

ADAPTIVE SKATING

The Adaptive Skating Program is designed to guide skaters with physical disabilities to develop skating skills. The program encourages skaters to begin and continue to develop skating skills progressively with the intention of maintaining recreational participation and competitive development. Skaters completing the Adaptive Skating curriculum may complete skills assisted or unassisted. The term “assisted” refers to the skater performing skills with the aid of another person. If skaters use an assistive device without a person, they are unassisted

Personal Goal Badge: Accomplished by setting and achieving a personal goal that is a personal challenge for the skater.

ADAPTIVE 1

ADAPTIVE 1 (OFF- ICE IN SKATES)

A	Stand in skates
B	Review falling and standing up
C	Dip/moderate knee bend
D	March forward 4-5 steps
E	One foot balance, 2 counts each (R and L)

ADAPTIVE 2

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A	Stand on ice
B	Review falling and standing up
C	March forward 4-5 steps
D	Dip/moderate knee bend in place
E	Forward two-foot glide from 3 marches

ADAPTIVE 3

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A	Forward two-foot glide from 5 marches
B	Forward swizzles – 3 in a row
C	Backward wiggle or walk – 3 in a row
D	Beginning snowplow stop – one or two feet

ADAPTIVE 4

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A	Scooter pushes – 3-4 each foot (R and L)
B	Forward one-foot glides (R and L)
C	Backward wiggles into backward two-foot glide – 3 counts
D	Rocking horse – repeat twice

ADAPTIVE 5

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A	Backward swizzles – 3 in a row
B	Two-foot turn, forward to backward in place, clockwise and counterclockwise
C	Curves
D	Moving snowplow stop – one or two feet

ADAPTIVE 6

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A	Backward skating into backward two-foot glide – 5 counts
B	Beginning forward stroking
C	Forward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
D	Moving two-foot turn, forward to backward on a circle, clockwise and counterclockwise

ADAPTIVE 7

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A	Forward slalom
B	Beginning back one-foot glide, 2 counts each (R and L)
C	Backward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
D	Forward pivot, clockwise or counterclockwise
E	Backward snowplow stop (R or L)

ADAPTIVE 8

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A	Forward outside edge on a circle, 3 counts each (R and L)
B	Forward inside edge on a circle, 3 counts each (R and L)
C	Forward crossovers, clockwise and counterclockwise
D	Backward one-foot glide, 4-5 counts each (R and L)
E	Beginning two-foot spin (USp), up to 2 revolutions

ADAPTIVE 9

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A	Backward outside edge on a circle, 3 counts each (R and L)
B	Backward inside edge on a circle, 3 counts each (R and L)
C	Introductory forward outside three-turn (R and L)
D	Backward crossovers, clockwise and counterclockwise

ADAPTIVE 10

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A	Forward outside three-turn (R and L)
B	Backward alternating half-swizzle pumps
C	Side toe hop/side stepping (R and L)
D	Two-foot spin (USp), 2-3 revolutions
E	Hockey stop, both directions

ADAPTIVE 11

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A	Introductory forward inside three-turn (R and L)
B	Moving two-foot turn, backward to forward on a circle, clockwise and counterclockwise
C	Forward power stroking
D	Two-foot spin to one-foot spin (USp)

ADAPTIVE 12

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A	Forward inside three-turn (R and L)
B	Bunny hop, lunge or shoot the duck – skater’s choice (R or L)
C	Forward spiral or forward extension on a straight line (R or L)
D	One foot spin (USp), 2 or more revolutions
E	T-stop (R or L)