

# PROGRESS TO DATE:

	✓	DATE:	COMMENTS:
<b>1</b> WHITE	<input checked="" type="checkbox"/>		
<b>2</b> YELLOW	<input type="checkbox"/>		
<b>3</b> ORANGE	<input type="checkbox"/>		
<b>4</b> RED	<input type="checkbox"/>		
<b>5</b> PURPLE	<input type="checkbox"/>		
<b>6</b> BLUE	<input type="checkbox"/>		
<b>7</b> GREEN	<input type="checkbox"/>		
<b>8</b> BLACK	<input type="checkbox"/>		
<b>9</b> BRONZE	<input type="checkbox"/>		
<b>10</b> SILVER	<input type="checkbox"/>		
<b>11</b> GOLD	<input type="checkbox"/>		

# LEVELS:

SPEED SKATING CANADA PRESENTS

# THE CUTTING EDGE

## PIN PROGRAM

"ENSURING THAT SKATERS ARE TAUGHT THE PROPER SKILLS THAT WILL ASSIST THEM TO DEVELOP FIRST AS A SKATER, SECOND AS A SPEED SKATER, AND FINALLY AS A CHAMPION"

NAME:

CLUB:

DATE:



NAME:

CLUB:

DATE:

### BRONZE

9

- 1 - **Cornering - one crossover** Intermediate speed skating skill/Timing
- 2 - **Cornering - two crossovers** Intermediate speed skating skill/Timing
- 3 - **Cornering (clockwise)** Agility/Coordination
- 4 - **Forwards to backwards on left skate** Directional agility/Edge control
- 5 - **Forwards to backwards on right skate** Directional agility/Edge control
- 6 - **Right foot slalom - forwards** Edge control/Agility
- 7 - **Left foot slalom - forwards** Edge control/Agility
- 8 - **Quick pivot on corner exit** Speed/Intermediate speed skating skill
- 9 - **Inside the track accelerations** Speed/Intermediate speed skating skill
- 10 - **Accelerations on corner** Speed/Intermediate speed skating skill
- 11 - **Pack skating** Body awareness/Intermediate knowledge base
- 12 - **Listening and focus** Cognitive/Mental

### SILVER

10

- 1 - **One-in and two-out track pattern** Speed/Intermediate speed skating skill
- 2 - **Two-in and two-out track pattern** Speed/Intermediate speed skating skill
- 3 - **Inside pass on exit of corner** Speed/Intermediate speed skating skill
- 4 - **Wide-wide track pattern** Speed/Intermediate speed skating skill
- 5 - **Wide-in and tight-out track pattern** Speed/Intermediate speed skating skill
- 6 - **Falling technique (corner)** Falling/Agility
- 7 - **Falling technique (straight)** Family/Agility
- 8 - **Starting technique (first lap)** Speed/Intermediate speed skating skill
- 9 - **Hydration during practice** Personal management/Diet
- 10 - **Sharpening technique** Equipment knowledge
- 11 - **Analysis of technique** Cognitive/Intermediate speed skating skill/Team work
- 12 - **Goal setting** Goal setting

### GOLD

11

- 1 - **Two-in and three-out track pattern** Advanced speed skating skill/Speed
- 2 - **Defensive track pattern (block to block)** Intermediate speed skating skill
- 3 - **Pivot counter clockwise - right skate**  
Intermediate speed skating skill/Edge control/Strength
- 4 - **Pivot counter clockwise - left skate**  
Intermediate speed skating skill/Edge control/Strength
- 5 - **Left and right foot slalom backwards** Agility/Edge control
- 6 - **Full jump turn (360 degrees)** Jumping/Power
- 7 - **Lunging (at finish)** Speed/Intermediate speed skating skill
- 8 - **Shoot-the-duck** Flexibility
- 9 - **Pacing for race situation** Intermediate speed skating skill/Cognitive
- 10 - **Relay timing** Advanced speed skating skill/Cognitive
- 11 - **Skate specifics** Equipment knowledge
- 12 - **Personal management** Personal management/Goal setting

### BRONZE

COMPLETED!

SIGNATURE:

DATE:

### SILVER

COMPLETED!

SIGNATURE:

DATE:

### GOLD

COMPLETED!

SIGNATURE:

DATE: