

# Progress Report

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

## DELTA

**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!           |   |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Right Forward Inside Three-Turn</b><br>(with proper glide lengths & control) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Left Forward Inside Three-Turn</b><br>(with proper glide lengths & control)  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Shoot the Duck</b> (showing control & balance)                               |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Lunge</b> (4 body lengths, showing control, 1-foot rise)                     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Bunny Hop</b> (showing control & balance)                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Forward Outside Edges</b><br>(4 semi-circles with flow, correct edge & push) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Forward Inside Edges</b><br>(4 semi-circles with flow, correct edge & push)  |

## 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!**

- |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Head up</b>                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Back straight</b>                               |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Arms out</b>                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Palms down</b>                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Knees bent</b>                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b>Free leg extended &amp; toe pointed, and...</b> |
- Smile:  Wonderful!  Do It More!

\_\_\_\_\_  
Instructor



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

**ICE CHALET  
KNOXVILLE TN**

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