

Elite Skating Class Levels

PRELIM ELITE

In this class children will learn to come to class alone, stand on their own, fall properly and get up properly, marching on the spot, turn full circle on one spot.

Prerequisite: No skating experience for this class

ELITE LEVEL 1

In this class children will learn to fall down and get up quickly, touch knees and toes not moving, march on the spot, walk forward to teacher, 1 foot balance on the spot, backwards walk, making snow, 2 foot jump on the spot.

Prerequisite: Prelim Elite – or must have some skating experience

ELITE LEVEL 2

In this class children will learn to do side steps, forward skate the width of arena with control, do a forward push and glide sequence using both feet, 2 foot forwards glide and touch toes, 1 foot forwards glide, forwards sculling, skating backwards, snowplow stop from speed, 2 foot jump with speed, 2 foot spin.

Prerequisite: Elite Skating Level 1 or must be able to do all level 1 skills

ELITE LEVEL 3

In this class children will learn how to do cross steps with control, forwards 1 foot glide on the circle(both directions), 2 foot sculling with speed and control, 2 foot backwards sculling, skate backwards the width of the arena with speed and control, backwards 1 foot glide, 2 foot stop from backwards glide, jump and turn a ¼ turn on the spot, 2 foot spin picking up alternating feet.

Prerequisite: Elite Skating Level 2 or must be able to do all level 2 skills

ELITE LEVEL 4

In this class children will learn T-pushes, forwards pumping, beginner forwards crossovers, backwards 2 foot glide on the circle, 1 foot forwards stops, 2 foot backwards sculling with speed and control, forwards side stops(1 direction), 2 foot turns with speed and control going forwards and backwards, jump and turn ½ a rotation on the spot.

Prerequisite: Elite Skating Level 3 or must be able to do all level 3 skills

ELITE LEVEL 5

In this class children will learn forwards stroking around the arena with crossovers on the end, forwards crossovers on the circle with speed and control, backwards pumping, backwards 1 foot glide on a circle, beginner backwards crossovers, forwards inside edges with speed and control, 2 foot stop from backwards gliding(quickly & steadily), forwards side stops with speed and control in both directions, forward outside 3-turn(1 foot turn), ½ rotation jump in motion forwards and backwards, 1 foot spin(1 rotation).

Prerequisite: Elite Skating Level 4 or must be able to do all level 4 skills

ELITE LEVEL 6

In this class children will learn backwards stroking around the arena with crossovers around the ends, backwards crossovers on a circle with speed and control, 1 foot forwards inside 3 turns, forwards outside edges, lunges, forwards crossovers in a figure 8 pattern, 1 foot side stop both feet, forward Mohawk turns(2 foot turn), jump and turn on spot more than 1 rotation

Prerequisite: Elite Skating Level 5 or must be able to do all level 5 skills

ELITE LEVEL 7

In this level children will learn to skate the entire arena in a figure eight pattern forwards and backwards, 3-turns backwards to forwards, backwards Mohawks, backwards inside and outside edges, 1 foot backwards stop, 1 foot spin more than 1 rotation, lunges, backwards crossover to edge, T-stops.

Prerequisite: Elite Skating Level 6 or must be able to do all level 6 skills

Welcome to Elite Skating Learn to Skate at Langley Sportsplex

What to Expect the First Day

- Get acquainted
- Fit and tie skates
- Talk about safety
- Falling and getting up on and off the ice
- Further assessment of class suitability considering ability and age combined (instructor's final decision). It all takes time, so please be patient. Thank you.

Skates

- Skates should be fitted with only one pair of very thin socks or tights
- There should be room to fit toes, but the foot should not slip around
- Skates should fit as snugly as possible.
- Only one index finger should be able to fit in between the heel and the back of the skate.
- Your child should be able to stand in their skates without their ankles falling in. If you notice that their ankles are falling in please **try to tie their skates tighter**. Children's ankles are very weak at the beginning and they need the support from their skates to hold their ankles up.

Lacing Skates

- Skates should be laced tightly. If the laces wiggle when touched, they are too loose.
- Laces should be long enough to be tied in a double bow and tucked in.
- **Never wrap laces around top of boot as this restricts movement and can cut off circulation.**

Guards

- Guards should be worn when walking to and from the ice.
- Guards protect the blades and prolong the life of the skates.
- Guards should be removed when the skates are being stored to prevent rusting.

What to Wear

- Loose pants ie. Sweat pants, tight stretch pants or snow pants for the younger children.
- Gloves (Mandatory)
- Helmets(Mandatory) full hockey helmet with facemask(cage) for protection.
- **Helmets – need to fit properly, please make sure that the helmet does not fall down below the students eyebrows and that the chin protector fit snugly on the chin. If the helmet moves around on the child's head it is too big for him or her - this is extremely dangerous.**
- Knee-high socks (thin-one pair only) or tights
- Jacket

Parents

- Please arrive in plenty of time to allow your child's skates to be done up carefully and correctly. This will help ensure that they are starting relaxed and cheerful!
- Try not to expect too much too soon. It is quite an accomplishment for small children just to stand on the ice. This beginning stage can take a couple of sets of lessons sometimes. We want this adjustment period to go as pleasantly as possible, so sit back and relax and we'll have a lot of fun.
- Please don't hesitate to ask any questions or express any concerns you may have.

Enjoy your Skating!