

Intermediate Abilities Checklist

Skate

	Completed	Date	Notes
V-2 Can follow U-shape pattern without instruction			
V-2 Some obvious drop down and pop-up on V-2			
V-2 Hands near hips before shifting weight			
V-2 Balance and glide up to 4 seconds on each ski upswing			
V-2 Alt. Can follow Triangle shape without instruction			
V-2 Alt. Hands are offset shoulders straight			
V-2 Alt. Balance up to 6 seconds at both glide points			
V-1 Can plant both poles at same time as upper ski			
V-1 Can start pole push on once ski and finish on other			
V-1 Can step at staircase pace keeping torso upright			
V-1 Ski with equal power per R&L side			
V-1 Shows sign of bringing thumb to hip on each side			

Classic

	Completed	Date	Notes
Striding- Can keep hip forward of both feet			
Striding- Can pause hand behind during poling phase			
Striding- Kick foot forward and plant pole immediately			
Striding- Not bobbing, crocodile movement			
Double pole- Pause on upswing preparing to plant			
Double pole- Forward lean on poles during plant			
Double pole- Increasing pole pressure through push			
Kick double pole- Drop the body before kicking forward			
Kick double pole- Glide and pause on upswing			

Approval Date: _____

Andy's Certifying Signature: _____