



AUSSIE SKATE™ INFORMATION



Tiny Tots 1

- A. Correct way fall / stand up: on ice
- B. Dip in place
- C. March forward (8-10 steps)
- D. March, then glide 2 feet (1m)
- E. Bwd wiggles (6 in a row)
- F. Rocking horse

Tiny Tots 2

- A. Dip while moving
- B. Fwd swizzles (3-5 in a row)
- C. T Position and Push (R&L)
- D. 2-ft hop in place / jump on spot
- E. Fwd skating (10 steps)
- F. Fwd 2-ft glide on a curve (R&L)

Tiny Tots 3

- A. Fwd 1 -ft glide (R&L)
- B. Fwd swizzles (6-8 in a row)
- C. Bwd swizzles (6-8 in a row)
- D. Bwd 2 - ft glide (1 Metre)
- E. Moving snowplow stop
- F. 2-foot spin (1 rev)

Basic 1

- A. Correct way fall / stand up on ice
- B. Dip in place
- C. March forward across the ice
- D. Fwd 2-ft glide (1 metre)
- E. Rocking-horse (3 in a row)
- F. Fwd swizzles (6-8 in a row)
- G. Bwd wiggles (6-8 in a row)
- H. Snowplow stop standing still

Basic 2

- A. Dip while moving
- B. Fwd 2-ft glides on curve (R&L)
- C. Bwd swizzles (6-8 in a row)
- D. Bwd 2-ft glide (1m)
- E. Moving snowplow stop
- F. Fwd alternating 1/2 swizzle pumps - straight (R&L)
- G. 2-ft turn fwd to bwd standing still (R&L)
- H. 2-ft hop in place/jump on spot

Novice 1

- A. Fwd stroking
- B. Fwd slalom
- C. Fwd 1-ft glides (R&L)
- D. Fwd 1/2 swizzle pumps on circle (6-8) CW & ACW
- E. Bwd 1-ft glides (R&L)
- F. Bwd alternating 1/2 swizzle pumps - straight
- G. 2-foot spin (2 rev)

Novice 2

- A. Fwd crossovers (CW & ACW)
- B. BWD stroking
- C. Bwd slalom
- D. Bwd 1/2 swizzle pumps on circle (6-8) CW & ACW
- E. 2-ft turn from Fwd to Bwd moving (both directions) CW & ACW
- F. FO edge on a circle (R&L)
- G. FI edge on circle (R&L)

Intermediate 1

- A. Bwd crossovers (CW & ACW)
- B. BO edge on a circle (R&L)
- C. BI edge on a circle (R&L)
- D. 2-ft turn Bwd to Fwd (CW & ACW)
- E. FI 3-turn on a semi circle (R&L)
- F. FO 3-turn on a semi-circle (R&L)
- G. FI open Mohawk (R-L & L-R)

Intermediate 2

- A. Fwd Outside circle stroking (CW & ACW)
- B. Fwd inside circle stroking (CW & ACW)
- C. FI pivots (R&L)
- D. Tap-toe jump (R&L)
- E. Bunny hop (R&L)
- F. T-stops (R&L)
- G. 2-foot spin (correct entry & exit; 3 revs)



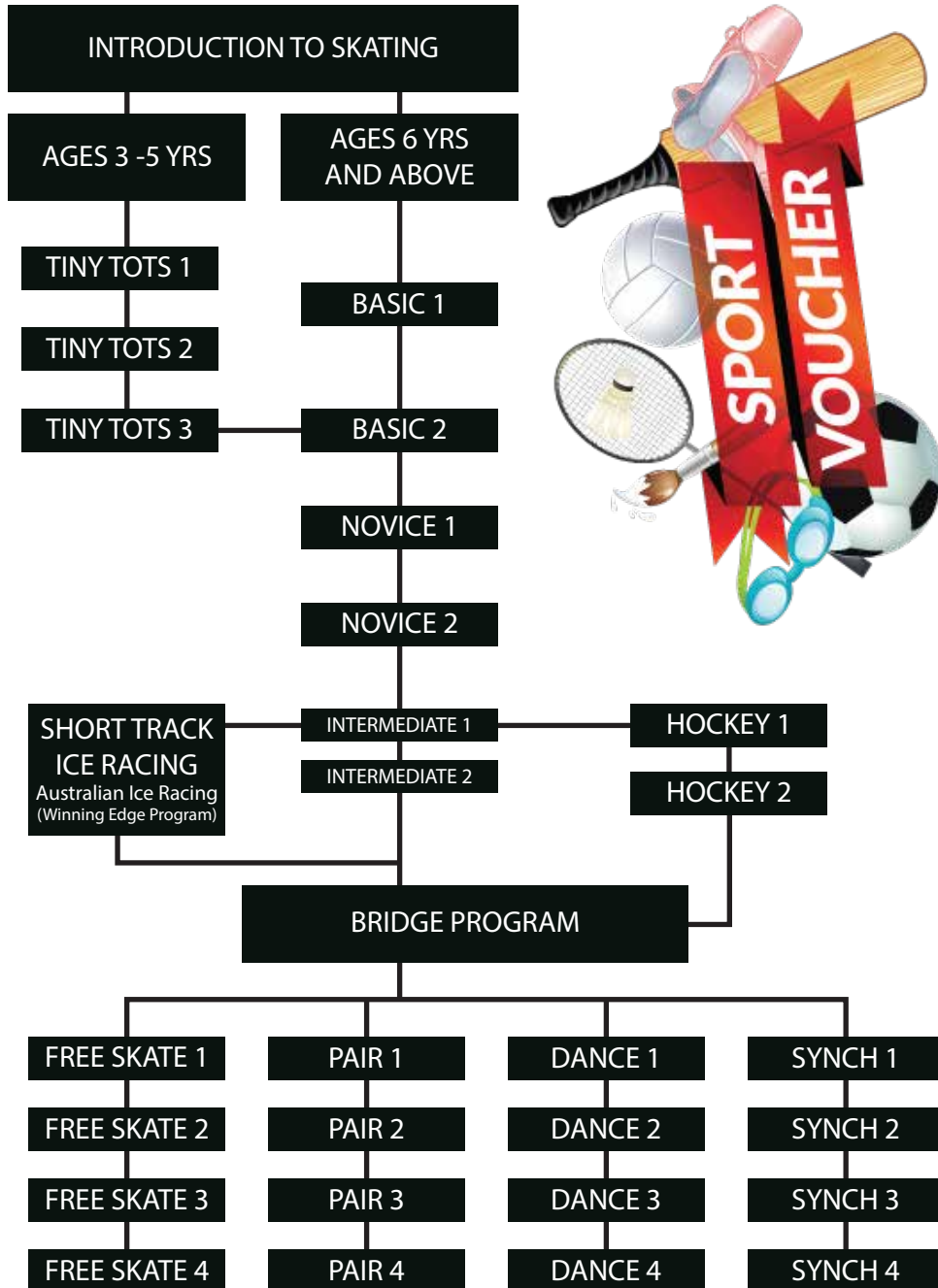
NAME _____

REGISTRATION # _____

RINK _____

AUSSIE SKATE™ PROGRAM

ICE SKATING AUSTRALIA INC.



AUSSIE SKATE™ PROGRAM

So, you want to learn how to ice skate? Then the Aussie Skate™ is for you!

Aussie Skate™ is the national learn to skate program and an initiative of Ice Skating Australia. It is a fun, challenging and rewarding program for all ages and abilities.

Aussie Skate™ has been designed to teach all the basic fundamentals for ice skating before proceeding to your preferred ice sport. Some people wish to skate for fun, or general fitness, others may want to join a team and try Ice Hockey or Synchronized Skating. While others might want to pursue an Olympic Dream in Figure Skating or Speed Skating.

Basic skills, including all the basic fundamentals for ice skating are taught in the Aussie Skate™ - Introduction to Skating Program. The Aussie Skate™ - Bridge Program introduces the Figure Skating disciplines - Singles, Pair Skating, Ice Dancing and Synchronized Skating and provides a pathway to Ice Hockey and Short Track Speed Skating.

Aussie Skate™ exposes the skaters to a fun, challenging and rewarding system that encourages skaters to participate in all ice sports disciplines.

The Aussie Skate™ curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals.

Whether your goal is to achieve Olympic glory or simply enjoy the recreational benefits of ice skating, Aussie Skate™ is your first step.

The objectives of Aussie Skate™ Program are to:

- * Provide a fun and safe skating experience
- * Teach correct basic skating technique
- * Develop a finer degree of coordination and balance
- * Promote physical fitness
- * Have fun

Once you have registered with Ice Skating Australia Inc. you will receive a registration number. Your registration is your key to take tests and progress through the relevant Aussie Skate™ levels. When you are ready to participate in Aussie Skate™ competitions you should contact your local club.