

# Progress Report

Date: \_\_\_\_\_

## ALPHA 1 & 2

These are the skills that must be mastered (generally a score of 7 or more on a scale of 10) before skaters can move to the next level. This report will help you focus on the skills that require improvement so that we can help you become the best skater you can be!

Alpha is one of the more difficult levels, so it is not unusual to require a longer time to pass than other levels, but every skater progresses at their own pace, so trust your instructor's judgment!

Needs More  
Attention!

Coming  
Along!

Much  
Improved!

☐☐☐

### Alpha 1: Forward Stroking

(6 strokes with proper lengths & edges)

☐☐☐

### Alpha 1: One-Foot Snowplow Stop

(come to complete stop for count of 3)

☐☐☐

### Alpha 2: Forward Crossovers Left Over Right

(5 in a row with proper pushes and control)

☐☐☐

### Alpha 2: Forward Crossovers Right Over Left

(5 in a row with proper pushes and control)

## POSTURE RULES:

Good posture affects the skater's ability to achieve proper balance and skate with the greatest possible power, speed, and confidence. These skills are important at every skill level!

☐☐☐

Head up

☐☐☐

Back straight

☐☐☐

Arms out

☐☐☐

Palms down

☐☐☐

Knees bent

☐☐☐

Free leg extended & toe pointed, and...

Smile:

☐ Wonderful!

☐ Do It More!

\_\_\_\_\_  
Instructor



**ICE CHALET**  
KNOXVILLE TN

*The Robert Unger & Larry LaBorde*  
*School of Ice Skating*

**SKATER'S NAME:** \_\_\_\_\_