

	STAGE 1	STAGE 2	STAGE 3
BALANCE	<input type="checkbox"/> Fall Down and Get Up <input type="checkbox"/> Fwd Push/Glide Sequence <input type="checkbox"/> Fwd 2 Foot Glide <input type="checkbox"/> Fwd 2 Foot Sit Glide EXTREME: <input type="checkbox"/> Fwd Perimeter Stroking	<input type="checkbox"/> Fwd 2 Foot Sculling <input type="checkbox"/> Fwd 2 Foot to 1 Foot Glide <input type="checkbox"/> Fwd Push/Glide Sequence EXTREME: <input type="checkbox"/> Fwd 1 Foot Glide	<input type="checkbox"/> Stationary Blade Push <input type="checkbox"/> Fwd 2 Foot Slalom <input type="checkbox"/> Fwd Circle Thrust <input type="checkbox"/> Walking Crosscuts EXTREME: <input type="checkbox"/> Fwd FAST Perimeter Stroking <input type="checkbox"/> 2 Foot to 1 Foot Glide on a Curve
	Date:	Date:	Date:
CONTROL	<input type="checkbox"/> Snow Slide Steps <input type="checkbox"/> Bwd Skating/Walking <input type="checkbox"/> Bwd 2 Foot Glide	<input type="checkbox"/> Fwd Stop <input type="checkbox"/> Bwd 2 Foot Sit Glide <input type="checkbox"/> Bwd 2 Foot to 1 Foot Glide EXTREME: <input type="checkbox"/> Bwd Push/Glide Sequence	<input type="checkbox"/> Fwd Stop from FAST Skating <input type="checkbox"/> Bwd 2 Foot Sculling <input type="checkbox"/> Bwd 2 Foot to 1 Foot Glide <input type="checkbox"/> Bwd Push/Glide Sequence EXTREME: <input type="checkbox"/> Bwd 1 Foot Glide
	Date:	Date:	Date:
AGILITY	<input type="checkbox"/> Stationary 2 Foot ½ Turn <input type="checkbox"/> Stationary 2 Foot Jump	<input type="checkbox"/> Fwd 2 Foot Turn <input type="checkbox"/> Bwd 2 Foot Turn <input type="checkbox"/> Fwd 180° Glide Turn <input type="checkbox"/> Fwd 2 Foot Jump	<input type="checkbox"/> Quick Fwd 2 Foot Turn <input type="checkbox"/> Quick Bwd 2 Foot Turn <input type="checkbox"/> Fwd 360° Turn with Steps <input type="checkbox"/> Bwd 2 Foot Jump
	Date:	Date:	Date:
	PASSED STAGE 1:	PASSED STAGE 2:	PASSED STAGE 3:

	STAGE 4	STAGE 5	STAGE 6
BALANCE	<input type="checkbox"/> Fwd Crosscuts <input type="checkbox"/> Fwd Inside Slalom Course <input type="checkbox"/> Fwd Outside Slalom Course EXTREME: <input type="checkbox"/> Fwd 1 Foot Glide <input type="checkbox"/> Fwd Drag SPINS & SPIRALS: <input type="checkbox"/> Fwd Spiral HOCKEY & RINGETTE: <input type="checkbox"/> Fwd Drop Down and Get Up <input type="checkbox"/> "V" Start Acceleration	<input type="checkbox"/> Fwd Crosscuts <input type="checkbox"/> Fwd Inside Edges <input type="checkbox"/> Fwd Push/Glide Sequence EXTREME: <input type="checkbox"/> Fwd Perimeter Stroking with Jumps <input type="checkbox"/> Inside Spread Eagle <input type="checkbox"/> Fwd 1 Foot Slalom HOCKEY & RINGETTE: <input type="checkbox"/> Running Lateral Crossover Steps	<input type="checkbox"/> Fwd Crosscuts <input type="checkbox"/> Fwd Perimeter Stroking <input type="checkbox"/> Fwd Outside Edges <input type="checkbox"/> Fwd 1 Foot Slalom EXTREME: <input type="checkbox"/> Fwd Shoot the Duck <input type="checkbox"/> Fwd Perimeter Stroking with Stops SPINS & SPIRALS: <input type="checkbox"/> Fwd Spiral HOCKEY & RINGETTE: <input type="checkbox"/> "Crossover" acceleration
	Date:	Date:	Date:
CONTROL	<input type="checkbox"/> Bwd Stop <input type="checkbox"/> Bwd Push/Glide Sequence <input type="checkbox"/> Bwd Circle Thrusts <input type="checkbox"/> Bwd 2 Foot Slalom EXTREME: <input type="checkbox"/> Bwd 1 Foot Glide	<input type="checkbox"/> Fwd 2 Foot Side Stop <input type="checkbox"/> Fast Bwd Stop <input type="checkbox"/> Bwd Crosscuts <input type="checkbox"/> Bwd Inside Slalom Course <input type="checkbox"/> Bwd Push/Glide Sequence SPINS & SPIRALS: <input type="checkbox"/> Bwd Spiral	<input type="checkbox"/> Fwd 1 Foot Side Stop <input type="checkbox"/> Fwd Fast 2 Foot Side Stop <input type="checkbox"/> Bwd Outside Slalom Course <input type="checkbox"/> Bwd Crosscuts <input type="checkbox"/> Bwd Perimeter Stroking EXTREME: <input type="checkbox"/> Bwd 1 Foot Slalom
	Date:	Date:	Date:
AGILITY	<input type="checkbox"/> Fwd 180° 1 Foot Turn <input type="checkbox"/> Bwd 360° Turn with Steps SPINS & SPIRALS: <input type="checkbox"/> 2 Foot Spin <input type="checkbox"/> 2 Foot Sit Spin <input type="checkbox"/> Fwd 180° 2 Foot Jump <input type="checkbox"/> Bwd 180° 2 Foot Jump <input type="checkbox"/> Speed Drill #1	<input type="checkbox"/> Fwd 180° 1 Foot Turn <input type="checkbox"/> Fwd 360° Glide Turn SPINS & SPIRALS: <input type="checkbox"/> 1 Foot Spin <input type="checkbox"/> Alternating Foot Spin HOCKEY & RINGETTE: <input type="checkbox"/> Fwd Tight Glide Turn Sequence <input type="checkbox"/> Fwd 180° 1 Foot Jump <input type="checkbox"/> Fwd Power Jump <input type="checkbox"/> Speed Drill #2	<input type="checkbox"/> Fwd 180° Step Turn <input type="checkbox"/> 2 Foot Twists SPIN & SPIRALS: <input type="checkbox"/> Bwd 1 Foot Spin <input type="checkbox"/> Fwd 1 Foot Spin with Spiralling Edge HOCKEY & RINGETTE: <input type="checkbox"/> Fwd 180° 2 Foot Reverse Turn <input type="checkbox"/> Fwd 180° Power Jump <input type="checkbox"/> Bwd Toe Assisted Jump <input type="checkbox"/> Bwd 360° 2 Foot Jump <input type="checkbox"/> Speed Drill #3
	Date:	Date:	Date:
	PASSED STAGE 4:	PASSED STAGE 5:	PASSED STAGE 6: