

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	SKATE FORWARD <input type="checkbox"/> Fall down & get up <input type="checkbox"/> Fwd push/glide sequence <input type="checkbox"/> Fwd 2-foot glide <input type="checkbox"/> Fwd 2-foot sit glide	SKATE FORWARD <input type="checkbox"/> Fwd 2-foot sculling <input type="checkbox"/> Fwd 2-foot to 1-foot glide <input type="checkbox"/> R.O.L. <input type="checkbox"/> Fwd push/glide sequence EXTREME <input type="checkbox"/> Fwd 1-foot glide with speed <input type="checkbox"/> R.O.L.	SKATE FORWARD <input type="checkbox"/> Fwd stationary blade push (L, V or U) <input type="checkbox"/> R.O.L. <input type="checkbox"/> Fwd 2-foot station <input type="checkbox"/> Fwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> R.O.L. EXTREME <input type="checkbox"/> Fwd 2-foot to 1-foot curve glide <input type="checkbox"/> R.O.L.	SKATE FORWARD <input type="checkbox"/> Fwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd inside station <input type="checkbox"/> Fwd outside station EXTREME <input type="checkbox"/> Fwd drag <input type="checkbox"/> SPINS & SPRALS <input type="checkbox"/> Fwd spiral HOCKEY & RINGETTE <input type="checkbox"/> Drop down drill <input type="checkbox"/> Fwd "V" start	SKATE FORWARD <input type="checkbox"/> Fwd crosscut - figure 8 <input type="checkbox"/> Fwd inside edges <input type="checkbox"/> Fwd push/glide sequence EXTREME <input type="checkbox"/> Fwd perimeter stroking with jumps <input type="checkbox"/> Fwd 1-foot station <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> HOCKEY & RINGETTE <input type="checkbox"/> Running lateral crossovers	SKATE FORWARD <input type="checkbox"/> Fwd power crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd outside edges <input type="checkbox"/> Fwd 1-foot station EXTREME <input type="checkbox"/> Fwd short the duck <input type="checkbox"/> Fwd perimeter skating with side stops <input type="checkbox"/> SPINS & SPRALS <input type="checkbox"/> Fwd spiral on a curve HOCKEY & RINGETTE <input type="checkbox"/> Fwd "crossover" acceleration
	SKATE BACKWARD <input type="checkbox"/> Show slide stops <input type="checkbox"/> R.O.L. SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot skating/walking <input type="checkbox"/> Bwd 2-foot glide	STOP <input type="checkbox"/> Fwd stop SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot sit glide <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R.O.L. EXTREME <input type="checkbox"/> Bwd push/glide sequence	STOP <input type="checkbox"/> Fwd stop with speed <input type="checkbox"/> R.O.L. <input type="checkbox"/> Both SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot sculling <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R.O.L. <input type="checkbox"/> Bwd push/glide sequence EXTREME <input type="checkbox"/> Bwd 1-foot glide <input type="checkbox"/> R.O.L.	STOP <input type="checkbox"/> Bwd stop SKATE BACKWARD <input type="checkbox"/> Bwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd 2-foot station EXTREME <input type="checkbox"/> Bwd 1-foot glide with speed <input type="checkbox"/> Bwd 1-foot glide from blue line to blue line SPEED <input type="checkbox"/> Skate goal line to 1st blue line in 9 seconds or less	STOP <input type="checkbox"/> Fwd 2-foot side stop <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd stop with speed <input type="checkbox"/> R.O.L. <input type="checkbox"/> Both SKATE BACKWARD <input type="checkbox"/> Bwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd inside station <input type="checkbox"/> Bwd push/glide sequence <input type="checkbox"/> SPINS & SPRALS <input type="checkbox"/> Bwd spiral SPEED <input type="checkbox"/> Skate goal line to 2nd blue line in 12 seconds or less	STOP <input type="checkbox"/> Fwd 1-foot side stop <input type="checkbox"/> Fwd 2-foot side stop with speed <input type="checkbox"/> CW <input type="checkbox"/> CCW SKATE BACKWARD <input type="checkbox"/> Bwd outside station <input type="checkbox"/> Bwd crosscut - figure 8 <input type="checkbox"/> Bwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW EXTREME <input type="checkbox"/> Bwd 1-foot station <input type="checkbox"/> SPIN & SPRALS <input type="checkbox"/> Bwd 1-foot spin SPEED <input type="checkbox"/> Skate perimeter of ice in 35 seconds or less
	CONTROL	3/3 check marks required Date:	3/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:
AGILITY	TURN <input type="checkbox"/> 2-foot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP <input type="checkbox"/> 2-foot jump EXTREME <input type="checkbox"/> Fwd skating perimeter of ice	TURN <input type="checkbox"/> Fwd 2-foot turn <input type="checkbox"/> Bwd 2-foot turn <input type="checkbox"/> Fwd 180° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP <input type="checkbox"/> Fwd 2-foot jump	TURN <input type="checkbox"/> Fwd 2-foot quick turn <input type="checkbox"/> Bwd 2-foot quick turn <input type="checkbox"/> Fwd 360° stop turn JUMP <input type="checkbox"/> Bwd 2-foot jump EXTREME <input type="checkbox"/> Fast two perimeter skating <input type="checkbox"/> CW <input type="checkbox"/> CCW	TURN <input type="checkbox"/> Fwd 1-foot turn (small curve) <input type="checkbox"/> R.O.L. <input type="checkbox"/> Bwd 360° stop turn JUMP <input type="checkbox"/> Fwd to bwd 2-foot jump <input type="checkbox"/> Bwd to bwd 2-foot jump SPINS & SPRALS <input type="checkbox"/> 2-foot spin <input type="checkbox"/> 2-foot sit spin	TURN <input type="checkbox"/> Fwd 1-foot turn (large curve) <input type="checkbox"/> LF <input type="checkbox"/> RF <input type="checkbox"/> RF-F <input type="checkbox"/> Fwd 360° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP <input type="checkbox"/> Fwd to bwd 1-foot jump <input type="checkbox"/> Fwd power jump <input type="checkbox"/> Bwd toe-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump <input type="checkbox"/> 1-foot spin <input type="checkbox"/> Alternating foot spin HOCKEY & RINGETTE <input type="checkbox"/> Fwd light glide turns	TURN <input type="checkbox"/> Fwd 180° stop turn (noawk) <input type="checkbox"/> R.O.L. <input type="checkbox"/> Bwd 180° stop turn (noawk) <input type="checkbox"/> R.O.L. <input type="checkbox"/> 2-foot multi-turns JUMP <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Bwd toe-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump <input type="checkbox"/> SPIN & SPRALS <input type="checkbox"/> Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE <input type="checkbox"/> Fwd 2-foot reverse foot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW
	3/3 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:
	DATE PASSED:	STAGE 1 BADGE: DATE:	STAGE 2 BADGE: DATE:	STAGE 3 BADGE: DATE:	STAGE 4 BADGE: DATE:	STAGE 5 BADGE: DATE: