



Basic Skills for Junior Wissahickon Skaters 2012-2013

The basic skills environment should encourage the skater to learn the basic skills, master these skills and have fun while developing a life-long interest in skating.

How this will happen:

- The skater is encouraged to participate as frequently as possible so they can move to the next level.
- New skaters to the program will be tested and assigned to classes.
The skater will be tested three times a year. They are tested constantly by the instructors.
- There will be a progress chart posted on the bulletin board.
- The skaters receive awards once they pass a level
- Monthly participation awards are given out as well.
Hockey players should consider Basic Skills their technical skating practice. Their team practice stresses stick/ puck handling and positioning.
 - We changed hockey 7. Strong starts are very important. We added a Sideway start for a quick forward start.

Hockey players must pass Hockey 5 (be in level 6 or above) to progress to Squirt A. Please see the Hockey Levels and requirements below.

Synchronized Skating - Skaters are encouraged to pass Basic 6 before joining the Synchronized Skating teams. Synchro skaters who have not passed the Pre-Preliminary Moves in the Field test are strongly encouraged to attend the Club Basic Skills sessions."

- If you have a child not on a team but want them to participate in the basic skills program, please give me their name and age and your email address. Basic skills will help your child develop confidence in their skating skills. Please **contact me** mssuewrite@comcast.net

The basic skills program is included in your dues. Please take advantage of this program.

Basic skills classes:

Levels:

Beginner: Basic 1 - 4

Hockey beginner Hockey 1- 4

All skaters are encouraged to continue and pass through Basic 8.

All skaters start with Basic 1, 2,3 and if they are interested in hockey we start testing them under the hockey prerequisites.

Class times: These times are for basic skills classes ONLY!

Friday 4:35 - 5:20 Technical

Sunday 1:55- 2:20 Power skating followed by

2:20 – 2:50 Technical skating

Basic 1	Basic 2	Basic 3	Basic 4
A. sit on ice and stand up	A. Forward one foot glide - right and left	A. Forward stroking, showing correct use of blade	A. Forward outside edge on a circle - right and left
B. March forward across the ice	B. Backward two foot glide	B. Forward 1/2 swizzle pumps on a circle, 6-8 consecutive clockwise and counter clockwise	B. Forward inside edge on a circle right and left
C. Forward two -- foot glide	C. Backward swizzles 6-8 in a row	C. Moving forward to backward two foot turn, clockwise and counter clockwise	C. Forward crossover clockwise and counter clockwise
D. Dip	D. Two foot turn from forward to backward in place.	D. Backward on foot glides right and left	D. Forward outside three-turn - right and left from a stand still position.
E. forward swizzles 6-8 in a row	E. Moving snowplow stop	E. Forward Slalom	E. Backward 1/2 swizzle pumps on a circle, clockwise & counter clockwise
F. Backward wiggles 6-8 in a row	F. Forward alternating 1/2 swizzle pumps, in a straight line (slalom like pattern)	F. Two foot spin - up to 2 revolutions	F. Backward stroking
G. snowplow Stop		G. lunge, right and left	G. Backward snowplow stop right and left
H. Rocking Horse 2-3			

Basic 5	Basic 6	Basic 7	Basic 8
A. Backward outside edge on a circle - right and left.	A. Forward inside three turn - right and left, from a standstill position.	A. Forward inside open Mohawk from a standstill position right to left and left to right.	A. Moving forward outside three-turn on a circle - right and left
a. B. Backward inside edge on a circle, right and left	B. Moving backward to forward two foot turn on a circle, clockwise and counter clockwise.	B. Backward outside edge to forward outside edge transition on a circle - right and left.	B. Moving forward inside three turn on a circle - right and left.
C. Backward crossovers, clockwise and counter clockwise	C. T- stop, right or left.	C. Ballet jump - right or left	C. combination move Forward crossovers (2) into forward inside Mohawk, cross behind step into backward crossover (1) and step forward inside edge - repeat 3 times, clockwise and counter clockwise
D. Beginning one foot spin - up to 3 revolutions, optional entry & free foot position	D. Bunny hop	D. Backward crossovers to a backward outside edge glide, (landing position) clockwise and counter clockwise	D. One foot upright spin, optional entry & free foot position
E. Hockey Stop	E. forward arabesque/spiral on a straight line right or left	E. Forward inside pivots, right or left	e. Waltz jump
F. Side toe hop - both directions	F. Forward lunge - right or left		F. Mazurka - right or left

The above levels were developed by the United States Figure Skating Association.
(USFSA)

Mites must pass Hockey 5 before moving to Squirt level when age appropriate.

Hockey 1	Hockey 2	Hockey 3	Hockey 4
A. Sit on ice and stand up	a. Backward stance	A. Forward C-Cuts (1/2 swizzle pumps) on a circle - right and left	a. Forward one foot pushes on a circle - right and left
B. Proper stance	B. Skating forward using full strides	B. Hockey turns, right and left, with speed in and out of turn.	B. forward crossover glides - hold feet in crossed position for two counts.
C. March forward across the ice	C. forward one foot glides right and left	C. Forward slalom	C. Forward crossover clockwise and counter clockwise
D. Forward two foot glide, one time skater's height	D. Backward hustle- small alternating backward steps/pushes	D. Forward stop and starts	D. Alternating backward C-Cuts in a line (1/2 swizzle pump)
E. Scooter pushes or T-pushes	E. Backward swizzles	E. Backward V - stop	E. Hockey stop.
F. Dip or squat	F. Glide turns, both directions	F. Lateral marching crossovers, both directions	F. Forward inside 3 Turn right & left from standstill position.
G. Forward swizzle - 6-8 in a row	G. Moving snowplow stops	G. Backward one foot glide, right and left, one time skater's height.	
H. Snowplow Stop- two foot snowplow, one foot snowplow	H. Backward stop		
I. Backward skating - across the width of the rink			

Hockey 5	Hockey 6	Hockey 7	Hockey 8
A. Mohawk – right to left and left to right	A. Moving backward to forward two foot turn on a circle, clockwise and counter clockwise.	A. Forward inside open Mohawk from a standstill position right to left and left to right.	A. Moving forward outside three-turn on a circle - right and left
B Backward outside edge on a circle - right and left.	B T- stop, right or left. useful when going to bench or to puck	B. Backward outside edge to forward outside edge transition on a circle - right and left.	B. Moving forward inside three turn on a circle - right and left.
C. Backward crossovers, clockwise and counter clockwise	C. Single leg squat hop, alternating legs in air	C. Grapevine down blue or red line. focus on fast foot work.	C. Backward skate to dot balance on 1 foot. Hop over blue line.
D. Backward 2 skate stop	D. Maneuver puck with your skate down the blue or red line	Forward Square Start Turn heels inward, <ul style="list-style-type: none"> • Fall forward: when you get the feeling you are falling forward, start your running steps. • Run on toes. • Run w/ fast short steps 3 to 5 steps. Start w/ L & R	D. Forward crossover in straight line
E. Hockey Stop	E. Forward lunge – right and left	Sideway Start <ul style="list-style-type: none"> • Stop is made with back foot • Foot of stopping skate is rotated outward • Keep knees slightly bent • Leaves the skater in excellent position for a quick forward start. 	e. Backward crossover in straight line.
F. Balance on one skate L & R: Pick up puck from ice on one foot	F. Forward lunge - right and left	Backward crossovers to a backward outside edge glide, (landing position) clockwise and counter clockwise	

