



## Snowplow Sam Curriculum

The Snowplow Sam levels are designed to help the preschool age skater develop preliminary coordination and strength necessary to maneuver on the ice.

Sample elements in each level include:

- **Snowplow Sam 1**
  1. Sit and stand up on ice
  2. March in place
  3. Dip in place
  
- **Snowplow Sam 2**
  1. Dip while moving
  2. Forward two-foot swizzles
  3. Two-foot hop in place
  
- **Snowplow Sam 3**
  1. Forward skating
  2. Backward swizzles
  3. Curves



## Basic Skills Curriculum

The Basic Skills are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves — forward skating, backward skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating.

Sample elements in each level include:

- **Basic 1**
  1. Sit on ice and stand up
  2. March forward across the ice
  3. Forward swizzles — 6-8 in a row
  4. Backward wiggles — 6-8 in a row
  5. Snowplow stop
  
- **Basic 2**
  1. Backward swizzles — 6-8 in a row
  2. Two-foot turn from forward to backward in place
  3. Moving snowplow stop
  4. Forward alternating 1/2 swizzle pumps, in a straight line (slalom-like pattern)
  
- **Basic 3**
  1. Forward stroking, showing correct use of blade

2. Forward 1/2 swizzle pumps on a circle — 6-8 consecutive — clockwise and counterclockwise
3. Moving forward to backward two-foot turn — clockwise and counterclockwise
4. Two-foot spin — up to 2 revolutions

- **Basic 4**

1. Forward edges
2. Forward crossovers — clockwise and counterclockwise
3. Backward snowplow stop — R and L

- **Basic 5**

1. Backward edges
2. Backward crossovers — clockwise and counterclockwise
3. One-foot spin — up to 3 revolutions, optional entry and free foot position
4. Side toe hop — both directions

- **Basic 6**

1. T-stop, R or L
2. Bunny hop
3. Forward arabesque/spiral on a straight line — R or L
4. Forward lunge — R or L

- **Basic 7**

1. Forward inside open mohawk from a standstill position — R to L and L to R
2. Ballet jump — R or L
3. Forward inside pivots — R or L

- **Basic 8**

1. Moving forward outside three-turn on a circle — R and L
2. Moving forward inside three-turn on a circle — R and L
3. One foot spin, optional entry and free foot position
4. Waltz jump
5. Mazurka — R or L



## Hockey Curriculum

The hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements are taught without a stick or puck. Skaters will learn the necessary fundamentals to be successful in game situations. Participants will need hockey skates and an ice-approved certified hockey helmet.

Sample elements in each level include:

- **Hockey 1**

1. Proper stance
2. Dip or squat
3. Snowplow stop
4. Backward skating

- **Hockey 2**

1. Skating forward using full strides

2. Backward hustle
3. Glide turns, both directions
4. Moving snowplow stops

- **Hockey 3**

1. Hockey turns, R and L, with speed in and out of turn
2. Forward slalom
3. Backward V-stop

- **Hockey 4**

1. Forward crossovers — clockwise and counterclockwise
2. Alternating backward C-cuts in a line (1/2 swizzle pumps)
3. Hockey stop



## Free Skate Curriculum

Each free skate level is divided into four sections:

- Moves in the field
- Dance/footwork sequence
- Spins
- Jumps

The free skate levels are designed to give skaters a strong foundation on which to build up their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

Sample elements in each level include:

- **Free Skate 1**

1. Advanced forward stroking
2. Scratch spin from back crossovers (minimum three revolutions)
3. Half flip

- **Free Skate 2**

1. Basic back outside and back inside consecutive edges (4–6 edges)
2. Waltz threes
3. Beginning back spin (two turns)

- **Free Skate 3**

1. Waltz eight
2. Salchow
3. Back spin with free foot in crossed leg position (minimum three revolutions)

- **Free Skate 4**

1. Spiral sequence
2. Sit spin (three revolutions)
3. Loop jump

- **Free Skate 5**

1. Camel spin (minimum three revolutions)
2. Flip jump
3. Forward upright spin to back scratch spin (three revolutions each foot)

- **Free Skate 6**

1. Alternating back crossovers to back outside edges
2. Camel/sit spin combination (five revolutions)
3. Lutz jump