

# Progress Report

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

## PRE-ALPHA (BEGINNER)

**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!**

Needs More  
Attention!

Coming  
Along!

Much  
Improved!

☐☐☐

**Two-foot Glide (as long as you are tall)**

☐☐☐

**Forward Swizzles**

(3 in a row with glide in-between)

☐☐☐

**Backward Swizzles (3 in a row)**

☐☐☐

**Backward Wiggles (as long as you are tall)**

☐☐☐

**One-foot Glide on Right Foot**

(as long as you are tall, with control)

☐☐☐

**One-foot Glide on Left Foot**

(as long as you are tall, with 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**

**and...**

**Smile:**

☐

**Wonderful!**

☐

**Do It More!**



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

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

**ICE CHALET  
KNOXVILLE TN**

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