



Congratulations!

Has made progress in Alpha!

Skills that are passing:

- Forward Stroking
- Snowplow Stop

- Left Over Right Crossovers
- Right Over Left Crossovers

Has passed Alpha.... 1! 2!

Take this to the counter to receive your patch or ribbon!



Instructor

Date

The Robert Unger & Larry LaBorde School of Ice Skating

ISI 35002 ICE CHALET, KNOXVILLE

Top portion for skater's records. Bottom portion for Ice Chalet records

Please take this form to the main counter and you will receive a special embroidered patch or ribbon. We will register your skill level with the Ice Sports Industry so that you will be eligible to compete and to participate in ISI endorsed events.

Skater's Name: _____

Instructor -- Please make sure the skater's name is written on both the top and bottom sections of this form!

Maneuvers:

Scale: 0-10

9-10 = A

7-8 = B

6 = C

5 = D

0-4 = F

Note:

We expect our skaters to pass with 7s and above for most of the skills!

Two skills required for Alpha 1;

All skills required for Alpha 2:

___ Forward Stroking

___ One-Foot Snowplow Stop

___ Forward Crossovers,

Left Over Right

___ Forward Crossovers,

Right Over Left

Posture: ___ Head Up

___ Back Straight

___ Knees Bent

___ Arm Position

___ Hand Position

___ Free Leg Extended & Toe Pointed

Scale: 0 or 2

0 is not passing

2 is passing

Note:

Skater must

pass at least

half of the

posture skills!

ALPHA 1

Passed

Incomplete

ALPHA 2

Passed

Incomplete



Instructor

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