CANSKATE ELEMENT EVENT TECHNICAL PACKAGE

SKATECANADA

CANSKATE

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CANSKATE ELEMENT EVENT

TECHNICAL PACKAGE

GENERAL

The purpose of the CanSkate Element Event is to provide skaters with the opportunity to showcase their skills in a fun and interactive environment. In support of Skate Canada's ongoing implementation of the Long-Term Athlete Development Model, this event has been formatted to recognize the philosophies of the Learn to Skate stage. This club level event ideally takes place after a ten-week CanSkate session so that skaters have had the chance to learn all the skills in their current stages. The focus of the event is on individual skill improvement and therefore performances are not ranked. Depending on the specific logistics of the club, this event may include skaters from surrounding area clubs as long as the host club ensures that the event is run in compliance with their section's policies regarding invitational events.

CATEGORY SPECIFICATIONS

Results are tabulated for each individual separately. Skaters do not compete against each other for a ranking since awards are based on performance standards alone.

- Stage 1:
  - Skaters must not have passed the complete Stage 1 badge.
- Stage 2:
  - Skaters must have passed the complete Stage 1 badge but not the complete Stage 2 badge.
- Stage 3:
  - Skaters must have passed the complete Stage 2 badge but not the complete Stage 3 badge.
- Stage 4:
  - Skaters must have passed the complete Stage 3 badge but not the complete Stage 4 badge.
- Stage 5:
  - Skaters must have passed the complete Stage 4 badge but not the complete Stage 5 badge.
- Stage 6:
  - Skaters must have passed the complete Stage 5 badge but not the complete Stage 6 badge.

Skaters have the option of skating up one stage with approval from a Skate Canada coach.

TECHNICAL INFORMATION

The participants execute elements according to their categories. Four elements are performed in each category.

- Stage 1:
  - Snow slide steps
  - Fwd push/glide sequence
  - 2-ft jump
  - Bwd 2-ft skating/walking
- Stage 2:
  - Fwd stop
  - Fwd 2-ft sculling
  - Fwd 2-ft turn (CW or CCW - skater's choice)
  - Bwd 2-ft sit glide
- Stage 3:
  - Fwd circle thrusts (CW or CCW - skater's choice)
  - Bwd 2-ft jump
  - 2-ft quick turn fwd to bwd and bwd to fwd* (CW or CCW - skater's choice)
  - Bwd 2-ft sculling
- Stage 4:
  - Bwd circle thrusts (CW or CCW - skater's choice)
  - Bwd 360° step turn (CW or CCW - skater's choice)
  - 2-ft jump fwd to bwd and bwd to fwd* (CW or CCW - skater's choice)
  - Fwd inside slalom
- Stage 5:
  - Fwd 2-ft side stop (CW or CCW - skater's choice)
  - Bwd push/glide sequence, full perimeter (CW or CCW - skater's choice)
  - Fwd power jump
  - Fwd crosscuts - figure-8

- Stage 6:
  - Fwd 1-ft side stop (L or R - skater's choice)
  - Bwd perimeter skating with crosscuts (CW or CCW - determined by draw)
  - Fwd 180° step turn (mohawk) (RFI-LBI or LFI-RBI - skater's choice)
  - Fwd outside edges

***Note:** Some element requirements are actually two skills combined (e.g. 2-ft jump fwd to bwd and bwd to fwd). This was done for ease of delivery and assessment (simple and measurable performance criteria created to reflect the execution of the skill in both directions).

STANDARDS OF PERFORMANCE

The desired performance standards for each element are outlined on the performance standards charts. Standards are defined by three levels: Gold, Silver and Bronze and each performance level consists of three features. To achieve a Bronze, Silver or Gold award level on any element, skaters must demonstrate the first (bolded) feature at or above that level and they must demonstrate at least one other feature of the element at or above the award level. When at least a Bronze level is not achieved for an element, the skater is awarded a "merit" level (please refer to performance standards chart for the specific standards).

A panel of three assessors is used to evaluate execution and come to a consensus on the performance standard rewarded for each skill (see Event Assessors).

CONDUCT OF THE EVENT

Warm-Up Groups

The event is completed in warm-up groups of no more than six skaters each. The skating order within each warm-up determines the order in which each skater completes the four elements.

Warm-Up Time

Each group is allowed a three-minute warm-up (coach-lead and pre-choreographed) at the beginning of the event.

Performance Area and Demonstration

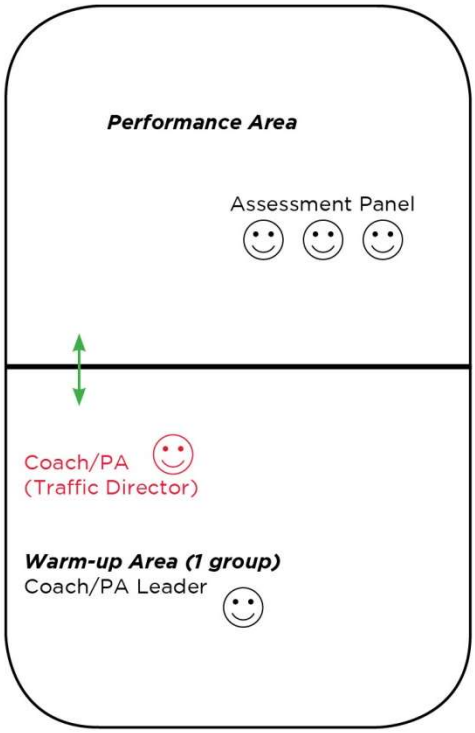
The assessment panel(s) sets up the performance area circuit(s) during the warm-up. Upon completion of the designated warm-up time, a coach/PA demonstrates the performance circuit to the entire group. Following the demonstration, the first skater enters the performance area, completes one lap of the circuit and then returns to the warm-up area. The rest of the group continues practicing in the warm-up area while awaiting their turns.

Warm-Up Area/Circuit

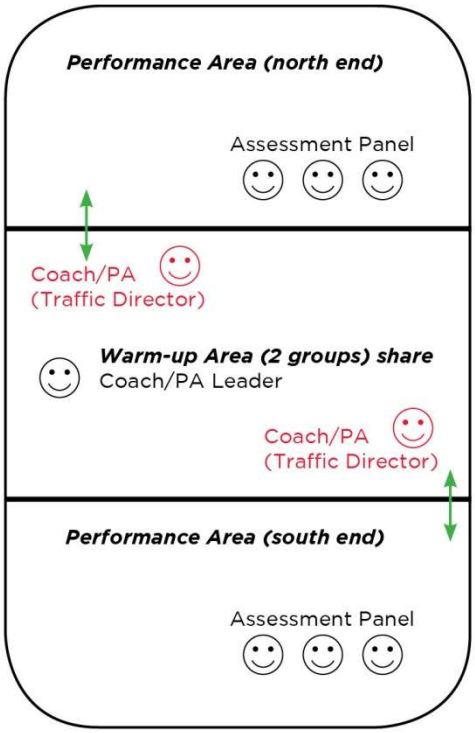
The coaches/PAs stationed in this area prepare the skaters for their performances. It is recommended that they create circuits consisting of all four required elements (or eight skills if they are leading two groups and the groups are at different stages).

Ice Set-Up

One Panel Set-Up



Two Panel Set-Up



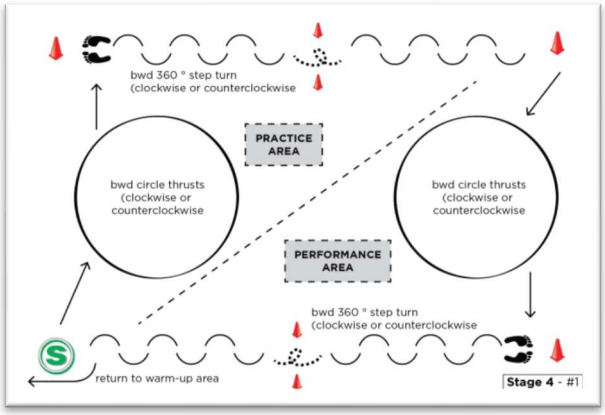
Execution of Elements

Each category consists of two compulsory circuits. Circuit 1 contains skills 1 and 2 and Circuit 2 contains skills 3 and 4. Each skater executes one full circuit. The circuits have been designed to allow the skater to execute the skills twice: once as a practice and once in front of the assessment panel. The first skater completes one lap of Circuit 1 and then returns to the designated warm-up area. Only once the first skater has completed the full lap is the next skater allowed to enter Circuit 1 (and so on). All skaters in the group must complete their attempts at Circuit 1 before Circuit 2 is started for any skater.

Note: If a skater's skill attempt in front of the panel is completely off the mark (e.g. skater executes the wrong skill or misses the skill completely) there should be some leniency in allowing him/her to try the circuit again (schedule/time permitting).

Example (Stage 4):

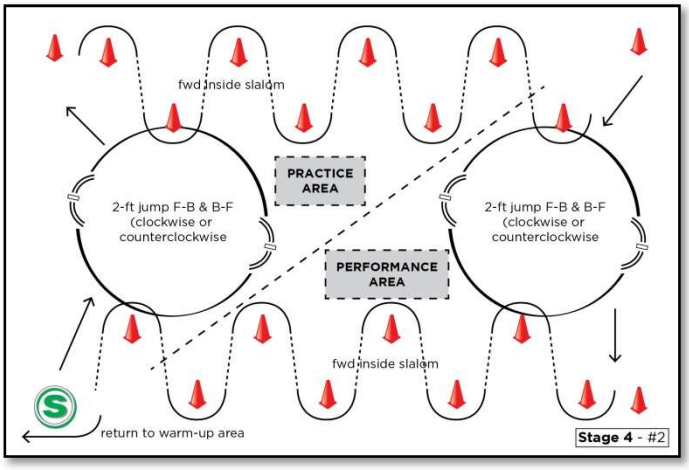
- Circuit 1 - skater 1
- Bwd circle thrusts – practice attempt, skater 1
- Bwd 360° turn with steps – practice attempt, skater 1
- Bwd circle thrusts – performance attempt, skater 1
- Bwd 360° turn with steps – performance attempt, skater 1
- Return to warm-up area



Repeat Circuit 1 for skaters 2-6.

- Circuit 2 - skater 1
- 2-ft jump fwd to bwd and bwd to fwd – practice attempt, skater 1
- Fwd inside slalom course – practice attempt, skater 1
- 2-ft jump fwd to bwd and bwd to fwd – performance attempt, skater 1
- Fwd inside slalom course – performance attempt, skater 1
- Return to warm-up area

Repeat Circuit 2 for skaters 2-6.



Progression Through the Event

After each circuit attempt skaters return to the designated warm-up area to continue practicing the next required elements.

Completion of the event

Once all skaters have completed Circuit 2, the group meets in the center of the ice and bows to the audience.

Music

Background music should be played throughout the entire event. Volume should be adjusted so that skaters and coaches are able to communicate without disruption.

COACH/PA DUTIES

Warm-Up Leader (Coach/PA):

- Leads three-minute choreographed warm-ups.
- Creates warm-up circuits and facilitates practice of required elements.
- Gathers group in center ice for final bow upon completion of the event.

Traffic Director (Coach/PA):

- Demonstrates performance circuits to group once created in performance area (prior to beginning Performance Circuit 1 and again prior to beginning Performance Circuit 2).
- Helps move traffic in and out of the performance area.
- Ensures that correct skating order is maintained and that only one skater is on the performance circuit at a time (allowing skaters the opportunity to perform in a competition-like environment).
- Remains conscious of the event schedule while rotating the skaters in and out of the practice area.

EVENT ASSESSORS

The event is assessed using a collaborative assessment panel (similar to the technical panel where decisions are made based on discussion by and consensus of the group). The determination of an award level for each element is determined by consensus of the assessors and based on each element's three performance features.

Each assessment panel includes three "assessors". (Note: It is not necessary or recommended that qualified officials are used for this type of event. Coaches and PAs may take on the role of "assessor" for the purposes of this event). The panel must include at least one Skate Canada coach (NCCP CanSkate trained or higher) who acts as the referee. In addition to assessing the skills to standards, each member of the panel (referee, scribe and timer) is assigned a specific duty (see Duties of Assessors). The assessment panel is required to wear skates as they will be standing on the ice (see circuit templates for exact location of the panel relative to circuit layout).

DUTIES OF ASSESSORS

In addition to the general duties of officials for all events, the following outlines the duties of the assessors in an element event:

Referee:

- Manages the communication with participants to ensure that the flow of element execution is maintained.
- Leads discussion with panel to determine the consensus decision on the success of the element.
- Verifies and authorizes the calculation of the final results.
- Answers any questions following the event as to the final outcome of assessment by the assessment panel.

Scribe:

- Maintains written record of each element attempt and its assessment on each skater's performance standards chart.
- Contributes to panel discussion and final consensus of each skill level achieved.

Timer:

- Uses a stop watch to record times achieved for elements assessed on speed.
- Contributes to panel discussion and final consensus of each skill level achieved.

See Pre-Event Assessment Panel Meeting Agenda for more specific details and ideas on how to adequately prepare the assessment panel for the element event.

EVENT SCHEDULE

Any two warm-up groups can compete at the same time with different judging panels. The ice should be divided into three segments (two performance areas at each end and one shared practice area in the middle).

Each circuit attempt takes approximately one minute per skater (factoring in time to transition between warm-up and performance areas). Allowing for the full three minute warm-up, circuit set-up time and a group bow at the end, the time required for a six-participant group is approximately 20 minutes.

Sample detailed schedule:

Panel 1: North End		Panel 2: South End	
9:00 – 9:20 Stage 1 (Warm-up group 1)		9:00 – 9:20 Stage 3 (Warm-up group 1)	
9:00 – 9:03	Warm-up	9:00 – 9:03	Warm-up
9:03 – 9:11	Stage 1 - Group 1: Circuit 1	9:03 – 9:11	Stage 3 - Group 1: Circuit 1
9:11 – 9:12	Set up Circuit 2	9:11 – 9:12	Set up Circuit 2
9:12 – 9:18	Stage 1 - Group 1: Circuit 2	9:12 – 9:18	Stage 3 - Group 1: Circuit 2
9:18 – 9:20	Stage 1 - Group 1: Bow	9:18 – 9:20	Stage 3 - Group 1: Bow
9:20 – 9:40 Stage 1 (Warm-up group 2)		9:20 – 9:40 Stage 4 (Warm-up group 1)	
9:20 – 9:23	Warm-up	9:20 – 9:23	Warm-up
9:23 – 9:31	Stage 1 - Group 2: Circuit 1	9:23 – 9:31	Stage 4 - Group 1: Circuit 1
9:31 – 9:32	Set up Circuit 2	9:31 – 9:32	Set up Circuit 2
9:32 – 9:38	Stage 1 - Group 2: Circuit 2	9:32 – 9:38	Stage 4 - Group 1: Circuit 2
9:38 – 9:40	Stage 1 - Group 2: Bow	9:38 – 9:40	Stage 4 - Group 1: Bow

9:40 – 10:00 Stage 2 (Warm-up group 1)		9:40 – 10:00 Stage 4 (Warm-up group 2)	
9:40 – 9:43	Warm-up	9:40 – 9:43	Warm-up
9:43 – 9:51	Stage 2 - Group 1: Circuit 1	9:43 – 9:51	Stage 4 - Group 2: Circuit 1
9:51 – 9:52	Set up Circuit 2	9:51 – 9:52	Set up Circuit 2
9:52 – 9:58	Stage 2 - Group 1: Circuit 2	9:52 – 9:58	Stage 4 - Group 2: Circuit 2
9:58 – 10:00	Stage 2 - Group 1: Bow	9:58 – 10:00	Stage 4 - Group 2: Bow

OFF-ICE REQUIREMENTS

Three volunteers should be designated as ice captain, dressing room attendant and results "runner" to oversee the traffic between warm-up groups, to help ensure that the schedule remains on time and to facilitate timely delivery of results to the results tabulation room/desk.

One additional volunteer is required to act as results tabulator. This individual collects the performance standards charts after each warm-up group has finished and confirms the overall achievement level that is awarded for each element.

See Personnel Specifications and Distribution Schedule to ensure that you have recruited a sufficient number of volunteers and assessors to run the event. This document can also be used to ensure that you have provided each group/individual with the appropriate resource materials required to prepare.

RESULTS CALCULATION

For each category, the overall performance award given is the total of the individual element award levels defined as follows:

- Gold: At least two elements at the Gold level and no element lower than the Silver level
- Silver: At least two elements at the Silver level and no element lower than the Bronze level
- Bronze: At least two elements at the Bronze level

PUBLICATION OF RESULTS

Provide participants with a two-sided results page (certificate indicating the award level achieved on the front and performance standards chart on the back). Certificates should be filled in by the event organizers prior to the start of the event with the skater's name, event date and location. Upon completion of the event, the individual acting as results tabulator inputs/writes the award achieved on the certificate.

CANSKATE ELEMENT EVENT
ON-SITE PERSONNEL SPECIFICATIONS

Title/Role		# of Required Personnel		Description of Duties
On-Ice Personnel (5-10 coaches/ PAs)	Assessment Panel	3	• Coach • Coach/PA • Coach/PA (if running one assessment area at a time)	Panel sets up circuits and assesses performance. Each panel member is assigned a role: referee, scribe, timer (see Technical Package for detailed descriptions).
		6	• Coach - area 1 • Coach/PA - area 1 • Coach/PA - area 1 • Coach - area 2 • Coach/PA - area 2 • Coach/PA - area 2 (if running two assessment areas at a time)	
	Traffic Director	1	Coach/PA (if running one assessment area at a time)	Coach/PA manages flow in and out of competition area. Demonstrates circuit to group.
		2	Coach/PA (if running two assessment areas at a time)	
	Warm-Up Leader	1-2	Coach/PA (May combine or keep groups separate if running two assessment areas)	Coach/PA leads choreographed 3-minute warm-up and guides practice of skills between assessment circuits.
Off-Ice Personnel (6-9 volunteers)	Announcer & Music Player	1	Volunteer	Announces the category, group numbers and skater names during warm-up. Plays upbeat background music throughout the event.
	Ice Captain	1	Volunteer	Manages traffic on/off ice. Ensures that skaters enter the ice in correct warm-up groups.
	Dressing Room Attendant	1	Volunteer	Manages traffic between dressing room and ice surface. Ensures that groups are notified when they are expected to be at rink side.
	Runner	1	Volunteer	Collects performance standards sheets and delivers to the results tabulator room/table.
	Results Tabulator	1-2	Volunteer (depending on size of event and number of skaters)	Calculates results.
	Ceremony Announcer	1	Volunteer (depending on the size of event, announcer can also be a presenter)	Announces skaters who are receiving performance standards charts/certificates.
	Presenter	1-2	Volunteer	Presents skaters with their performance standards charts/certificates.

SKATECANADA
CANSKATE

CANSKATE ELEMENT EVENT
DISTRIBUTION SCHEDULE

Group/Individual	Document/Resource Materials	Suggested Distribution Time
Assessment Panel	Technical Package	1 month prior to event start date
	Assessment Sheets	2 weeks prior to event start date
	Circuit Templates	2 weeks prior to event start date
	Technical Meeting	1 hour prior to event start time
Warm-Up Leader	Technical Package	1 month prior to event start date
	Circuit Templates	2 weeks prior to event start date
Traffic Director	Technical Package	1 month prior to event start date
	Circuit Templates	2 weeks prior to event start date
	Entry List/Groups	1 day prior to event start date
Ice Captain	Event Schedule	1 day prior to event start date
	Entry List/Groups	1 day prior to event start date
Dressing Room Attendant	Event Schedule	1 day prior to event start date
	Entry List/Groups	1 day prior to event start date
Runner	Event Schedule	1 day prior to event start date
	Entry List/Groups	1 day prior to event start date
Results Tabulator	Technical Package	1 month prior to event start date
	Entry List/Groups	1 day prior to event start date
Announcer/Music	Entry List/Groups	1 day prior to event start date
Ceremony Announcer	Entry List/Groups	1 day prior to event start date

CanSkate Element Event
Parent/Participant Information and Entry Form

Host Club:
Date:
Location:

EVENT PHILOSOPHY AND GENERAL INFORMATION

The CanSkate Element Event is an initiative developed by Skate Canada in support of the organization's ongoing implementation of the Long-Term Athlete Development Model. The event has been formatted to introduce participants to the "competition" component of sport while providing them with the opportunity to showcase their skills in a fun and interactive environment.

The focus of the event is on individual skill improvement and therefore performances are not ranked. Instead of the traditional podium presentations for placing first, second and third, all skaters receive a certificate indicating their overall performance levels (Gold, Silver, Bronze or Merit). The award levels are based on the execution and assessment of four individual elements performed in a circuit format. Each element is evaluated using three predetermined performance features. Each skater receives a full overview of his/her performance on a "performance standards chart" which is provided to the skater along with the award certificate.

SCHEDULE

A draft event schedule is attached. Each group is on the ice for approximately 20 minutes (this includes group warm-up, practice time, two assessment circuits and a group bow/finale). Skaters must arrive at the arena no later than 30 minutes prior to their warm-up times. Overall performance award certificates are presented approximately 30 minutes following the completion of each event group and will take place (insert location).

CATEGORY SPECIFICATIONS

The following categories will be included in the CanSkate Element Event:

- Stage 1
  - Must not have passed the complete Stage 1 badge.
- Stage 2
  - Must have passed Stage 1 but not the complete Stage 2 badge.
- Stage 3
  - Must have passed Stage 2 but not the complete Stage 3 badge.
- Stage 4
  - Must have passed Stage 3 but not the complete Stage 4 badge.
- Stage 5
  - Must have passed Stage 4 but not the complete Stage 5 badge.
- Stage 6
  - Must have passed Stage 5 but not the complete Stage 6 badge.

Skaters have the option of skating up one stage with approval from a Skate Canada coach.

TECHNICAL INFORMATION

The participants execute elements according to their categories. Four elements are performed in each category. The required elements are defined as follows:

- Stage 1:
  - Snow slide steps
  - Fwd push/glide sequence
  - 2-ft jump
  - Bwd 2-ft skating/walking
- Stage 2:
  - Fwd stop
  - Fwd 2-ft sculling
  - Fwd 2-ft turn (CW or CCW - skater's choice)
  - Bwd 2-ft sit glide
- Stage 3:
  - Fwd circle thrusts (CW or CCW - skater's choice)
  - Bwd 2-ft jump
  - 2-ft quick turn fwd to bwd & bwd to fwd (CW or CCW - skater's choice)
  - Bwd 2-ft sculling
- Stage 4:
  - Bwd circle thrusts (CW or CCW - skater's choice)
  - Bwd 360° step turn (CW or CCW - skater's choice)
  - 2-ft jump fwd to bwd & bwd to fwd (CW or CCW - skater's choice)
  - Fwd inside slalom
- Stage 5:
  - Fwd 2-ft side stop (CW or CCW - skater's choice)
  - Bwd push/glide sequence, full perimeter (CW or CCW - skater's choice)
  - Fwd power jump
  - Fwd crosscuts - figure-8
- Stage 6:
  - Fwd 1-ft side stop (L or R - skater's choice)
  - Bwd perimeter skating with crosscuts (CW or CCW – determined by draw)
  - Fwd 180° step turn (mohawk) (RFI-LBI or LFI-RBI - skater's choice)
  - Fwd outside edges

CanSkate Element Event
Entry Form

Host Club:
Date:
Location:

Skater: _____ _____
(first name) *(last name)*

Category: _____
(stage)

Coach Approval: _____ _____
(If skating up a stage) *(print name)* *(signature)*

Entry fee: *(Insert entry fee)*

Please return entry form and fee to: *(Insert contact information including name and address)*

Please make cheques payable to: *(Insert applicable name)*

CANSKATE ELEMENT EVENT
ENTRY FORM

Host Club:
Date:
Location:

Skater: _____ _____
(first name) *(last name)*

Category: _____
(stage)

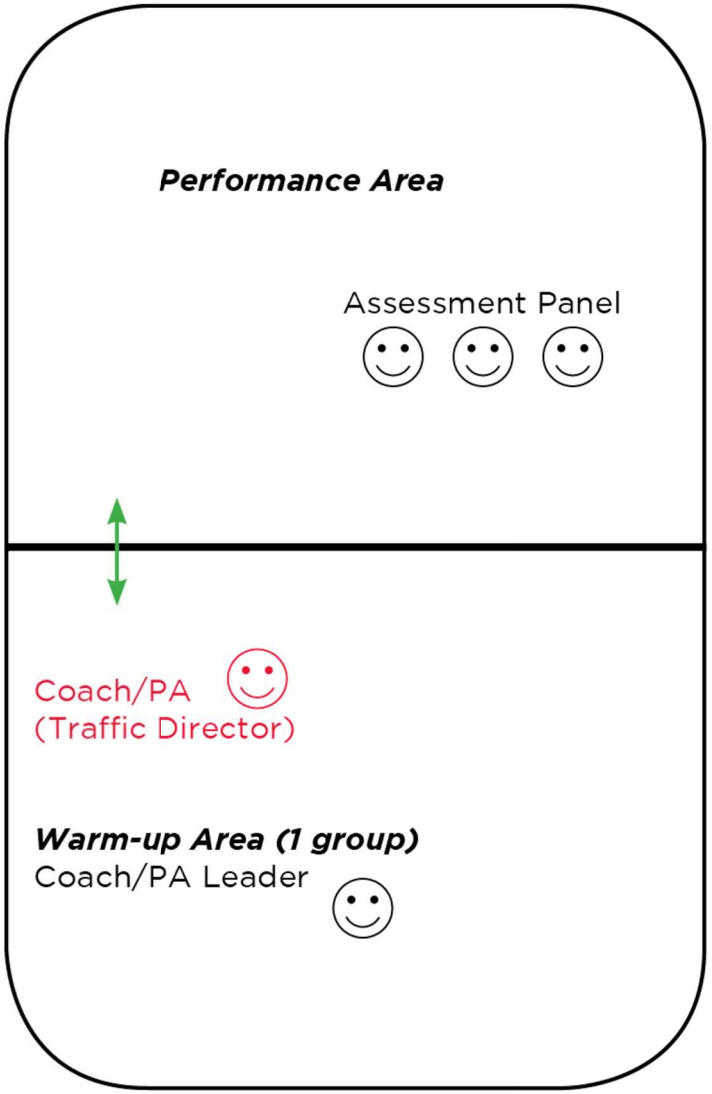
Coach Approval: _____ _____
(If skating up a stage) *(print name)* *(signature)*

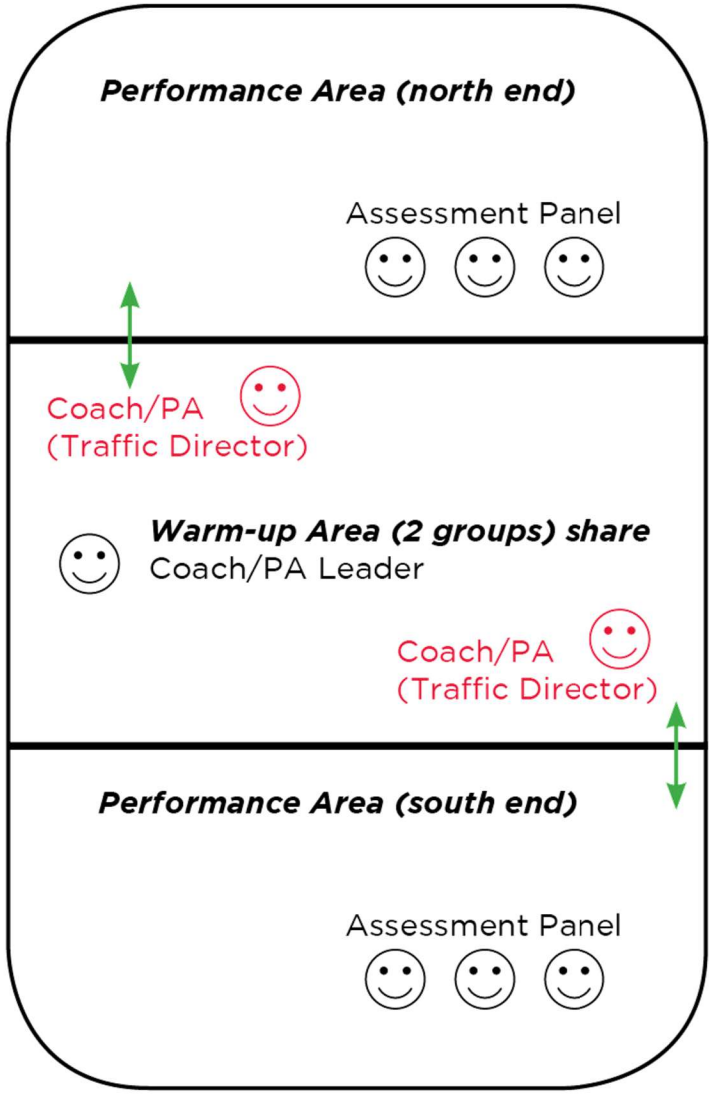
Entry fee:

Please return entry form and fee to:

Please make cheques payable to:

ICE SETUP


Performance Area
Assessment Panel
Coach/PA
(Traffic Director)
Warm-up Area (1 group)
Coach/PA Leader


Performance Area (north end)
Assessment Panel
Coach/PA
(Traffic Director)
Warm-up Area (2 groups) share
Coach/PA Leader
Coach/PA
(Traffic Director)
Performance Area (south end)
Assessment Panel

AGENDA

CanSkate Element Event
Pre-Event Assessors Meeting

Date:
Time:
Location:

WELCOME AND GENERAL EVENT OVERVIEW

Distribute hard copies of event schedule, event assignments, performance standards charts, circuit templates and discuss format and progression of event. (Note: This information should have been sent electronically two weeks prior to the event so that the assessment panel has time to prepare).

EVENT ASSIGNMENTS AND SCHEDULE

Review event assignments and ensure that roles have been allocated (referee, scribe and timer) and duties are clearly understood.

CIRCUIT TEMPLATES AND TEACHING AIDS

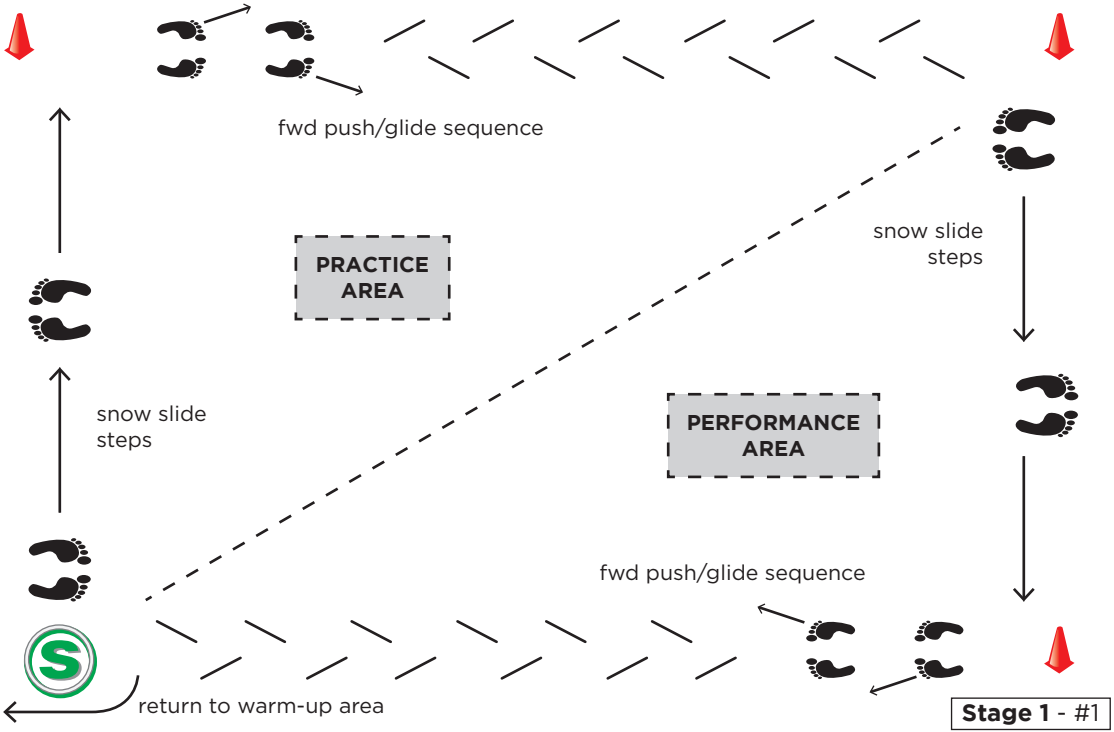
Discuss circuit set up and required teaching aids (assessment panel is in charge of setting up performance circuits in a timely manner).

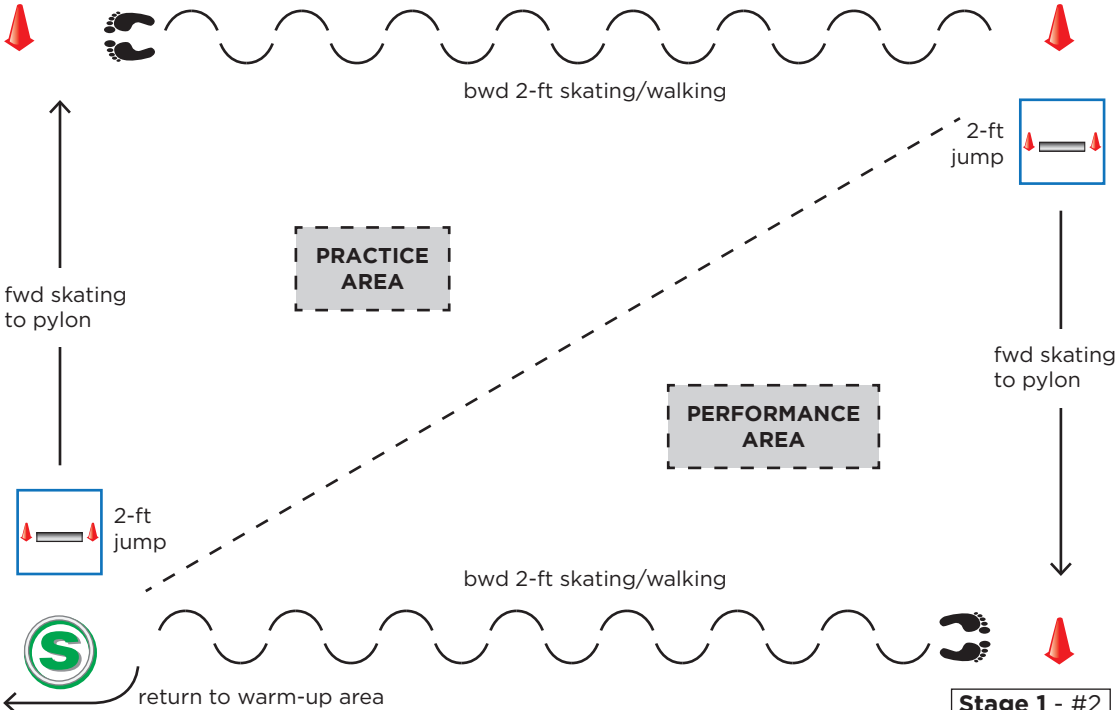
STANDARDS OF PERFORMANCE

Go over any performance standard questions/comments that may have come up (assessors should have reviewed the assessment standards charts prior to the pre-event meeting and come prepared to discuss).

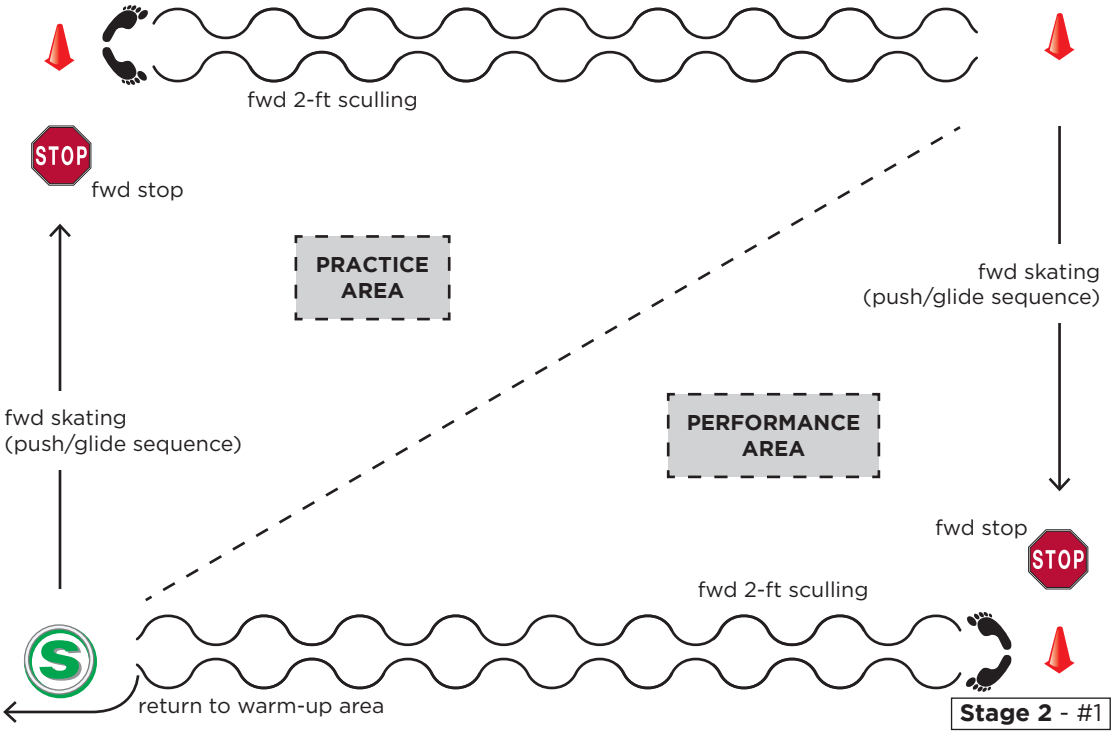
EVENT VOLUNTEERS

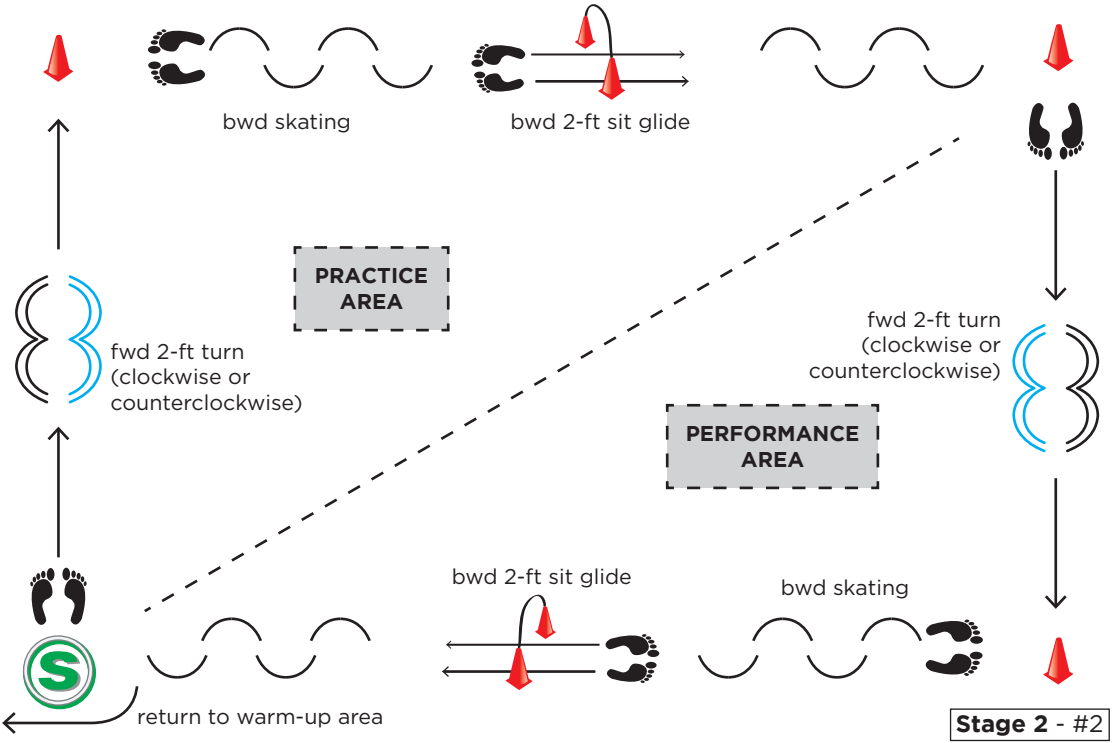
Identify key organizing committee members and clarify their roles on the assessment panel (results runner, data specialist, ice captain) to ensure that the event runs smoothly and on schedule.

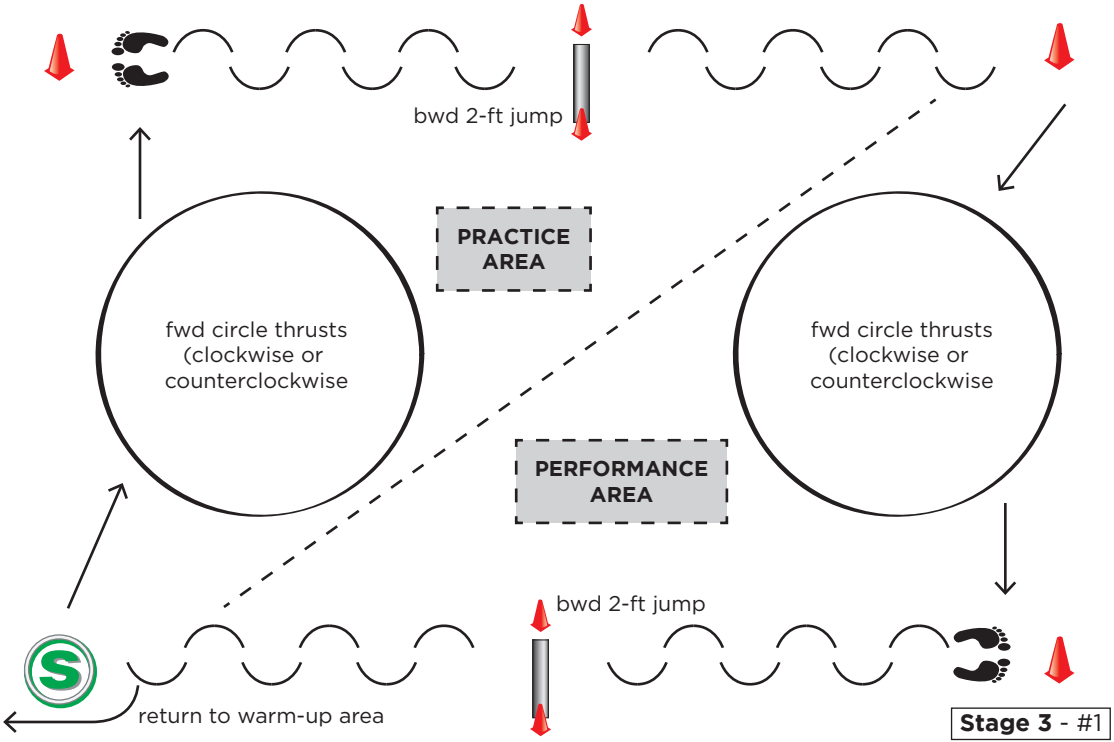

fwd push/glide sequence
snow slide steps
PRACTICE AREA
PERFORMANCE AREA
snow slide steps
fwd push/glide sequence
return to warm-up area
Stage 1 - #1

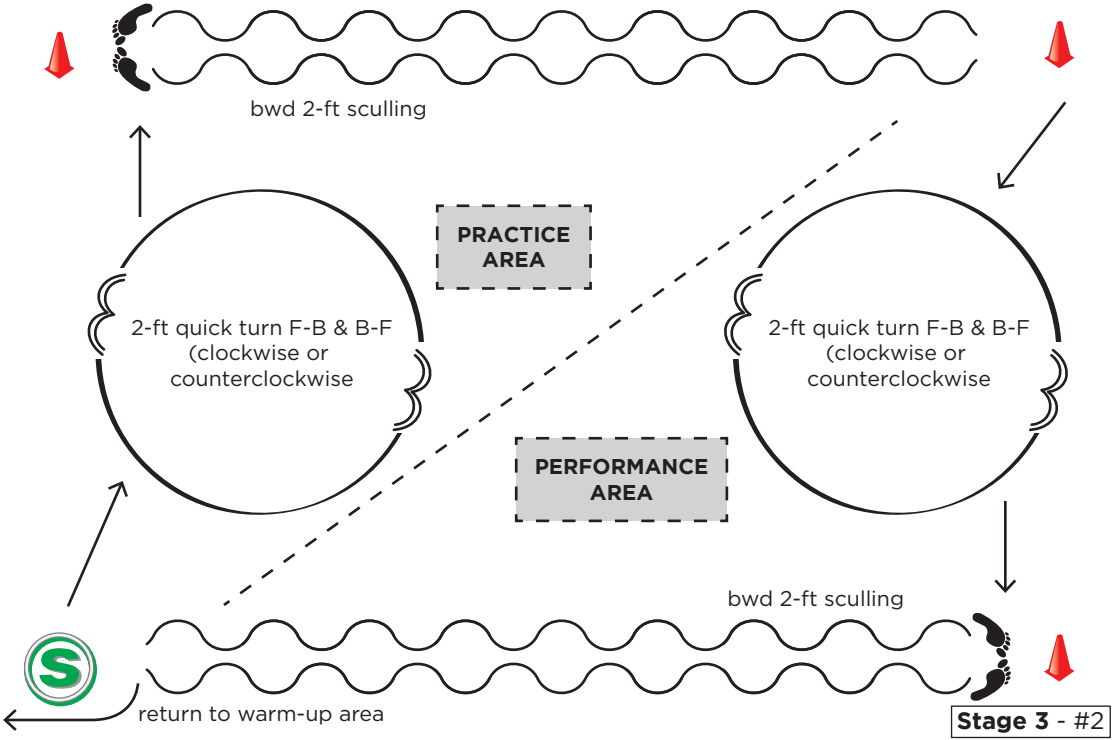

bwd 2-ft skating/walking
2-ft jump
PRACTICE AREA
fwd skating to pylon
fwd skating to pylon
PERFORMANCE AREA
2-ft jump
bwd 2-ft skating/walking
return to warm-up area

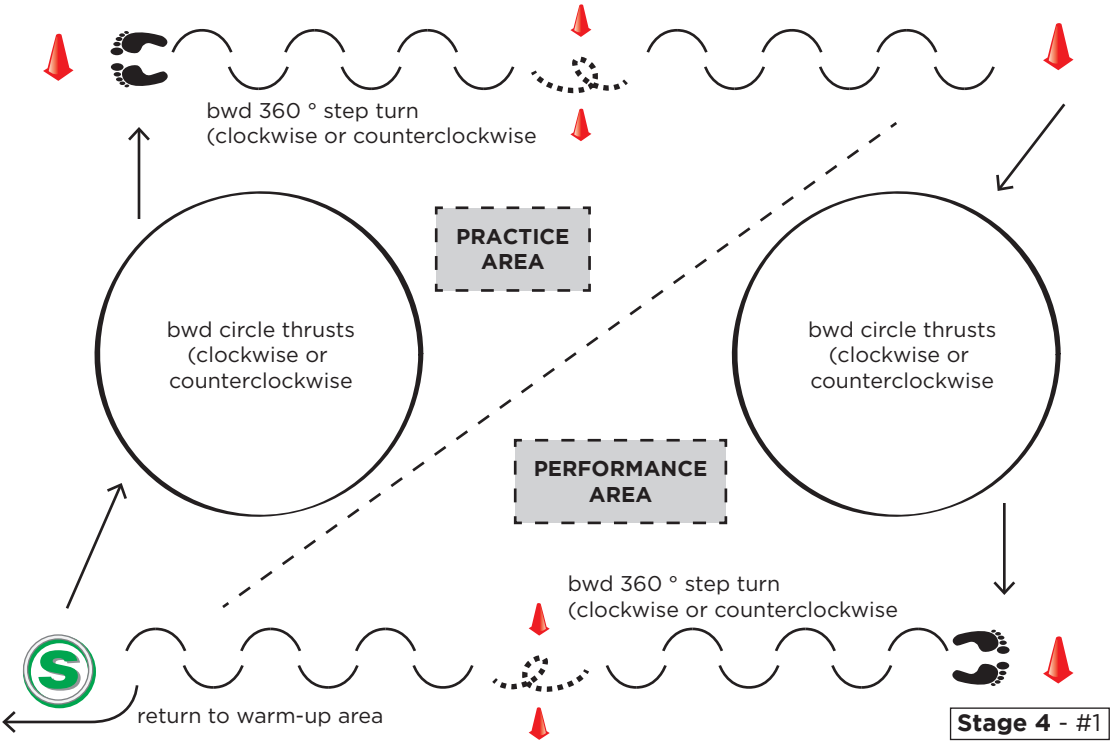
Stage 1 - #2

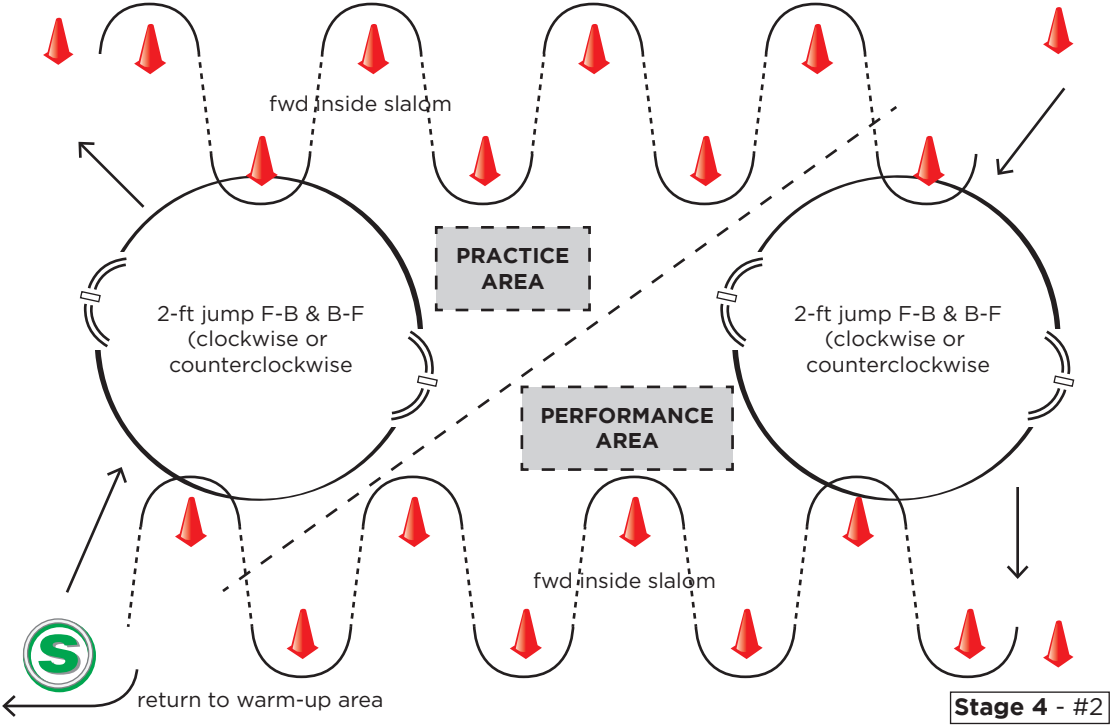

fwd 2-ft sculling
STOP
fwd stop
PRACTICE AREA
fwd skating (push/glide sequence)
fwd skating (push/glide sequence)
PERFORMANCE AREA
fwd stop
STOP
fwd 2-ft sculling
S
return to warm-up area
Stage 2 - #1


bwd skating
bwd 2-ft sit glide
PRACTICE AREA
fwd 2-ft turn (clockwise or counterclockwise)
fwd 2-ft turn (clockwise or counterclockwise)
PERFORMANCE AREA
bwd 2-ft sit glide
bwd skating
S
return to warm-up area
Stage 2 - #2

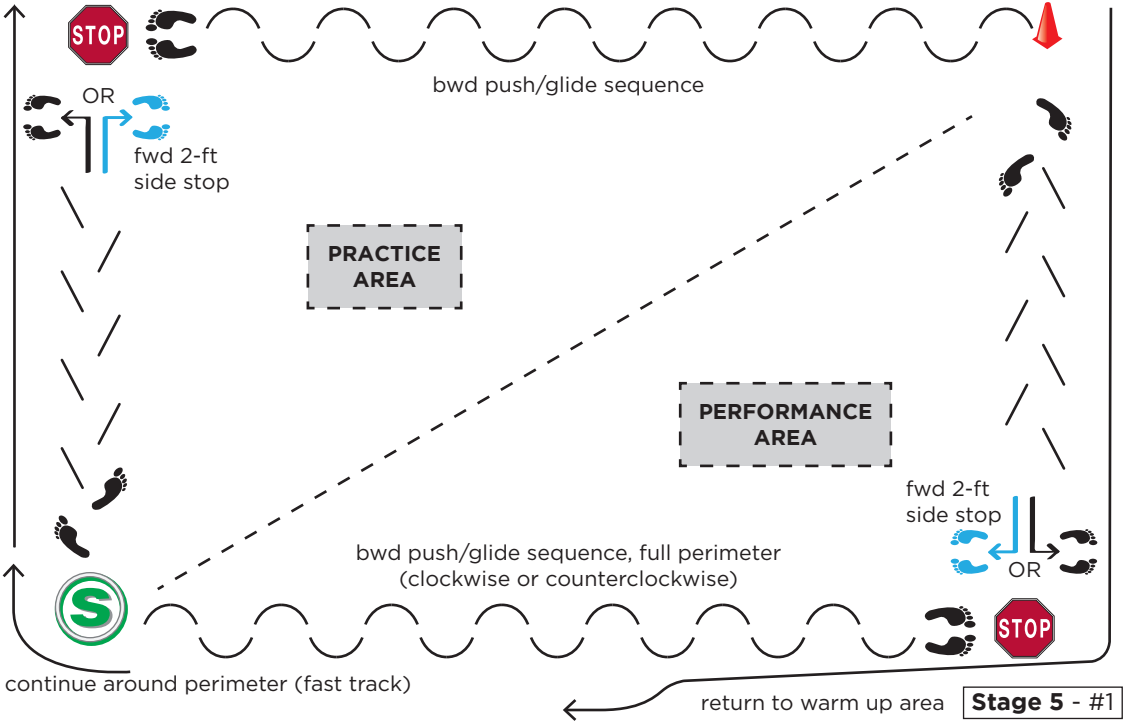

bwd 2-ft jump
PRACTICE AREA
fwd circle thrusts (clockwise or counterclockwise
fwd circle thrusts (clockwise or counterclockwise
PERFORMANCE AREA
bwd 2-ft jump
S
return to warm-up area
Stage 3 - #1


bwd 2-ft sculling
PRACTICE AREA
2-ft quick turn F-B & B-F (clockwise or counterclockwise
2-ft quick turn F-B & B-F (clockwise or counterclockwise
PERFORMANCE AREA
bwd 2-ft sculling
return to warm-up area
Stage 3 - #2

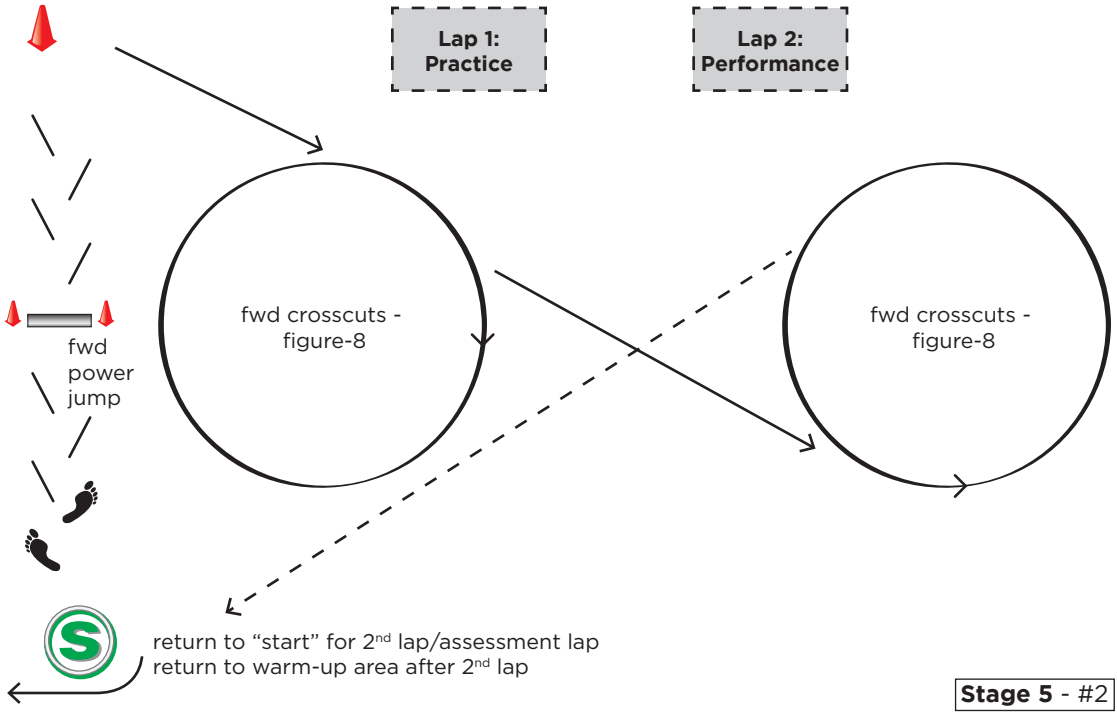

bwd 360 ° step turn
(clockwise or counterclockwise
PRACTICE AREA
bwd circle thrusts
(clockwise or
counterclockwise
bwd circle thrusts
(clockwise or
counterclockwise
PERFORMANCE AREA
bwd 360 ° step turn
(clockwise or counterclockwise
return to warm-up area
Stage 4 - #1


fwd inside slalom
PRACTICE AREA
2-ft jump F-B & B-F (clockwise or counterclockwise
2-ft jump F-B & B-F (clockwise or counterclockwise
PERFORMANCE AREA
fwd inside slalom
return to warm-up area

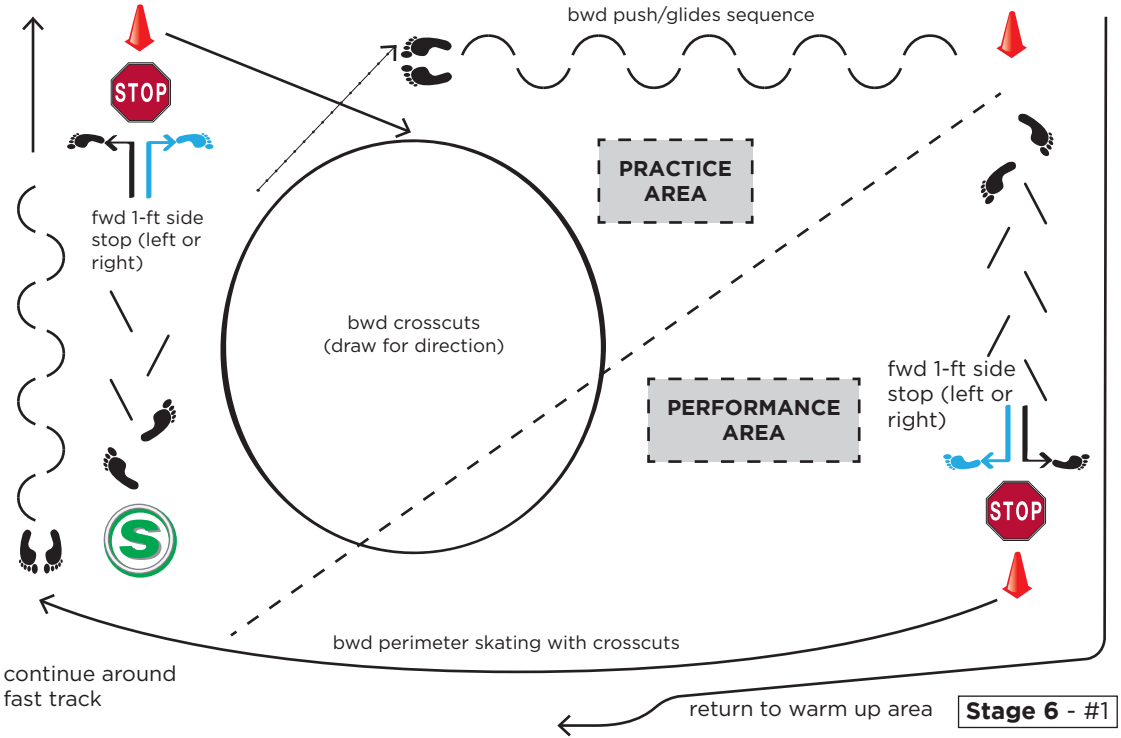
Stage 4 - #2


STOP
bwd push/glide sequence
OR
fwd 2-ft
side stop
PRACTICE
AREA
PERFORMANCE
AREA
fwd 2-ft
side stop
OR
bwd push/glide sequence, full perimeter
(clockwise or counterclockwise)
S
STOP
continue around perimeter (fast track)
return to warm up area

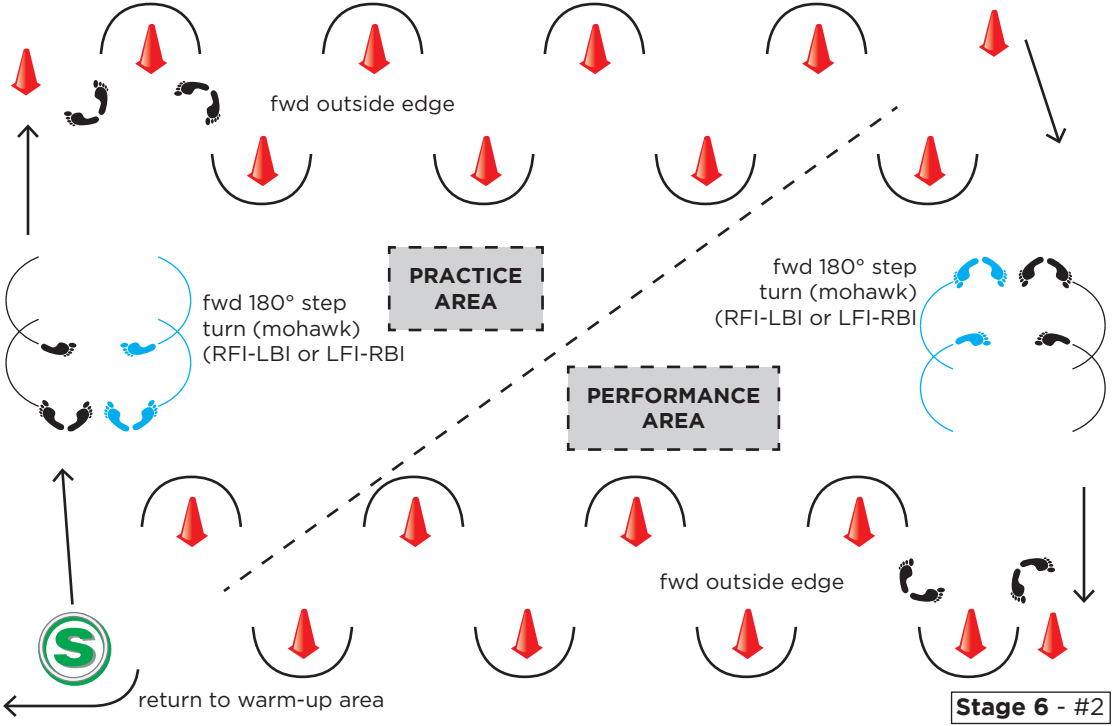
Stage 5 - #1


Lap 1:
Practice
Lap 2:
Performance
fwd
power
jump
fwd crosscuts -
figure-8
fwd crosscuts -
figure-8
return to “start” for 2nd lap/assessment lap
return to warm-up area after 2nd lap

Stage 5 - #2


bwd push/glides sequence
STOP
PRACTICE AREA
fwd 1-ft side stop (left or right)
bwd crosscuts (draw for direction)
PERFORMANCE AREA
fwd 1-ft side stop (left or right)
STOP
bwd perimeter skating with crosscuts
continue around fast track
return to warm up area

Stage 6 - #1


fwd outside edge
PRACTICE AREA
fwd 180° step turn (mohawk) (RFI-LBI or LFI-RBI
fwd 180° step turn (mohawk) (RFI-LBI or LFI-RBI
PERFORMANCE AREA
fwd outside edge
S
return to warm-up area

Stage 6 - #2