

Super Skater II



Track your progress & see how much you have progressed

Instructors
Initial & Date



Forward Crossrolls

Skate across the rink doing six or more crossrolls.



Backward Scissors

Do backward scissors down the floor.



Jump

Perform a two foot jump with a half turn revolution.



Spin

Do any spin for two revolutions.



Races

Skate two laps around a speed track in 45 seconds or less.



Hockey

Display technical skills using a hockey stick.



After performing all tasks above successfully, please see your instructor(s) on taking your No. 2 Super Skater Test.

Initial & Date

Don't Let Your Adventure End Here!

Ask your skating instructor(s) about how you can further your skating through achievement tests and competitive skating.

LEARN TO ROLLER SK8

Why walk when you can roll?



HAVE YOUR OWN ROLLER SKATING ADVENTURE!

Skater's Name

Start Date

Why Learn to Skate?

1. It's a perfect family bonding experience.
2. It's a great way to build self esteem.
3. It's a healthy dose of exercise.
4. There are always new skills to learn.
5. It keeps you young.
6. It's a great way to relieve stress.
7. It's great for rainy days.

How To Get Started

Find out about classes and lessons offered by the roller skating center.

Once you have researched class times offered, make sure to show up early with your skates on and be ready to go.

What Do I Need?

When learning to roller skate, the most important thing you need is a positive attitude and a readiness to learn.

Make sure to consult with the roller skating center and/or instructors to determine if there are special requirements for your classes.

You won't need a new pair of skates - rental skates will work just fine when learning to skate. If you are planning to purchase a pair of skates, make certain to ask the roller skating center employees for advice. The staff has years of experience and can save you from making an unnecessary purchase and will want to make sure you are happy with both your purchase and roller skating experience.



Basic Skating Skills

Below is a checklist of some basic skills that you will learn and should always review. It is important to have a strong foundation upon which to build your roller skating skills.

"Good, better, best. Never let it rest, till your good is better and your better is best." ~St. Jerome

<input checked="" type="checkbox"/>	Track your progress & see how much you have progressed	Instructors Initial & Date
<input type="checkbox"/>	Safety Rules Review checking skates & proper safety rules when skating.	
<input type="checkbox"/>	Falling & Getting Up Review falling & getting up properly.	
<input type="checkbox"/>	Marching Practice marching in place. As you grow comfortable doing it try it moving and holding foot up for a longer time.	
<input type="checkbox"/>	Glide Practice standing properly over skates with toes ahead, coasting after marches.	
<input type="checkbox"/>	Forward Scissors Practice your scissors keeping both feet on the floor at all times while maintaining proper posture.	
<input type="checkbox"/>	Stopping Practice stopping with toe stop or brake.	

Super Skater Program

Super Skater is an international recognized program designed to assess a skaters achievement at the beginner level. Anyone of any age may take this basic skills exam.

Super Skater I

<input checked="" type="checkbox"/>	Track your progress & see how much you have progressed	Instructors Initial & Date
<input type="checkbox"/>	Stopping or Braking Must stop within 10 feet without falling.	
<input type="checkbox"/>	Maneuvering Skate in and out of the cones without knocking them down.	
<input type="checkbox"/>	Forward Crosspulls Skate in a circle pushing and crossing over.	
<input type="checkbox"/>	Balancing on One Foot Skate a distance of 50 feet, from one skate to the other for a count of three.	
<input type="checkbox"/>	Limbo Skate under the limbo pole without falling or touching the bar. (The bar is positioned at chest level)	



After performing all tasks above successfully, please see your instructor(s) on taking your No. 1 Super Skater Test.

Initial & Date