

## Beginner Abilities Checklist

Skate	Completed	Date	Notes
Marathon Skate without poles R&L			
Marathon Skate with poles R&L			
Marathon Skate poling every other time R&L			
Corner Skating Right side poling every time			
Corner Skating Left side poling every time			
Corner Skating Right side poling every other time			
Corner Skating Left side poling every other time			
V-2 U-Shape General Concept			
V-2 Minimal drop down and pop-up during U-shape			
V-2 & Alt. Can glide one full second on one foot			
V-2 Alternate Triangle-Shape General Concept			
V-1 Triangle rothoscope general concept of timing			
V-1 Can move chest perpendicular to each ski in movement			

Classic	Completed	Date	Notes
Striding with feet spaced 50% no balance - arm timing			
Striding with feet spaced 10% back foot - arm timing			
Striding with proper arm timing			
Striding with counter balance foot kick forward			
Understanding of the weight shift R to L sides			
Double pole partner lean drill - skis off heels down			
Double pole with body like plank			
Kick double pole - pausing forward and behind			
Kick double pole - Kicking forward general concept			

Approval Date: \_\_\_\_\_

Andy's Certifying Signature: \_\_\_\_\_