

Progress Report

Date: _____

BETA 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!

Remember: Every skater progresses at their own pace!

Needs More
Attention!

Coming
Along!

Much
Improved!

☐☐☐

Beta 1: Backward Stroking

(6 strokes with proper lengths & edges)

☐☐☐

Beta 1: T-Stop (Left Foot Behind)

(come to complete stop for count of 3)

☐☐☐

Beta 1: T-Stop (Right Foot Behind)

(come to complete stop for count of 3)

☐☐☐

Beta 2: Backward Crossovers Left Over Right

(5 in a row with proper pushes and control)

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Beta 2: Backward 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

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

**ICE CHALET
KNOXVILLE TN**

SKATER'S NAME: _____