



COACH ASSESSMENT & RECOMMENDATIONS

Skater Name:

Coach:

Date:

CLASS	REQUIREMENTS	RECOMMENDED?	
Learn to Skate Party	Basic 4 - Freeskate 3	Y	N
Creating Power and Flow	intended for skaters in the aspire 1-4 levels as well as excel preliminary through well balanced pre-preliminary	Y	N
Choreo Elements - Medium/High	must be competing in the preliminary well balanced or excel preliminary plus leves and above	Y	N
Edges and Turns (pre-pre thru pre-bronze)	working on the pre-preliminary, preliminary, or prebronze skating skills test	Y	N
Combining Turns	Participants should be comfortable doing all basic turns (3 turns, c-steps, brackets, back 3 turns) and should recognize and be attempting difficult turns (rockers, counters, choctaws)	Y	N
Basic Spin Positions (scratch, sit, camel)	must be able to do a 1 foot spin and should be attempting all basic forward spin positions	Y	N
Creating Spin Levels	must be able to perform all basic spin positions and should be attempting spin variation on both forward and back sides	Y	N
Intro to Difficult Spin Variations	must be working on change foot combination spins and be able to execute 6 revolutions in each basic position onthe forward side	Y	N
Spins w/ a Flying Entry	must be able to perform forward and back camel spins and sit spins 6-8 revolutions and should be working on axel or above	Y	N
Death Drop and Butterfly	must be able to perform flying camel and must be able to do a back camel and back sit for 6-8 revolutions.	Y	N
Creating Level 4 spins	must be able to perform all basic forward and back positions as well as variations. Recommend skaters have attempted flying spins and are familiar with the concept of other potential spin features like change of edge, difficult exit, difficult change of position, etc.	Y	N
Waltz Jump, Toe Loop and Salchow	must be attempting a waltz jum on the ice and must be able to do forward outside and inside 3 turns	Y	N
Single Flip & Single Lutz	must be able to perform a single loop jump and a back spin 4-6 revolutions and should be attempting single flip and/or single lutz	Y	N
Single + Single Jump Combos	must be able to do all single jumps through flip and/or lutz on the ice unassisted	Y	N
Single Loop and Loop Combos	must be able to land waltz jump, salchow, and toe loop and a back spin 4-6 revolutions	Y	N



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Single Axel	must be attempting but not consistently landing single axel on the ice and consistently landing all other single jumps	Y	N
Double Flip and Double Lutz	must be able to land double loop and should be attempting double flip and/or double lutz on the ice unassisted	Y	N
Double Salchow & Double Toe Loop	must be able to land a single axel without a jump harness and should be attempting double salchow and double toe loop on the ice	Y	N
Jump Combos with Double Toe Loop	must be able to land double toe loop on the ice without assistance of a jump harness	Y	N
Double Loop & Loop Combos	must be able to perform a minimum of a double salchow and/or double toe loop and should be attempting double loop jump on the ice without assistance of a jump harness	Y	N
Double Axel	must be attempting double axel on the ice without a jump harness and should be able to land all other double jumps and attempting double double combos	Y	N
Double & Double Jump Combos	must be able to perform double toe loop and double loop jumps consistently and should be attempting double flip and/or double lutz	Y	N
Beginning Triple Jumps	must be landing all double jumps on the ice unassisted, double double combo jump, should be the juvenile test level and consistently working double axel	Y	N
Adult Skating Skills	must be 18 years old or older. Should be comfortable skating forward and backward and be working on crossovers in BOTH directions forward and backward	Y	N
Adult Spins	Adults 18+ should be able to do a 1 foot spin and must be attempting all basic forward spin positions	Y	N
Adult Edge Jumps	Adults 18+. This class will work on basic edge jumps - waltz jump, salchow, and loop jump	Y	N
Adult Toe Jumps	Adults 21+ This class will work on basic toe assisted jumps - Toe loop, flip jump, and lutz	Y	N

COACHES NOTES:

FREE CLASSES

1. Meet & Greet w/ Gracie Gold & Geoffry Varner
2. Getting Real w/ Gracie (discussion)
3. Training Talk w/ Geoff (Q&A)