

U. S. Figure Skating Basic Skills Program

Snowplow Sam Program

The Snowplow Sam levels are designed to help the preschool age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy, white bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.

Snowplow Sam 1

- A. Sit and stand up with skates on: Off Ice
- B. Sit and stand up: On Ice
- C. March in place
- D. March forward: 8-10 steps
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles: 6 in a row
- D. Forward two-foot swizzles: 2-3 in a row
- E. Rocking horse: One forward - One backward swizzle action
- F. Two-foot hop in place

Snowplow Sam 3

- A. Forward skating: 8-10 steps
- B. Forward one-foot glide: R & L
- C. Forward swizzles: 4-6 in a row
- D. Backward swizzles: 4-6 in a row
- E. Forward snowplow stop w/skid
- F. Curves



U. S. Figure Skating Basic Skills Program

Basic Skills 1 – 8

The Basic Skills are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating.

Basic 1	Basic 2	Basic 3	Basic 4
<ul style="list-style-type: none"> A. Sit on ice and stand up B. March forward across the ice C. Forward two-foot glide D. Dip E. Forward swizzles: 6-8 in a row F. Backward wiggles: 6-8 in a row G. Snowplow stop H. Rocking horse: 2-3 I. Two-foot hop in place (optional) 	<ul style="list-style-type: none"> A. Forward one foot glides: R & L B. Backward two-foot glide C. Backward swizzles: 6-8 in a row D. Two-foot turn from forward to backward in place E. Moving snowplow stop F. Forward alternating ½ swizzle pumps, in a straight line (slalom-like pattern) 	<ul style="list-style-type: none"> A. Forward stroking, showing correct use of blade B. Forward ½ swizzle pumps on a circle: 6-8 consecutive clockwise & counter clockwise C. Moving forward to backward two-foot turn; clockwise & counter clockwise D. Backward one-foot glides: R & L E. Forward Slalom F. Two-foot spin: up to 2 revolutions 	<ul style="list-style-type: none"> A. Forward outside edge on a circle: R & L B. Forward inside edge on a circle: R & L C. Forward crossovers, clockwise & counter clockwise D. Forward outside three-turn, R & L from a stand still position E. Backward ½ swizzle pumps on a circle, clockwise and counter clockwise F. Backward stroking G. Backward snowplow stop: R & L
Basic 5	Basic 6	Basic 7	Basic 8
<ul style="list-style-type: none"> A. Backward outside edge on a circle: R & L B. Backward inside edge on a circle: R & L C. Backward crossovers, clockwise & counter clockwise D. Beginning one-foot spin: up to 3 rev, optional entry & free foot position E. Hockey stop F. Side toe hop: both directions 	<ul style="list-style-type: none"> A. Forward inside three turn: R & L from a standstill position B. Moving backward to forward two-foot turn on a circle, clockwise & counter clockwise C. T-stop: R or L D. Bunny hop E. Forward arabesque/spiral on a straight line: R or L F. Forward lunge: R or L 	<ul style="list-style-type: none"> A. Forward inside open Mohawk from a standstill position: R to L and L to R B. Backward outside edge to forward outside edge transition on a circle: R & L C. Ballet jump: R & L D. Backward crossovers to a backward outside edge glides (landing position), clockwise & counter clockwise E. Forward inside pivots, R or L 	<ul style="list-style-type: none"> A. Moving forward outside three-turn on a circle: R & L B. Moving forward inside three-turn on a circle: R & L C. Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge: repeat 3 times, clockwise & counter clockwise D. One-foot upright spin, optional entry & free foot position E. Waltz jump F. Mazurka: R & L