

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

