutions)
- E. Waltz jump-Euler-Salchow jump sequence (1Wz+1Eu+1S)
- F. Beginning Axel (1A)
- G. Bonus Skill: Backward outside pivot (optional entry)