

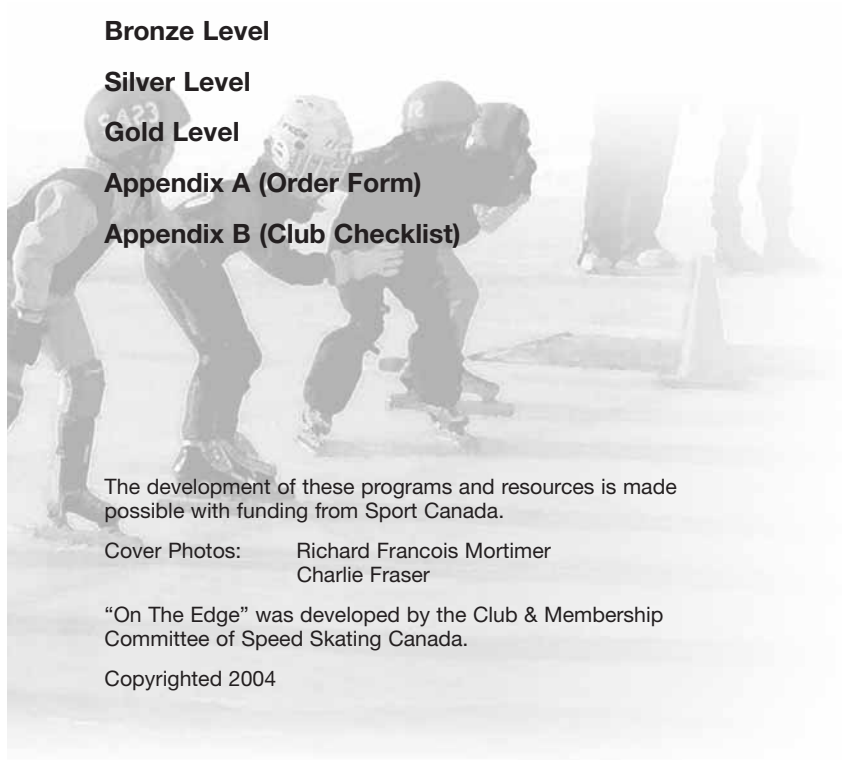
CANADA

The Cutting Edge

A program
that emphasizes
the development
of competent
speed skaters.

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Cover Photos: Richard Francois Mortimer
Charlie Fraser

“On The Edge” was developed by the Club & Membership Committee of Speed Skating Canada.

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INTRODUCTION

I. Philosophy of the Cutting Edge: a speed skating skill program

This document is designed to provide motivation and incentive for all skaters, young and old, inexperienced or experienced to value the need to improve their skating skills. The emphasis of the program is on the development of confident and competent skaters at all levels of Speed Skating Programs. Although SSC is a speed skating organizations, the Cutting Edge: a speed skating skills program is primarily concerned with the development of “basic skating skills” within a speed skating context. This program then gives more credibility to the organization with respect to the development of the whole child in skating.

This program is designed to meet the needs of skaters, young and old, beginner or advanced, recreational or competitive. Hopefully participating in the program will encourage more skaters to become competitive speed skaters, however, the primary goal remains to teach all skaters to be more competent on speed skates.

Special Olympics – The skills identified by an asterisk must be completed by Special Olympic skaters in order for them to receive their pin. Since the coaches are the most familiar with each Special Olympic Skater, it is up to them whether or not extra skills must be mastered before the pin is granted.

II. Program Procedures

A. ADMINISTRATION

1. Ordering Program Materials (Manual, Plaque, Pins)

A Club can order program materials directly from SSC’s Central Office. Using the information in Appendix A, estimate the number of awards required for one season and complete the Order Form (Appendix B). SSC will invoice you for your purchase.

Prices for the awards are subject to change every season and therefore are listed in SSC’s catalogue at the beginning of each season.

Orders will be filled as quickly as possible. It is recommended that Clubs ordering awards do so well in advance of each new season so the pins will be available for presentation at the required time.

2. Cutting Edge Coordinator

It is recommended that one person in each Club be charged with the administration of the Cutting Edge. This person (Cutting Edge Coordinator) should given the responsibility of ordering and distributing awards and keeping statistics on the numbers of pins given out each season.

B. TESTING

The following procedures are recommended in order to enhance the operation of the Cutting Edge. They are written specifically for the Cutting Edge Coordinator.

1. Select and publicize your Awards Nights. Make sure that all coaches in your Club are aware of this and are prepared to assist with the testing and recording of results.
2. Ensure that sufficient numbers of pins are available for distribution.
3. Have sufficient report cards available.
4. Test skaters on the skating skills and record the results on the Skating Skills Checklist (Appendix C). If it is more convenient, coaches could utilize a parent to do the recording on the Checklist while they act solely as the evaluator of the skill being tested.
5. Using the information on the Skating Skills Checklists, complete the appropriate certificate and distribute along with the pin achieved to each skater.

6. Make presentations of the various pins at an appropriate time. This could be the Club Christmas Party, Annual Meeting, Wind-Up Banquet or another practice session. All parents, coaches and skaters should be encouraged to attend these presentations.

III. Program Skating Skills

A. TIPS FOR CUTTING EDGE COORDINATORS

1. Ensure that skaters understand the testing procedures.
2. Know in advance what equipment and assistance from other coaches you will require and arranged for it to be ready on the testing night.
3. The “standing position” is defined as a position where the skater is standing upright on his/her skaters. The legs and back are not bent and the arms are held in any comfortable relaxed position.
4. The “basic position” is defined as a position where the knees are bent at approximately 90, you back is 45 from vertical and the arms are held in any comfortable relaxed position.

WHITE LEVEL

*W-1 STANDING POSITION

- stand balanced on two feet
- feet shoulder width apart
- feet parallel



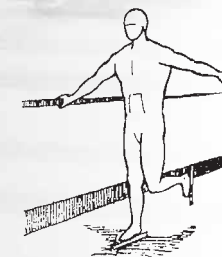
*W-2 FALLING DOWN AND GETTING UP

- this is done in a stationary position
- left knee, right knee and both knees



*W-3 BALANCE ON ONE LEG (SUPPORTED)

- use the boards or mats for support
- balance on left leg, then right leg

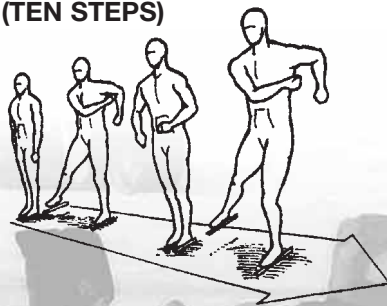


*W-4 WALK FORWARD AND BACKWARD (TEN STEPS)

- clean, crisp steps
- knees lifting

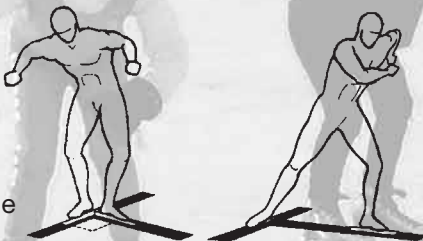
*W-5 SIDE STEPS, LEFT AND RIGHT (TEN STEPS)

- left, right, left, right, etc.
- right, left, right, left, etc.



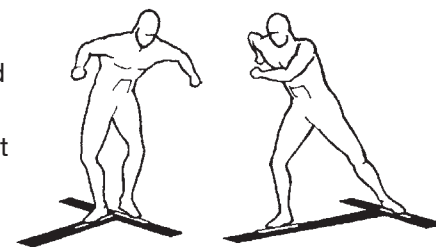
W-6 T-POSITION (RIGHT)

- push off right foot and glide on two feet
- weight evenly distributed during push
- weight transfer from left to both feet during glide



W-7 T-POSITION (LEFT)

- push off left foot and glide on two feet
- weight evenly distributed during push
- weight transfer from right to both feet during glide



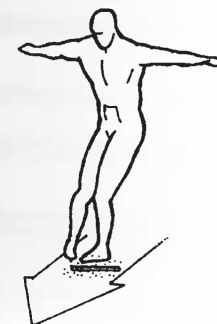
*W-8 TWO FOOT GLIDE WHILE STANDING

- from a moving start, glide from blue line to red line to blue line in upright position
- skates are parallel and weight is evenly distributed



*W-9 HALF SNOWPLOW

- this is stop on two feet in a snowplow position, however, weight is on either the left or right skate
- skaters are pointed inward at toes and outward at heels



YELLOW LEVEL

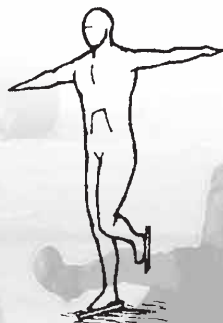
*Y-1 BASIC POSITION

- stationary position
- strong ankles (upright)
- skates are shoulder width apart
- blades parallel and pointing straight ahead
- knees over toes
- knees bent at approximately 90°
- elbows on knees
- back at 45° from vertical
- head up



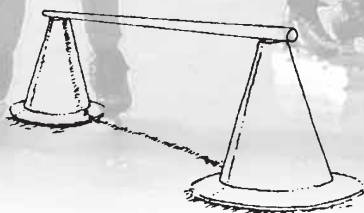
Y-2 BALANCE ON LEFT LEG UNASSISTED

- stationary position
- right skate off ice
- balance for two seconds



Y-3 BALANCE ON RIGHT LEG UNASSISTED

- stationary position
- left skate off ice
- balance for two seconds

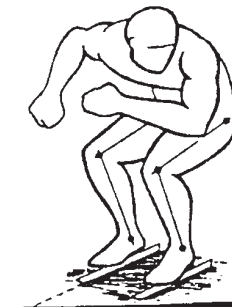


Y-4 OVER AND UNDER (AGILITY)

- demonstrate a variety of ways to go over and under a stick balancing on two pylons

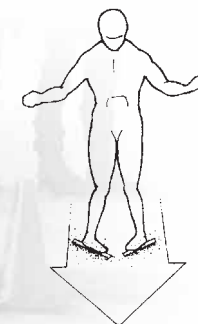
*Y-5 START POSITION

- skates parallel and 45° to the start line
- feet shoulder width apart
- knees bent 90°
- leading arm in front and bent at elbow
- trailing arm loosely extended and behind body
- back about 45° from vertical
- weight is evenly distributed
- looking ahead



*Y-6 SNOWPLOW STOP (TWO FEET)

- weight evenly distributed on both skates
- toes pointed in and heels pushing out
- stop performed after an easy glide



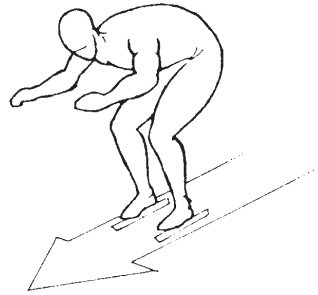
*Y-7 SKATE THE LENGTH OF THE ICE

- glide on skates must be noticeable



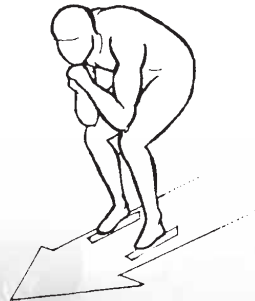
Y-8 TWO FOOT GLIDE

- begin glide in an upright position
- bend over to pick up an object off the ice
- i.e. skate guard, plunger, etc.



***Y-9 TWO FOOT GLIDE IN BASIC POSITION**

- from a moving start
- blue line to blue line



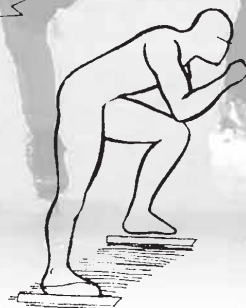
Y-10 LEFT FOOT PUSH

- to be executed down the straightaway blue line to blue line
- continuous push with left leg while gliding on right leg



Y-11 RIGHT FOOT PUSH

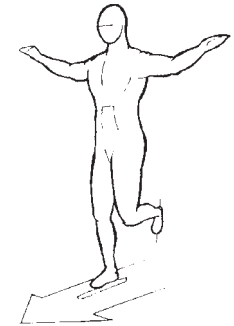
- to be executed down the straightaway blue line to blue line
- continuous push with right leg while gliding on left leg



ORANGE LEVEL

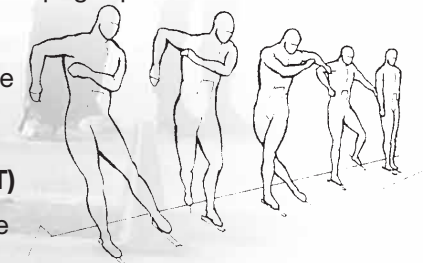
O-1 RIGHT FOOT GLIDE (UPRIGHT)

- Demonstrate right foot glide on straightaway while standing
- blue line to blue line
- glide in fairly straight line in upright position
- arms used for balance
- other skate held off the ice



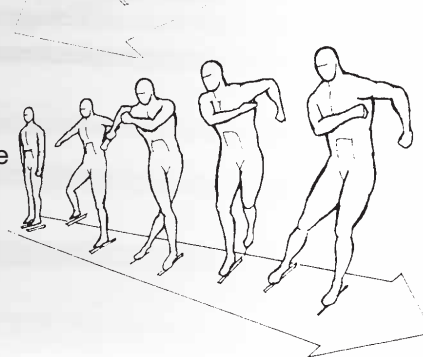
O-2 LEFT FOOT GLIDE (UPRIGHT)

- Demonstrate left foot glide on straightaway while standing
- blue line to blue line
- glide in fairly straight line in upright position
- arms used for balance
- other skate held off the ice



O-3 CROSS OVER WALK (RIGHT)

- walk along blue or red line
- demonstrate ten steps

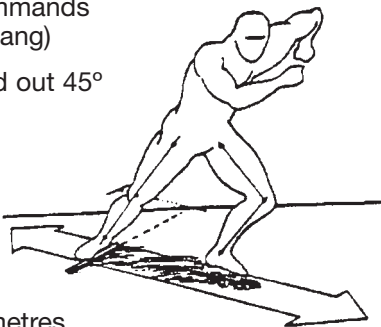


O-4 CROSS OVER WALK (LEFT)

- walk along blue or red line
- demonstrate ten steps

*O-5 DEMONSTRATE START

- understand the starting commands (go to the start – Ready – Bang)
- left foot is raised and turned out 45°
- drive off right foot
- left arm swings back slightly with elbow bent
- right arm swings forward as if punching someone
- execute first steps for ten metres

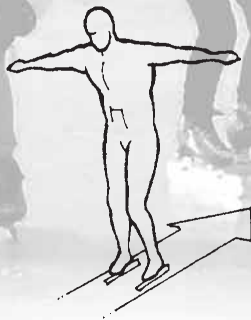


*O-6 DEMONSTRATE THE BASICS OF SKATE CARE

- laces correct length and in good shape
- blades dry and clean from rust
- blade protectors on skate blades
- skate guards in skate bag
- drying towel available in skate bag

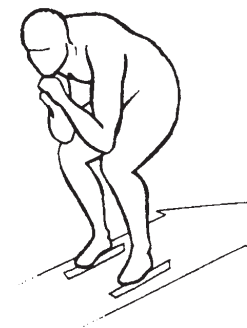
*O-7 BACKWARDS GLIDE IN UPRIGHT POSITION

- push away from the boards and glide backwards on both skates in the upright position for 5 m
- glide path should be straight
- weight should be evenly distributed



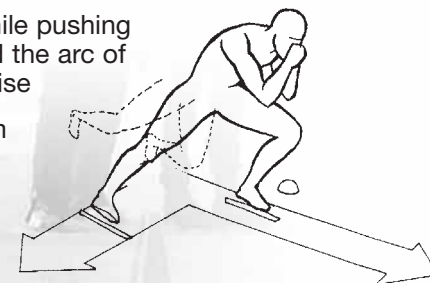
*O-8 BACKWARDS GLIDE IN BASIC POSITION

- push away from the boards and glide backwards on both skates in the basic position for 5 m
- arms can be used to balance
- glide path should be straight
- weight should be evenly distributed



O-9 CORNER PUSH ON THE LEFT SKATE

- glide on the left skate while pushing with the right foot around the arc of the track counter clockwise
- weight is transferred from right skate to left skate
- strong rhythmic thrusts with right skate
- keep knees bent for balance and greater extension



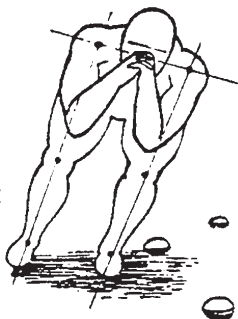
O-10 CORNER PUSH ON THE RIGHT SKATE

- glide on the right skate while pushing with the left foot around the arc of the track clockwise
- weight is transferred from left skate to right skate
- strong rhythmic thrusts with left skate
- keep knees bent for balance and greater extension

RED LEVEL

*R-1 COUNTERCLOCKWISE TURN ON TWO FEET

- demonstrate a two foot glide around the arc of the track counter clockwise
- glide in both the upright and basic position
- the gliding arc should be consistent
- arms can be used for balance

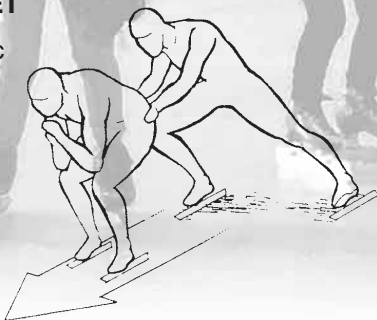


*R-2 CLOCKWISE TURN ON TWO FEET

- demonstrate a two foot glide around the arc of the track clockwise
- glide in both the upright and basic position
- the gliding arc should be consistent
- arms can be used for balance

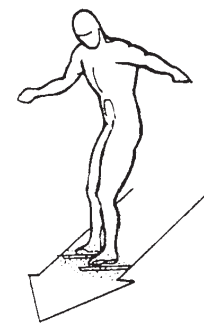
*R-3 PARTNER PUSH ON TWO FEET

- demonstrate a glide in basic position while partner pushes you for one lap in the counterclockwise direction
- glide on two feet



R-4 PARALLEL STOP LEFT

- equal distribution of weight on both feet
- left leg leading the stop
- skates together and perpendicular to the direction of travel
- body leans away from feet



R-5 PARALLEL STOP RIGHT

- equal distribution of weight on both feet
- right leg leading the stop
- skates together and perpendicular to the direction of travel
- body leans away from feet

R-6 CORNER PUSH WHILE GLIDING ON THE RIGHT SKATE

- glide on right skate while pushing with the left foot around the arc of the track counter clockwise
- weight transfer from left to right foot
- strong rhythmic thrusts with the left skate
- keep knees bent for balance and greater extension

R-7 CORNER PUSH WHILE GLIDING ON THE LEFT SKATE

- glide on left skate while pushing with the right foot around the arc of the track clockwise
- weight transfer from right to left foot
- strong rhythmic thrusts with the right skate
- keep knees bent for balance and greater extension

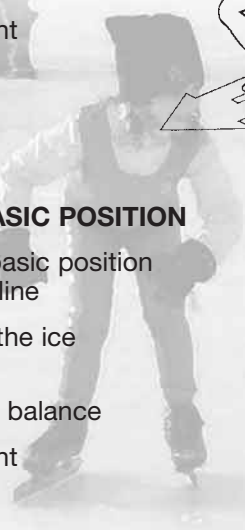
R-8 RIGHT FOOT GLIDE IN BASIC POSITION

- glide on the right skate in basic position from blue line to blue line
- left skate is held off the ice in a relaxed position
- arms may be used for balance
- glide should be straight



R-9 LEFT FOOT GLIDE IN BASIC POSITION

- glide on left skate in basic position from blue line to blue line
- right skate is held off the ice in a relaxed position
- arms may be used for balance
- glide should be straight



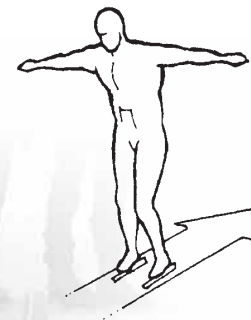
R-10 BACKWARDS SKATING

- each skate should alternate using a C motion
- body is in a half sitting position to allow for greater extension



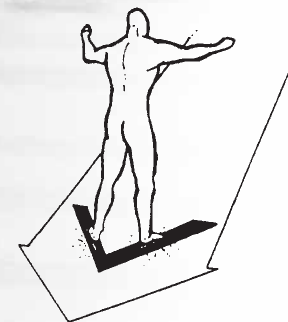
*R-11 BACKWARDS GLIDE ON TWO FEET

- demonstrate a backwards glide on two feet down the straightaway while in standing position
- demonstrate a backwards glide on two feet down the straightaway while in basic position



R-12 V-STOP BACKWARDS

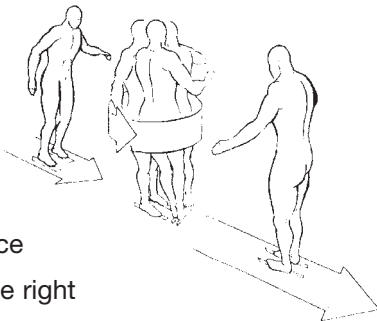
- demonstrate a V-stop while travelling backwards at medium speed
- weight is evenly distributed on both feet
- body is leaning forward for balance



VIOLET LEVEL

V-1 FORWARDS TO BACKWARDS

- while gliding forwards in the upright position pivot 180° and glide backwards for 5 m
- weight should be evenly distributed
- arms can be used for balance
- pivot can be to the left or the right



*V-2 SKATE BACKWARDS THE LENGTH OF THE ICE

- incorporate C motion and glide the entire distance

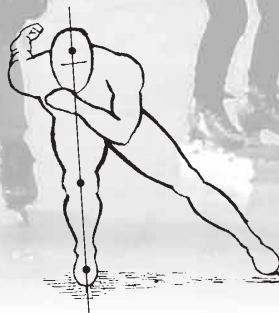
*V-3 TWO FOOT SLALOM

- while gliding on two feet in basic position demonstrate the slalom around eight (8) pylons placed one metre apart



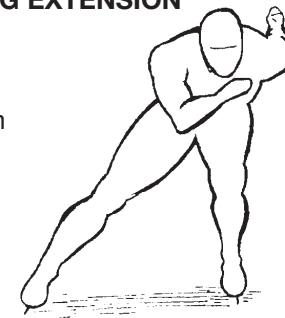
*V-4 BASIC POSITION WITH LEFT LEG EXTENSION

- demonstrate basic position with left leg extended (stationary)
- left arm in forward and right arm in backward positions
- weight on right leg
- head, right knee and right foot should line up (nose, knee and toe)



*V-5 BASIC POSITION WITH RIGHT LEG EXTENSION

- demonstrate basic position with right leg extended (stationary)
- right arm in forward and left arm in backward position
- weight on left leg
- head, left knee and left foot should line up (nose, knee and toe)



V-6 LEFT LEG EXTENSION WHILE GLIDING

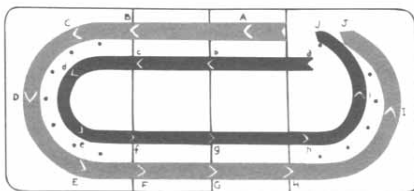
- while gliding on two feet in basic position extend the left leg to the side and glide for 10 m
- skates are on ice and parallel
- body weight is supported by the right leg
- glide in a straight line

V-7 RIGHT LEG EXTENSION WHILE GLIDING

- while gliding on two feet in basic position extend the right leg to the side and glide for 10 m
- skates are on ice and parallel
- body weight is supported by the left leg
- glide in a straight line

V-8 PARTNER RELAY

- partner 1 skates the first lap of the track while partner 2 covers while skating inside the track
- partner 2 skates the second lap of the track after partner 1 makes the push pass
- partner 2 must enter the track just before the blue line, in basic position and with speed



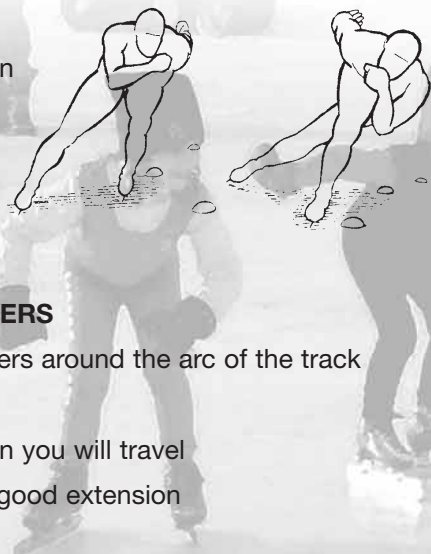
V-9 COUNTER CLOCKWISE CROSS OVERS

- demonstrate cross overs around the arc of the track
- keep feet close to ice
- place skate in direction you will travel
- push to the side with good extension
- quick tempo



V-10 CLOCKWISE CROSS OVERS

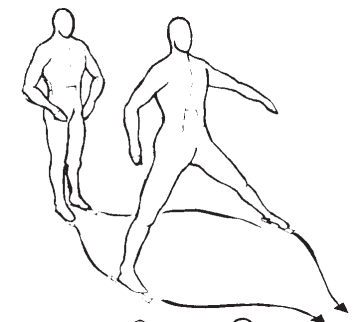
- demonstrate cross overs around the arc of the track
- keep feet close to ice
- place skate in direction you will travel
- push to the side with good extension
- quick tempo



BLUE LEVEL

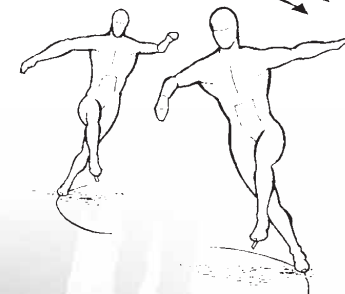
B-1 SCULL

- while gliding on two feet scull around five pylons place 1 m apart



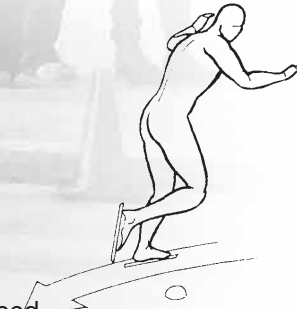
B-2 CROSS OVER WEAVE

- demonstrate a forwards crossover weave alternating left over right and right over left while gliding down the straightaway
- swing the left leg over on the crossover while the right leg pivots



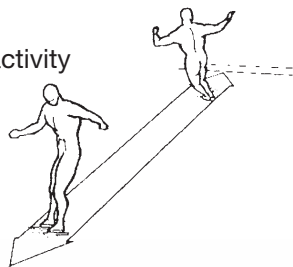
B-3 BACKWARDS GLIDE ON THE LEFT FOOT (UPRIGHT)

- skate backwards around the arc of a circle to build speed
- at blue line balance on left foot
- maintain balance on foot until you cross blue line again
- other skate must remain off the ice
- adequate speed is required for this activity



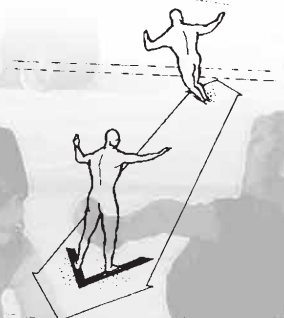
B-4 BACKWARDS GLIDE ON THE RIGHT FOOT (UPRIGHT)

- skate backwards around the arc of a circle to build speed
- at blue line balance on right foot
- maintain balance on foot until you cross blue line again
- other skate must remain off the ice
- adequate speed is required for this activity



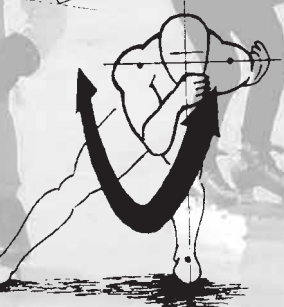
***B-5 PARALLEL STOPS**

- demonstrate parallel stops left and right between the blue lines
- start and stop again quickly



B-6 PARALLEL AND V-STOPS

- demonstrate a parallel stop at the far blue line, then skate backwards to the near blue line using a V stop



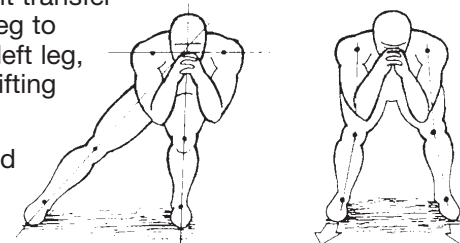
***B-7 BASIC POSITION ARM SWING**

- demonstrate a reasonably relaxed arm swing while skating in the basic position the length of the ice
- swing arms in forwards and backwards direction
- do not swing arm any higher than shoulders
- arms should not be stiff or rigid
- arms should swing in a rhythmical and relaxed manner and bend slightly at the elbow



B-8 WEIGHT TRANSFER

- demonstrate the weight transfer alternating from right leg to left leg as you extend left leg, then right leg without lifting skates off the ice
- weight transition should be smooth and somewhat rhythmical
- body is in basic position



***B-9 RACE 222, 333, 444, 500 AND 777M**

- demonstrate the attributes of a good racer
- a good start, aggressiveness, smooth technique and a defensive track are essentials of good racing results:

222 _____
 333 _____
 444 _____
 500 _____
 777 _____

***B-10 RELAY RACE**

- demonstrate the skills of a relay racer
- the push – strong and straight ahead
- coverage – follow just behind the skater on the inside of the track
- timing – arrive at first blue line just before previous skater and at a good speed
- push must take place between blue lines but preferred before red line

GREEN LEVEL

G-1 FIGURE EIGHT

- demonstrate a figure eight in basic position using left and right crossovers and the arcs of the track

G-2 BACKWARDS GLIDE COUNTER CLOCKWISE

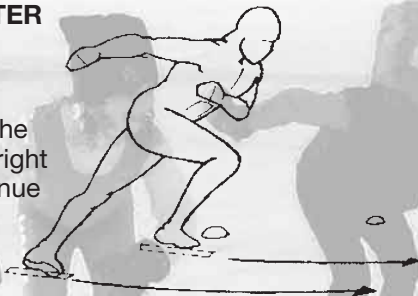
- demonstrate a backwards glide on two feet around the arc of the track counter clockwise
- build up good speed going into the corner

G-3 BACKWARDS GLIDE THROUGH CORNER CLOCKWISE

- demonstrate backwards glide on two feet around the arc of the track clockwise
- build up good speed going into the corner

G-4 GLIDING IN AN ARC COUNTER CLOCKWISE WITH LEFT LEG EXTENDED

- while gliding in an arc to the left on both skates cross right leg over the left and continue to glide in an arc in basic position

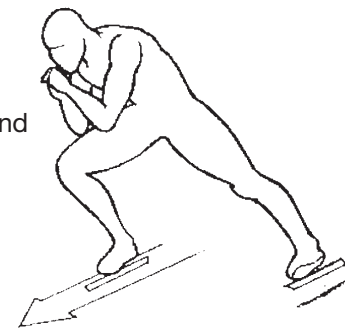


G-5 GLIDING IN AN ARC CLOCKWISE WITH RIGHT LEG EXTENDED

- while gliding in an arc clockwise on both skates cross left leg over the right and continue to glide in an arc in basic position

G-6 LIFTED LEFT LEG EXTENSION

- after gliding on both skates in the basic position for 5m extend the left leg to the side and lift the extended leg slightly off the ice, continue gliding for 5m
- body weight should be totally over the right foot



G-7 LIFTED RIGHT LEG EXTENSION

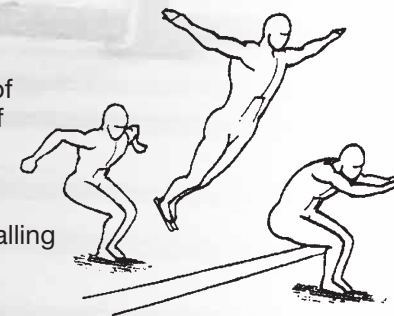
- after gliding on both skates in the basic position for 5m extend the right leg to the side and lift the extended leg slightly off the ice and continue gliding for 5m
- body weight should be totally over the left foot

*G-8 TWO FOOT JUMP

- while skating the length of the ice jump over each of the painted lines (blue-red-blue) taking off and landing on both skates from the basic position

*G-9 ONE FOOT JUMP

- while skating the length of the ice jump over each of the three painted line (blue-red-blue) taking off from and landing on the same skate without falling
- execute the skill on the right and the left foot



***G-10 STOP AND GO**

- while skating at medium speed, stop as rapidly as possible and immediately start skating in the opposite direction

G-11 LEFT FOOT STOP AND TURN

- demonstrate a left foot stop with a right leg crossover to begin skating in the opposite direction

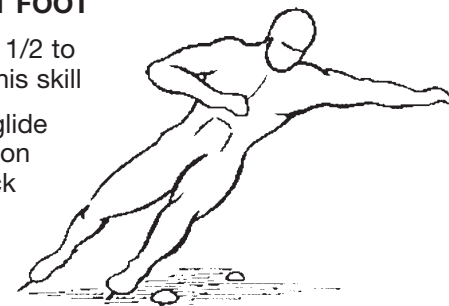
G-12 RIGHT FOOT STOP AND TURN

- demonstrate a right foot stop with a left leg crossover to begin skating in the opposite direction

BLACK LEVEL

BK-1 GLIDE TURN LEFT ON LEFT FOOT

- skate the straightaway at 1/2 to 3/4 speed to lead up to this skill
- demonstrate a forwards glide on left foot in basic position around the arc of the track counter clockwise



BK-2 GLIDE TURN LEFT ON RIGHT FOOT

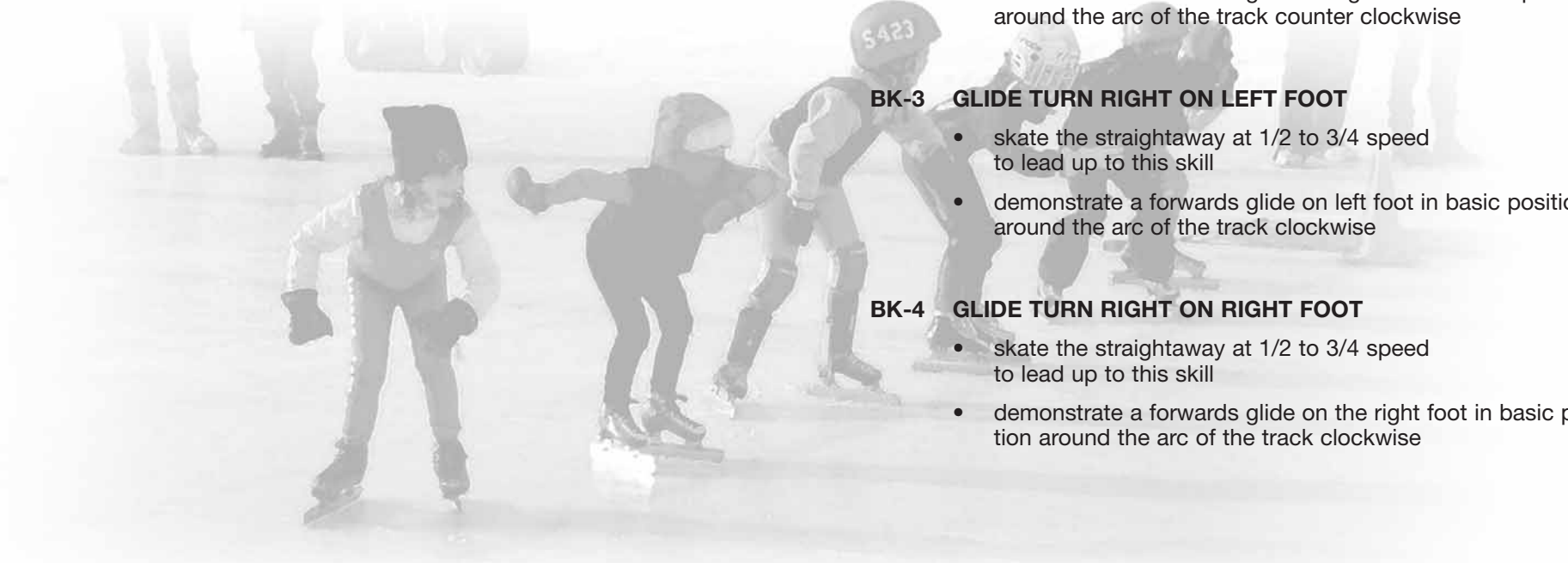
- skate the straightaway at 1/2 to 3/4 speed to lead up to this skill
- demonstrate a forwards glide on right foot in basic position around the arc of the track counter clockwise

BK-3 GLIDE TURN RIGHT ON LEFT FOOT

- skate the straightaway at 1/2 to 3/4 speed to lead up to this skill
- demonstrate a forwards glide on left foot in basic position around the arc of the track clockwise

BK-4 GLIDE TURN RIGHT ON RIGHT FOOT

- skate the straightaway at 1/2 to 3/4 speed to lead up to this skill
- demonstrate a forwards glide on the right foot in basic position around the arc of the track clockwise



BK-5 AIRPLANE ON LEFT LEG

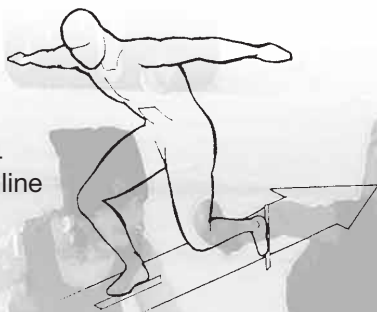
- demonstrate the airplane glide on the left leg from blue line to blue line
- arms extended out to the side
- right leg extended straight back parallel to the ice

BK-6 AIRPLANE ON RIGHT LEG

- demonstrate the airplane glide on the right leg from blue line to blue line
- arms extended out to the side
- left leg extended straight back parallel to the ice

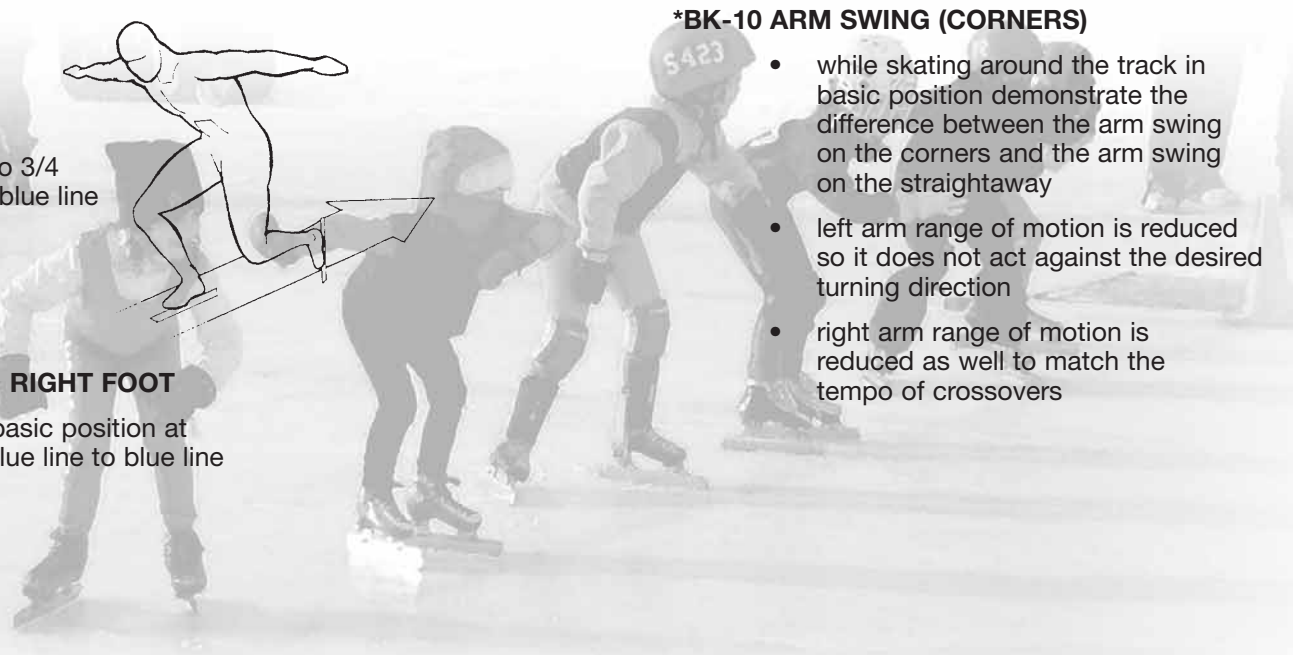
BK-7 BACKWARDS GLIDE ON LEFT FOOT

- demonstrate glide in basic position at 1/2 to 3/4 speed for blue line to blue line



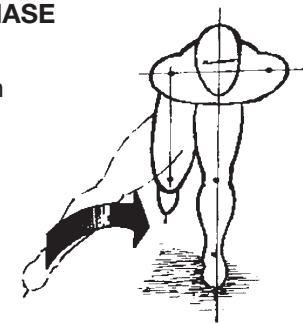
BK-8 BACKWARDS GLIDE ON RIGHT FOOT

- demonstrate glide in basic position at 1/2 to 3/4 speed for blue line to blue line



***BK-9 BASIC POSITION – RECOVERY PHASE**

- demonstrate the recovery phase with left leg and right leg while in basic position
- relax leg and allow it to swing behind you
- knee bent and leg in a parallel plane with supporting leg
- knees and feet close together
- return leg to starting position
- repeat several times



***BK-10 ARM SWING (CORNERS)**

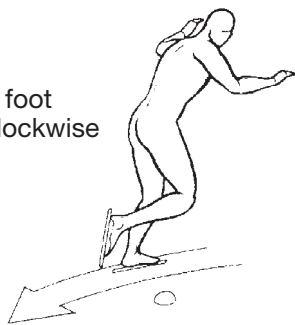
- while skating around the track in basic position demonstrate the difference between the arm swing on the corners and the arm swing on the straightaway
- left arm range of motion is reduced so it does not act against the desired turning direction
- right arm range of motion is reduced as well to match the tempo of crossovers



BRONZE LEVEL

BZ-1 BACKWARDS GLIDE COUNTER CLOCKWISE ON THE LEFT FOOT

- while gliding backwards on the left foot glide the arc of the track counter clockwise
- body is in basic position



BZ-2 BACKWARDS GLIDE CLOCKWISE ON THE LEFT FOOT

- while gliding backwards on the left foot glide the arc of the track clockwise
- body is in basic position

BZ-3 BACKWARDS GLIDE COUNTER CLOCKWISE ON THE RIGHT FOOT

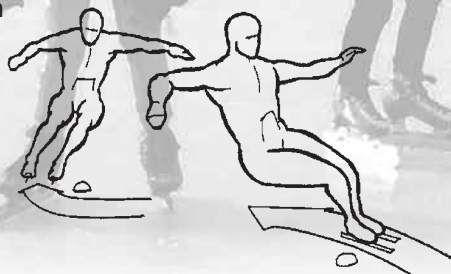
- while gliding backwards on the right foot glide the arc of the track counter clockwise
- body is in basic position

BZ-4 BACKWARDS GLIDE CLOCKWISE ON THE RIGHT FOOT

- while gliding backwards on the right foot glide the arc of the track clockwise
- body is in basic position

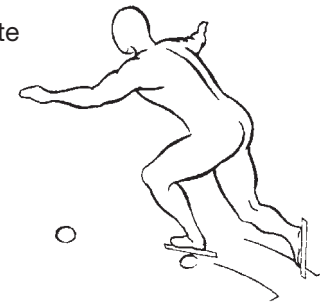
BZ-5 BACKWARDS SLALOM

- while gliding backwards on two feet, slalom around five pylons placed one metre apart



BZ-6 FORWARDS TO BACKWARDS ON LEFT SKATE

- while gliding forwards on left skate in basic position turn 180° to glide backwards
- blue line to red line forwards and red line to blue backwards



BZ-7 FORWARDS TO BACKWARDS ON RIGHT SKATE

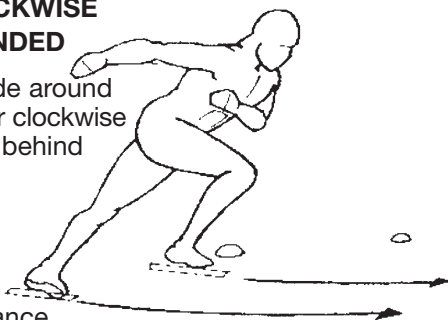
- while gliding forwards on right skate in basic position turn 180° to glide backwards
- blue line to red line forwards and red line to blue line backwards

BZ-8 DEMONSTRATE ABILITY TO SHARPEN SPEED SKATES

- setting up skates in a jig
- grinding the blades to establish a slight burr on all four edges
- polishing the float surface
- removing the burr
- sharpening technique outline in Level 1 (Part 1) Coaching Manual and Skate Sharpening Brochure
- fingernail test
- checking amount of rocker

BZ-9 GLIDE IN A COUNTER CLOCKWISE ARC WITH LEFT LEG EXTENDED

- while in basic position glide around the arc of the track counter clockwise with the left leg extended behind the right leg
- simulate the push of the left leg in the turn
- skates should be parallel
- arms can be used for balance
- left skate is held on the ice



BZ-10 GLIDE IN A CLOCKWISE ARC WITH RIGHT LEG EXTENDED

- while in basic position glide around the arc of the track clockwise with the right leg extended behind the left leg
- simulate the push of the right leg in the turn
- skates should be parallel
- arms can be used for balance
- right skate is held on the ice

***BZ-11 COMPETITORS STOP**

- demonstrate the method of stopping used by competitors, stopping in such a way so as not to dull the edges of the blades
- alternate pressure on left and right blades similar to one foot snow plow until you come to a stop
- there should be no sound

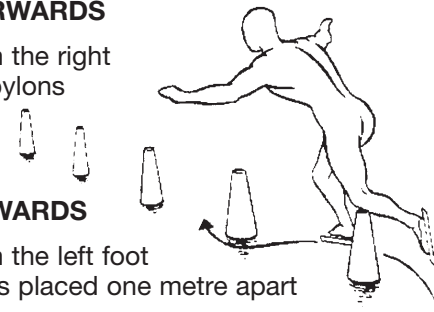
***BZ-12 SPEED SKATING TECHNIQUE**

- while skating around the track in the basic position, with relaxed upper body, demonstrate satisfactorily straightaway strides and corner crossovers for at least two laps with both arms swinging

SILVER LEVEL

S-1 RIGHT FOOT SLALOM FORWARDS

- while gliding forwards on the right foot slalom around five pylons placed one metre apart

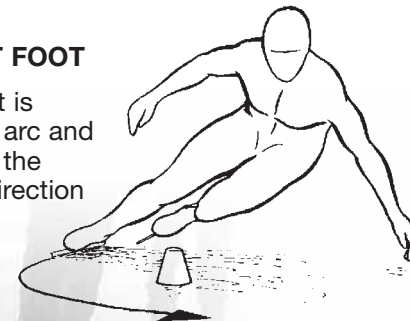


S-2 LEFT FOOT SLALOM FORWARDS

- while gliding forwards on the left foot slalom around five pylons placed one metre apart

S-3 PIVOT CLOCKWISE – RIGHT FOOT

- skate towards a pylon that is placed on the apex of the arc and pivot around the pylon on the right foot in a clockwise direction
- make the pivot as sharp as possible

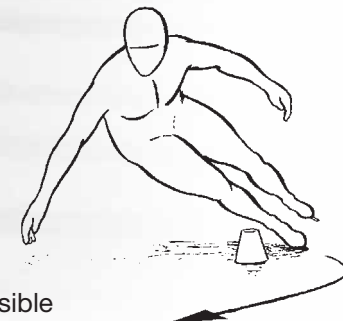


S-4 PIVOT CLOCKWISE – LEFT FOOT

- skate towards a pylon that is placed on the apex of the arc and pivot around the pylon on the left foot in a clockwise direction
- make the pivot as sharp as possible

S-5 PIVOT COUNTER CLOCKWISE – RIGHT FOOT

- skate towards a pylon that is placed on the apex of the arc and pivot around the pylon on the right foot in a counter clockwise direction
- make the pivot as sharp as possible



S-6 PIVOT COUNTER CLOCKWISE – LEFT FOOT

- skate towards a pylon that is placed on the apex of the arc and pivot around the pylon on the left foot in a counter clockwise direction
- make the pivot as sharp as possible

S-7 TURNS ON THE LEFT SKATE

- while gliding forward on the left foot turn 180° to glide backwards and then another 180° to glide forwards
- blue line to blue line
- turn (pivot) should be in one motion
- glide should be straight
- turn can be to the left or the right

S-8 TURNS ON THE RIGHT SKATE

- while gliding forward on the right foot turn 180° to glide backwards and then another 180° to glide forwards
- blue line to blue line
- turn (pivot) should be in one motion
- glide should be straight
- turn can be to the left or the right

S-9 BACKWARDS CROSS OVER WEAVE

- demonstrate a backwards cross over weave alternating left over right and right over left while gliding down the straightaway

***S-10 SPEED SKATING TECHNIQUE**

- while skating around the track in the basic position demonstrate a comfortable and relaxed skating technique for at least two laps with left arm held on the back
- maintain a basic position
- components for good straightaways and corners should be demonstrated

GOLD LEVEL

GD-1 PIVOT SEQUENCE ON THE LEFT FOOT

- demonstrate a combination of a forwards glide, pivot 180° to a backwards glide, pivot 180° to a forwards glide and a stop on the left foot

GD-2 PIVOT SEQUENCE ON THE RIGHT FOOT

- demonstrate a combination of a forwards glide, pivot 180° to a backwards glide, pivot 180° to a forwards glide and a stop on the right foot

GD-3 GLIDE ON THE LEFT FOOT, PARTNER ASSISTED

- while in basic position glide on the left foot while partner pushes you for one lap

GD-4 GLIDE ON THE RIGHT FOOT, PARTNER ASSISTED

- while in basic position glide on the right foot while partner pushes you for one lap

GD-5 BACKWARDS SLALOM ON THE LEFT FOOT

- while gliding backwards on the left foot in the basic position slalom around five pylons which have been placed one metre apart

GD-6 BACKWARDS SLALOM ON THE LEFT FOOT

- while gliding backwards on the left foot in the basic position slalom around five pylons which have been placed one metre apart

GD-7 BACKWARDS CROSSOVER COUNTER CLOCKWISE

- demonstrate a backwards crossover around the arc of the track in a counter clockwise direction

GD-8 BACKWARDS CROSSOVER CLOCKWISE

- demonstrate a backwards crossover around the arc of the track in a clockwise direction

GD-9 FALL AND RECOVERY (LEFT KNEE)

- while skating in basic position simulate a fall and recovery from the left knee on a given signal

GD-10 FALL AND RECOVERY (RIGHT KNEE)

- while skating in basic position simulate a fall and recovery from the right knee on a given signal

***GD-11 FALL AND RECOVERY (BOTH KNEES)**

- while skating in basic position simulate a fall and recovery from both knees on a given signal

GD-12 GLIDE AROUND THE ARC OF THE TRACK WITH THE RIGHT LEG EXTENDED OFF ICE

- demonstrate a glide around the arc of the track in a counter clockwise direction with the right leg extended and approximately 5 cm off the ice
- arms can be used for balance
- maintain the basic position
- consistent glide path

GD-13 GLIDE AROUND THE ARC OF THE TRACK WITH THE LEFT LEG EXTENDED

- demonstrate a glide around the arc of the track in a counter clockwise direction with the left leg extended and approximately 5 cm off the ice
- arms can be used for balance
- maintain the basic position
- consistent glide path

***GD-14 SPEED SKATING TECHNIQUE**

- while skating around the track in basic position demonstrate a comfortable and relaxed technique for at least two laps with both arms on the back

APPENDIX A

Pin Order Form

Club Name: _____

Club Address: _____

Date of Order: _____ Date Required: _____

Contact Person: _____

Telephone: _____

DESCRIPTION	QUANTITY
#1 - Pin - White	
#2 - Pin - Yellow	
#3 - Pin - Orange	
#4 - Pin - Red	
#5 - Pin - Violet	
#6 - Pin - Blue	
#7 - Pin - Green	
#8 - Pin - Black	
#9 - Pin - Bronze	
#10 - Pin - Silver	
#11 - Pin - Gold	
TOTAL	

Signature: _____

SSC will invoice you for your purchase.

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