

Expert Abilities Checklist

Skate

	Completed	Date	Notes
V-2 Significant ability to drop down lower and pop up higher on U-shape while balancing on one ski during glide			
V-2 Uses gearing of hand placement like bike sprocket			
V-2 Able to increase pole pressure through cycle			
V-2 & Alt. Full head/body shift to and from each ski			
V-2 & Alt. Can change drop and over timing quickly			
V-2 & Alt. Balance and glide up to 10 seconds on each side			
V-2 Alt. Pause when necessary to increase glide			
V-2 Alt. Can get low to increase the upswing power			
V-1 Uses gearing of hand placement like bike sprocket			
V-1 Keeps hip in place until thumb is near before transfer			
V-1 Can 'edge in' to increase knee usage toward hill			
V-1 Can quickly change stepping distances to hill grade			

Classic

	Completed	Date	Notes
Striding- Gearing of hand placement like bike sprocket			
Striding- Can switch foot glide gearing to hill grade			
Striding- Able to 'toe snap' to reach further with foot			
Striding- Increase pole pressure through poling cycle			
Double pole- Gearing of hand placement			
Double pole- Lift hands up after hips for speed			
Double pole- Keep hips in front of heels			
Kick double pole- Change speeds on movements			
Kick double pole- Extend glide and pause on upswing			

Approval Date: _____

Andy's Certifying Signature: _____