BALANCE S	KILLS	Е	M	A
Stance	2-foot stance FWD			
	2-foot stance BWD			
	FWD 1-foot stance L			
	FWD 1-foot stance R			
	BWD 1-foot stance L			
	BWD 1-foot stance R			
Forward Stride				
Forward	Edges Inside			
Edges	Edges Outside			
	Sustained CW			
	Sustained CCW			
Forward	CW			
Crossovers	CCW			
Forward Latera				
Please indicate highest rating				
□ GOLD = 11 or more Advanced				
□ SILVER = 11 or more at Moderate or higher □ BRONZE = 11 or more Early or higher				

AGILITY SKIL	.LS	Е	М	Α
Slalom	2-foot FWD			
	2-foot BWD			
	FWD 1-foot L			
	FWD 1-foot R			
	BWD 1-foot L			
	BWD 1-foot R			
Tight Turns	180° CW			
	180° CCW			
	360° CW			
	360° CCW			
Eagle/Mohawk	Eagle CW			
	Eagle CCW			
	Mohawk LEFT			
	Mohawk RIGHT			
Reverse Pivot	CW			
	CCW			
Starts	Explosive			
	FWD Crossover L			
	FWD Crossover R			
	BWD Crossover L			
	BWD Crossover R			
Please indicate	highest rating			
□ GOLD = 17 or	more Advanced			
☐ SILVER = 17 or	r more at Moderate or hig	her		
	or more Early or higher			

CONTROL S	E	M	A	
Stops	FWD 2-foot L			
	FWD 2-foot R			
	Backward V			
	FWD 1-foot L			
	FWD 1-foot R			
	BWD 1-foot L			
	BWD 1-foot R			
Backward Stride				
Backward	Edges Inside			
Edges	Edges Outside			
	Sustained CW			
	Sustained CCW			
Backward	CW			
Crossovers	CCW			
Backward Late	ral Movement			
Please indicate	highest rating			
□ GOLD = 12 o	r more Advanced			

☐ SILVER = 12 or more at Moderate or higher

☐ BRONZE = 12 or more Early or higher

BALANCE	AGILITY	CONTROL	OVERALL RATING	SPEED DRILL TIMES		
GOLD	GOLD	GOLD	GOLD - 2 or more at Gold level	1st Attempt	2nd Attempt	Difference
SILVER	SILVER	SILVER	☐ SILVER - 2 or more at Silver level or higher			
BRONZE	BRONZE	BRONZE	☐ BRONZE - 2 or more at Bronze level			
Comments:						

Coach's Signature:

Date:

ADDITIONAL COMMENTS:

CANPOWERSKATE & LONG-TERM DEVELOPMENT (LTD) ALIGNMENT

- The CanPowerSkate program has been aligned with LTD philosophies to accompany Hockey Canada and Ringette Canada's programming at the Learn to Play and Learn to Train Stage of LTD.
- CanPowerSkate ideally incorporates skaters/players at the "Golden Age of Learning" (ages 9-12) to enhance their skating ability by teaching technique and efficiency, for quality execution.
- Skating is a physical literacy skill that is required for ice sports. Prior to playing hockey or ringette, players should have acquired basic skating skills.
- The CanPowerSkate curriculum was designed as a transitional program advancing from the CanSkate program. It specifically focuses on skating skills that are essential for the games of hockey and ringette.

DID YOU KNOW?

- Skate Canada has been teaching Canadians to skate since 1887
- Skate Canada has approximately 1,200 skating clubs across the country
- CanSkate is Skate Canada's flagship Learn to Skate program and some of the best skaters in the world learned to skate with CanSkate (including Olympic Speed Skaters and men's and women's Olympic hockey players and NHL players).
- CanPowerSkate is the only nationally regulated power skating program in Canada



NAME OF SKATER

DATE OF PROGRAM

CLUB OR SKATING SCHOOL