

Learn To Skate Basic Skill Elements – Snowplow Sam through Basic 8 and Adult Learn to Skate

- Each skater will have the option to perform one element at a time
 - A. In the order listed below (no excessive connecting steps) OR
 - B. Will perform each element when directed by a judge or referee
- To be skated on 1/3 to 1/2 ice
- No music
- All elements must be skated in the order listed
- Time: 1:00 or less

<p>Snowplow Sam (TOTS)</p> <ol style="list-style-type: none"> 1. March forward followed by a two-foot glide and dip 2. Forward two foot swizzles – 2 - 3 in a row 3. Forward snowplow stop 4. Backward wiggles – 2 - 6 in a row 	<p style="text-align: center;">Basic 1</p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles – 6 – 8 in a row 3. Forward snowplow stop 4. Backward wiggles – 6- 8 in a row
<p style="text-align: center;">Basic 2</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p style="text-align: center;">Basic 3</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin
<p style="text-align: center;">Basic 4</p> <ol style="list-style-type: none"> 1. (From a Standstill) Forward outside 3-turn, right and left 2. Forward outside edge on a circle, either clockwise or counter-clockwise 3. Forward crossovers –6-8 consecutive, both directions 4. Backward Stroking 5. Backward snowplow stop, either right or left foot 	<p style="text-align: center;">Basic 5</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<p style="text-align: center;">Basic 6</p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L 	<p style="text-align: center;">Basic 7</p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p style="text-align: center;">Basic 8</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position 	<p>Adult Learn to Skate (21 years or older)</p> <ol style="list-style-type: none"> 1. Forward outside edge – right and left on a circle (not consecutive) 2. Forward inside edge – right and left on a circle (not consecutive) 3. Forward crossovers, both directions on a circle 4. Forward outside 3-turn, either foot

Compulsory Programs Freeskiate 1-6 - No Music

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- To be skated on ½ ice with No music is allowed
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 or less

<p><u>Freeskiate level 1 Compulsory</u></p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Freeskiate level 4 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral - clockwise or counter clockwise 2. Forward power 3's, 2-3 consecutive sets - R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p><u>Freeskiate level 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward outside and inside spiral - R or L. 2. Waltz Three's - R or L 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p><u>Freeskiate level 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
<p><u>Freeskiate level 3 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4 - 6 consecutive 3. Back spin 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Freeskiate level 6 Compulsory</u></p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskiate 6) 2. Camel, sit spin combination - minimum of 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump

Basic Programs with Music – Snowplow Sam through Basic 8 Program

- The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.
- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level .A .2 deduction will be taken for each element performed from a higher level
- Time 1:00 +/- 10

<p><u>Snowplow Sam (TOTS)</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide forward and dip 2. Forward two foot swizzles 2-3 in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 1 Program</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6-8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop
<p><u>Basic 2 Program</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide – either foot 2. Two foot turn in place – forward to backward 3. Backward two foot swizzles 6-9 in a row 4. Forward alternating ½ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p><u>Basic 3 Program</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either direction, 6-8 consecutive 3. Moving forward to backward two foot turning either direction 4. Backward one foot glide, either foot 5. Two foot spin
<p><u>Basic 4 Program</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside three turn - R & L (From a standstill) 4. Backward stroking 5. Backward snowplow stop - R or L 	<p><u>Basic 5 Program</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p><u>Basic 6 Program</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L 	<p><u>Basic 7 Program</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot

Basic 8 Program

1. Moving forward outside or forward inside 3-turns, R and L
 2. Waltz jump
 3. Mazurka, either direction
- See next box →

4. Combination move – clockwise or counter clockwise – two forward crossovers into forward inside Mohawk, step behind, step into one back crossover and step to a forward inside edge
5. Beginning one foot upright spin – optional free foot position

Freeskate Programs 1-6 with music

- The skating order of the required elements is optional.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels. A .2 deduction will be taken for each element performed from a higher level
- The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated.
- Vocal music is allowed.
- Time 1:30 +/- 10 sec.

Freeskate 1 Program

1. Advanced forward stroking, 4-6 strokes
2. Scratch spin from backward crossovers
3. Waltz jump from backward crossovers
4. Half Flip jump

Freeskate 2 Program

1. Forward outside spiral, R or L
2. Beginning back spin
3. Waltz jump, side toe hop, Waltz jump
4. Toe loop

Freeskate 3 Program

1. Forward crossovers in a figure 8
2. Back spin
3. Salchow
4. Waltz jump/Toe loop or salchow/Toe loop

Freeskate 4 Program

1. Forward power 3's, 2-3 consecutive R or L
2. Sit spin
3. Loop jump
4. Waltz jump/Loop jump

Freeskate 5 Program

1. Camel spin
2. Forward upright spin to back upright spin
3. Loop/loop jump
4. Flip jump

Freeskate 6 Program

1. Camel/sit spin combination, minimum of 4 revolutions
2. Split or stag jump
3. Waltz jump, half loop, Salchow combination
4. Lutz jump