



SNOWPLOW SAM REPORT CARD

Student Name:	
Instructor:	
Level Enrolled:	
Next Session Enroll in Level:	
<input type="checkbox"/> Pass	Date:
<input type="checkbox"/> Needs Improvement	

SNOWPLOW SAM 1	ACCOMPLISHED
A. Sit and stand up with skates: OFF ICE	
B. Sit and stand up with skates: ON ICE	
C. March in place	
D. March forward: 8-10 steps	
E. March then glide on two feet	
F. Dip in place	

SNOWPLOW SAM 2	ACCOMPLISHED
A. March followed by a long glide	
B. Dip while moving	
C. Backward walking, toes turned inward, shifting weight (4-6 steps)	
D. Backward wiggles (6 in a row)	
E. Forward swizzles (2-3 in a row)	
F. Beginning snowplow stop motion (in place or holding onto barrier)	
G. Two-foot hop in place (optional)	

SNOWPLOW SAM 3	ACCOMPLISHED
A. Forward Skating (8-10 strides)	
B. Forward one-foot glide, two times skater's height (R and L)	
C. Forward swizzles (4-6 in a row)	
D. Backward swizzles (2-3 in a row)	
E. Moving forward snowplow stop (two-foot)	
F. Curves	

SNOWPLOW SAM 4	ACCOMPLISHED
A. Forward skating	
B. Backward two-foot glide, length as skater's height	
C. Backward swizzles (4-6 in a row)	
D. Rocking horse- 1 forward, 1 backward swizzle, repeat twice	
E. Two-foot turns from forward to backward, in place (both directions)	
F. Two-foot hop, in place	

NOTES

THE MISSION OF LEARN TO SKATE USA IS TO PROVIDE A FUN AND POSITIVE EXPERIENCE THAT WILL INSTILL A LIFELONG LOVE OF SKATING.