



Standards of Play for Power Skating

Categories:

LEVEL 1- Fundamental Power

- 20 weeks
- 35 skaters
- 30 minute classes minimum

LEVEL 2-Proficient Power

- 20 weeks
- 25 Skaters
- 60 minute minimum

LEVEL 3- Advanced Power

- 20 Weeks
- 20 Skaters
- 60 minute minimum

** Standards reflect minimum requirements for a full ice satisfactory program

LEVEL 1 Fundamental Power - An advanced program teaching new skaters fundamentals. How to skate, balance and glide. Participants will learn introductory fundamentals how to skate forwards, backwards, Edge control (Forwards/Backwards), turning and stopping in both directions and develop confidence and stability on their edges. The use of protective equipment is mandatory.

Level 2 Proficient Power- Skaters will learn all the fundamentals needed to become a complete Skater. This includes forward and backward striding, crossovers in both directions, stopping in both directions at speed (two-foot hockey stop or single foot

stopping), turning, pivots, edge control, and balance. It is a program with sticks, pucks/rings if the program requires it.

Level 3 Advanced Power- a skating program for participants who have an advanced proficiency of skating fundamentals and skills. The program aims to enhance, develop, and refine the advanced biomechanics and skills of proficient skaters. The program will focus on developing advanced high performance skating skills, including advanced stride technique, acceleration, agility, foot speed, and efficiency. Proficiency in multidirectional speed and skating, encompassing advanced pivoting, multidirectional movement, turning techniques, as well as conditioning elements. This program will encompass pucks, rings, nets, and complete equipment.