

LEVEL 7

- Show proper arm swing - 1 lap
- Skull straightaway and corners - 1 lap low
- Proper foot placement on track - 5 laps
- One foot turn to left - balance on left foot
- Crossovers both directions - figure 8
- Skate 15 laps non-stop - low
- Skate 333 m. in 40 seconds

Badge awarded: _____

LEVEL 8

- Show basic arm swing - 5 laps
- Pivot turn, medium speed - balance on right foot
- Ring turn to left, medium speed - balance on left foot
- Backwards crossovers - both directions in continuous figure 8
- Skate 500 m. in 65 seconds OR 1500 m. in 3:35

Badge awarded: _____

LEVEL 9

- Slalom (10 cones - 4 feet apart) - 2 feet
- Slalom - right foot - get on edges
- Slalom - left foot - get on edges
- Pivot turn - high speed, right foot
- Ring turn - high speed, left foot
- Skate 500 m. in 60 seconds or 1500 m. in 3:20

Badge awarded: _____

LEVEL 10

- Explain the basic rules of speedskating
- Demonstrate how to set up and complete an outside pass
- Demonstrate how to set up and complete an inside pass
- Skate 500 m. in 55 seconds or 1500 m. in 3:05

Badge awarded: _____

Puget Sound Speed Skating Club

Badge Program

Name: _____

Date: _____

LEVEL 1

- Get up from fall
- Show how to stop
- Two foot glide
- Two laps without falling - use crossovers

Badge awarded: _____

LEVEL 2

- Push to side - feet together after each
- Two foot glide for 20 feet
- Right/left foot glide for 10 feet - glide straight
- Two foot turns right and left
- Circle -keeping outside edge on ice - pump with outside skate
- Skate 5 laps - no stopping

Badge awarded: _____

LEVEL 3

- Two foot turn to left and right - knees bent
- Show a basic start
- Left/right foot glide - 20 feet
- Crossovers - 10 in a row - both directions
- Skate 7 laps - first 2 very low
- Skate 111 m. in 22 seconds

Badge awarded: _____

LEVEL 4

- Crossovers - must be on edges - both directions
- Skate backwards - 1 lap
- Turn - balancing on right foot
- Show a proper start - "all commands"
- Skulling for 8 strides
- Skate 5 laps, low - no stopping
- Skate 222 m. in 35 seconds

Badge awarded: _____

LEVEL 5

- Crossovers - 2 circles to left - use edges
- Crossovers - 2 circles to right - use edges
- Demonstrate basic arm swing - 2 lengths
- Skull for 1 lap - low position
- Skate 8 laps - low position
- Skate 222 m. in 32 seconds

Badge awarded: _____

LEVEL 6

- Show correct straightaway stroke
- Skulling crossovers - 5 in a row - both directions
- Proper foot placement on track for 2 laps
- Turn - balancing on right foot - low position
- Skate 10 laps - low position - no stopping
- Skate 333 m. in 45 seconds

Badge awarded: _____