

Progress Report

Date: _____

TOTS

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!	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 1: Proper Way to Fall
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 1: Proper Way to Get Up
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 1: Marching in a Standing Position
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 1: Marching While Moving
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 2: Two-Foot Jump
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 2: Forward Swizzle Standing Still
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 2: Single Swizzle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 2: Beginning Two-Foot Glide
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 3: Push and Glide Stroke
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 3: Preparation for Snowplow Stop
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 3: Dip (Teapot)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 3: Three Forward Swizzles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 4: T-Position & Push (Left)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 4: T-Position & Push (Right)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 4: Three Backward Swizzles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 4: Backward Wiggle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TOT 4: Snowplow Stop

FOR SUPER-TOTS – See Pre-Alpha Progress Report

POSTURE RULES:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Head up
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Back straight
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Arms out
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Palms down
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Knees bent
			and...
Smile:			<input type="checkbox"/> Wonderful! <input type="checkbox"/> Do It More!

Instructor



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

**ICE CHALET
KNOXVILLE TN**

SKATER'S NAME: _____