

# Progress Report

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

## GAMMA

**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!

☐☐☐

**Right Forward Outside Three-Turn**  
(with proper glide lengths & control)

☐☐☐

**Left Forward Outside Three-Turn**  
(with proper glide lengths & control)

☐☐☐

**Hockey Stop** (showing control & balance)

☐☐☐

**Mohawk Combination: Right Forward Inside**  
(with proper pushes, glide lengths & control)

☐☐☐

**Mohawk Combination: Left Forward Inside**  
(with proper pushes, glide lengths & 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!



**ICE CHALET**  
**KNOXVILLE TN**

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

\_\_\_\_\_  
**Instructor**

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