

U.S. Speedskating Organization



INSTRUCTIONAL BADGE PROGRAM

INTRODUCTION

BADGE PROGRAM

A program of teaching skating skills and timing distances so that all skaters around the country train in the same basics. Badges can be ordered from U.S. Speedskating on the order form provided at the back of this program manual.

Train some of your club parents so that they can instruct the skaters and test them. As the coach, you should supervise and check the testing. Tests should be administered on a regularly scheduled basis, perhaps once a month.

The associations/clubs that use the Badge Program retain the largest numbers of skaters. The badge is good advertising and a "show and tell" item for the younger skaters.

Some clubs require that the skaters buy the badges. Whether or not you ask the skaters to purchase badges is up to your club. Make sure that you award all badges in front of the full group at practice. Pass the test. get the recognition and badge.

The Badge Program works! Please send us your suggestions for changes and additions to the program.

QUESTIONS AND ANSWERS

The questions and answers that follow are representative of the knowledge that the instructor might expect the skater to have upon satisfying the requirements for a badge. In testing the skater's speed skating knowledge, the instructor should recognize that the younger skater will not understand all of the technical subtleties involved in performing the skills.

Head Badge

This badge is presented when the skater first signs up for the badge program.

1. What is the name of your club?
(Optional) What is the name of your Association?
2. What is the name of your coach?
3. What day and time is your practice?
4. What kind of skates do you use?
A. Any kind
5. How should your skates fit?
A. Snugly
6. How do you determine the size to ask for when renting skates?
A. Start with shoe size and work down
7. What is important about lacing skates?
A. Tighten instep and lower ankle, slightly loosen at toe, heel back, no movement in the boot.
8. If you do not have speed skates. do you know where and how to get them?

**NOVICE I
BADGE NO. 1
(3 weeks)**

1. Correct way to get up off the ice after a fall
 - roll over on to knees
 - place the hands in front on the ice
 - place one foot on the ice between the hands
 - place the other foot on the ice between the hands, parallel to the first
 - raise head and torso slowly

2. Stopping – using any of the following
 - snowplow
 - hockey
 - T-stop

3. Two foot glide – 10 feet
 - Ankles must be straight. and must glide in a straight line
 - Allow a few strides to gain speed, and then start the glide

4. Skate 2 laps without falling

BADGE NO. 1

1. What equipment is needed for short track speed skating?
 - Long sleeves, gloves, helmet

2. Why do we use it?
 - To prevent injury

3. If you fall down, what is important to remember?
 - To get up quickly

4. What is usually the first and easiest type of skating stop?
 - Snowplow

5. Name 2 other types of stops?
 - T-stop. hockey stop

6. When you glide. you should keep your ankles? _____
 - Straight

7. Why do good skaters need sharp edges?
 - To keep balance and control when leaning to one side or the other

8. Which type of skate has the longest blade – figure, hockey or speed skates?
 - Speed skates

**NOVICE II
BADGE NO. 2
(3 weeks)**

1. Execute basic speed skating stroke
 - push to the side, and then bring feet together after each stroke
 - at least 10 consecutive strokes

2. Two foot glide – 20 feet
 - Ankles must be straight, and skater must glide in a straight line
 - Allow a few strides to gain speed

3. Right Foot glide – 10 feet
Left foot glide – 10 feet
 - Ankles must be straight
 - Must glide in a straight line, and on the flat of the blade

(After taking a few strides to gain speed. may want to start on two feet for balance. Then pick up one foot in order to glide in a straight line for 10 feet)

4. Two foot turn to the left
Two foot turn to the right
 - Must be on the outside edge of the inside foot. and the inside edge of the outside foot
 - Shoulder and hips must be turned towards the inside of the circle
 - No need to bend the knees
 - Should complete half a circle approximately 6 feet in diameter

5. Circle. keeping the outside edge of the inside skate on the ice, and pumping with the inside edge of the outside skate
 - Same body position as above
 - Both directions
 - Circle approximately 6 feet in diameter

6. Skate 5 laps without stopping

BADGE N0.2

1. When you glide on two feet. skates should be _____ apart
 - Shoulder width
2. When gliding, your _____ are over your toes
 - Knees
3. When you stroke. in which direction do you push?
 - To the other side
4. When going in to a comer. which part of the blade should you use?
 - Left edges of both skates when turning left
 - right edges of both skates when tuning right
5. When skating a comer, where should you be looking?
 - Into the turn

**BRONZE
BEGINNER – LEVEL I
BADGE NO. 3**

- 1) Two foot tum to the left, weight back on the heels
- 2) Two foot tums to the right, with back on the heels
 - knees at least slightly bent
 - circle approximately 6 feet in diameter
- 3) Introduction to the START
 - Short, choppy strides – 20 feet
- 4) One foot glides on the right foot – 20 feet
- 5) One foot glides on the left foot – 20 feet
 - Ankles must be straight
 - Must glide in a straight line

(Recommend beginning with a two-foot glide, keep body perfectly still. and then raise one foot slightly. In order to glide in a straight line the skater must glide on the flat of the blade)

- 6) Stepping crossovers
 - 10 consecutive strides in a circle
 - both directions
 - Circle diameter approximately 6 feet

(After crossing the outside foot over the inside foot, hold both feet on the ice in that position for a few seconds. Now bring the inside foot through in order to be ready for the next crossover. The inside foot should come through on the outside edge.)

- 7) Skate 7 consecutive laps with the first two laps in a very low position

***** SPEED STAR *****

Skate 1 lap in 22 seconds

BADGE NO. 3

1. How do you get down into a low skating position?
 - Weight on the heels, knees slightly bent

2. What kind of stride do you use in the start?
 - Short, choppy strokes

3. Which foot do you cross over in the corner?
 - Outside over inside (right over left when skating counter clockwise)

4. What happens if your weight is over your toes?
 - You fall over on your nose

5. What parts of your body are leaning to the inside of a turn?
 - Hips and shoulders

**BRONZE
BEGINNER – LEVEL 2
BADGE NO. 4**

- 1 Crossovers
 - 3 consecutive strides
 - Always on the outside edge of the inside foot and the inside edge of the outside foot
 - Circles in both directions
 - Body positioned for turning
- 2 Skate backwards – 1 lap
- 3 One foot turns to the left, balancing on the right foot
 - Skater can be up straight
 - Body positioned for turning
 - Skater must be on the right inside edge
 - Must complete half a circle with diameter of approximately 6 feet
- 4 Demonstrate proper start

(On the command "Go to the start" take position at the pre-start line. On the command "Ready" take position at the start line. Both feet on the ice. approximately shoulder with apart. with the blades parallel and at an angle of about 45 degrees to the line. Rear foot [left for a right handed skater] is planted firmly on the ice. The forward foot is positioned so it can be raised at the sound of the gun. and then placed on the ice in a herring bone pattern. Skater should maintain short, running strides through the turn. Skaters should master a two foot start before attempting a toe start)

- 5 Skulling – 4 consecutive strides forward (low position not necessary)

(Skulling is the method of skating without lifting the skates from the ice. The torso moves down the ice in a straight line. A forward motion is developed by centering weight over the support skate. and stroking to the side with the other skate)

- 6 Skate 5 laps down low

***** SPEED STAR *****

Skate 2 laps in 35 seconds

BADGE NO. 4

- 1) On which edge of the inside skate should you be on when doing cross overs?
 - Outside edge of inside (to the turn) skate
- 2) What are the commands for the start?
 - “Go to the start”
 - “Ready”
 - Gun
- 3) Cross over strokes are done:
 - a. In the straight away
 - b. At the start
 - c. In the corners (X)
- 4) Skulling is?
 - Skating the straightaway without picking up your feet
- 5) For proper starting position, which foot should be closer to the starting line?
 - Left foot forward (avoids tangles with other skaters). Note: some left handed skaters may have to start with the right foot forward

**BRONZE
BEGINNER – LEVEL 3
BADGE NO. 5**

1. Crossovers
 - 2 consecutive circles to the left
 - Circles approximately 10 feet in diameter
 - Use outside edge of inside foot, inside edge of outside foot
 - Repeat to the right

2. One foot turn to the left, balancing on the left foot
 - Can be up straight
 - Body positioned for turning
 - Must be on left outside edge
 - Must complete at least half a circle with approximate diameter of 6 feet

3. Execute basic arm swing
 - Swing and reach in front of you
 - Arms move front to back, grazing the sides of the body
 - Opposite arm and foot move together (I.E., right arm swings forward when left foot pushes)
 - 2 widths of the rink (or 1 length)

4. Skulling for 1 lap
 - A low position is desirable
 - Boots should touch each other between strides
 - Blades are never to leave the ice

5. Skate 8 laps down low

***** SPEED STAR *****

Skate 2 laps in 32 seconds

BADGE NO. 5

1. Should your arms be close to your body to execute a basic arm swing?
 - Yes

2. Should your knees be bent or straight to achieve the best crossover?
 - Bent

3. When leaning in to the turn, you should maintain a straight line between your _____
 - Ankles, knees, hips, shoulder

4. When skulling, your push should be _____
 - To the side, through the rear part of the blade.

5. When doing crossovers, which foot should you favor?
 - Neither one. Both work equally

**SILVER
INTERMEDIATE – LEVEL 1
BADGE NO. 6**

1. Execute correct speed skating straightaway stride
 - Skate 2 widths of the rink (or 1 length)
 - Should be in proper, low speed skating position
 - Stroke to the side, and then have the foot come around and through from behind; boots should (almost) graze when coming through.
2. Skulling crossovers – 5 consecutive strides
 - Diameter of circle should be about 10 feet
 - Outside foot never leaves the ice while crossing in front of the inside foot
 - Should be performed in circles to the left and to the right
3. Demonstrate proper foot placement while skating the track – 2 laps
 - 16 strokes per lap
 - 2 strokes on each straightaway, 6 strokes in each turn
 - Entering the turn on the right skate
 - Weight on right skate at the apex of the turn
4. One foot turn to the left, balancing on the right foot
 - Downlow
 - Body positioned for turning (see Badge No. 3)
 - Complete half the circle
 - Diameter approximately 6 feet
5. Skate 10 laps down low

***** SPEED STAR *****

Skate 3 laps in 45 seconds

BADGE NO. 6

1. To skate a straightaway do:
 - a. Push to the _____ (Side)
 - b. Make no noise because _____ (Entire blade lifts off the ice at one time)
 - c. Hips and shoulders remain _____ (Level and square to the direction of travel)
 - d. Recovery leg comes through from the _____ (Back)
 - e. During the glide phase, keep proper alignment of _____ (Knees, nose, toes)
2. When skulling cross overs, it is important to stay in a _____ position
 - a. Low
3. Why is proper foot placement important?
 - a. To maintain good control of the track
4. How is the body positioned for turning?
 - a. Shoulders and hips square to the turn, leaning to the inside

**SILVER
INTERMEDIATE – LEVEL 2
BADGE NO. 7**

1. Execute basic arm swing on 1 lap
 - Backswing palm up, about height of hip
 - Forward swing, thumb up, hand to eye height does not cross centerline of the body
 - Left arm in turn swings short, elbow does not swing past body or hand remains on the back
2. Skulling using straightaway and crossover strides
 - 1 lap down low
3. Proper foot placement while skating the track - 5 laps
4. One foot turn to the left. balancing on the left foot
 - Downlow
 - Body positioned for turning
 - Diameter about 6 feet
5. Crossovers in both directions
 - Must skate in a continuous figure 8
 - Diameter of circles about 10 feet
6. Skate 15 laps down low

***** SPEED STAR *****

Skate 3 laps in 40 seconds

BADGE NO. 7

1. Arms should never cross _____ of body
 - a. Center line
2. Why swing your arms?
 - a. Carry momentum from one stride to the next
3. When doing left foot glide in turn, where should right foot be?
 - a. Off the ice, to the side of the body so that the line of the hips and shoulders remains square to the turn.
4. On which foot should you be at the apex of the turn?
 - a. The right foot
5. How many strokes are required to skate a lap?
 - a. Sixteen (16)

**SILVER
INTERMEDIATE – LEVEL 3
BADGE NO 8**

1. Execute basic arm swing – 5 laps

2. Ring turn, medium speed. on right foot turn to the left
 - Must be on the right inside edge
 - Nothing else may be on the ice

3. Ring turn. medium speed, on left foot turn to the left
 - Must be on left outside edge
 - Nothing else may be on the ice

(RING TURN: Skate straight for a block, then make a sharp turn using only 1 foot. Weight must be kept on the heels. Require the skaters to do this high-speed maneuver in one direction – to the left.)

4. Backwards crossovers, both directions
 - Skate in a continuous figure 8
 - Circles about 10 feet in diameter

***** SPEED STAR *****

Skate 500 meters in 65 seconds

OR

Skate 1500 meters in 3:35

BADGE NO. 8

True or False

1. When turning, the outside arm should swing across in front of the body reaching for the next block, but only swing back to the hips
 - a. True
2. The inside arm should swing from the rear only up to the chin
 - a. False
3. When turning, the right foot uses the inside edge.
 - a. True
4. When turning, the left foot uses the inside edge
 - a. False
5. Weight should be kept back on the heels when making a sharp turn on one foot
 - a. True

**GOLD
ADVANCED – LEVEL 1
BADGE NO. 9**

SLALOM COURSE (of 10 cones in a straight line approximately 3 to 4 feet apart)

1. Maneuver on 2 feet
 - Must shift edges of both feet at the same time, and in the same direction
 - Feet should be parallel at all times
2. Maneuver on right foot
 - Must shift from inside to outside edge
3. Maneuver on left foot
 - Must shift from inside to outside edge

RING TURNS

4. Ring turn. to the left, full speed, right foot
5. Ring turn. to the left. full speed. left foot

SPEED

6. Skate 500 meters in 60 seconds
7. Skate 1500 meters in 3:20

BADGE NO. 9

True or False

1. When doing the slalom drill, both feet should be kept parallel
 - a. True

2. When you are on your right outside edge, you are also on your left outside edge during the slalom.
 - a. False

3. To do a ring turn on your left foot, you must be on your left outside edge
 - a. True

4. When doing the slalom, the center of gravity shifts over the skates.
 - a. True

5. When doing a ring turn, the rock on your skate is not important
 - a. False

**GOLD
ADVANCED – LEVEL 2
BADGE NO. 10**

1. **Skate** 500 meters in 55 seconds
2. **Skate** 1500 meters in 3:05

BADGE NO. 10

1. Name one reason for a false start.
 - a. Movement at the start line before the gun
One foot (or any part of a skate) across the start line before the gun
2. In short track, what is the fall line?
 - a. The apex of the first turn
3. **Can** a skater be disqualified for not wearing his number in a race?
 - a. Yes
4. Can you drift to prevent an overtaking skater from passing you?
 - a. No
5. Does your leading blade have to be on the ice when you cross the finish line?
 - a. No

MASTER'S AWARD

Skate 1 **lap** in under 11 seconds from a flying start

OR

Skate 500 meter in under 52 seconds

OR

Skate 1500 meter in under 2:45