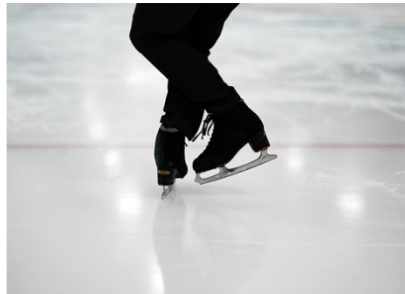


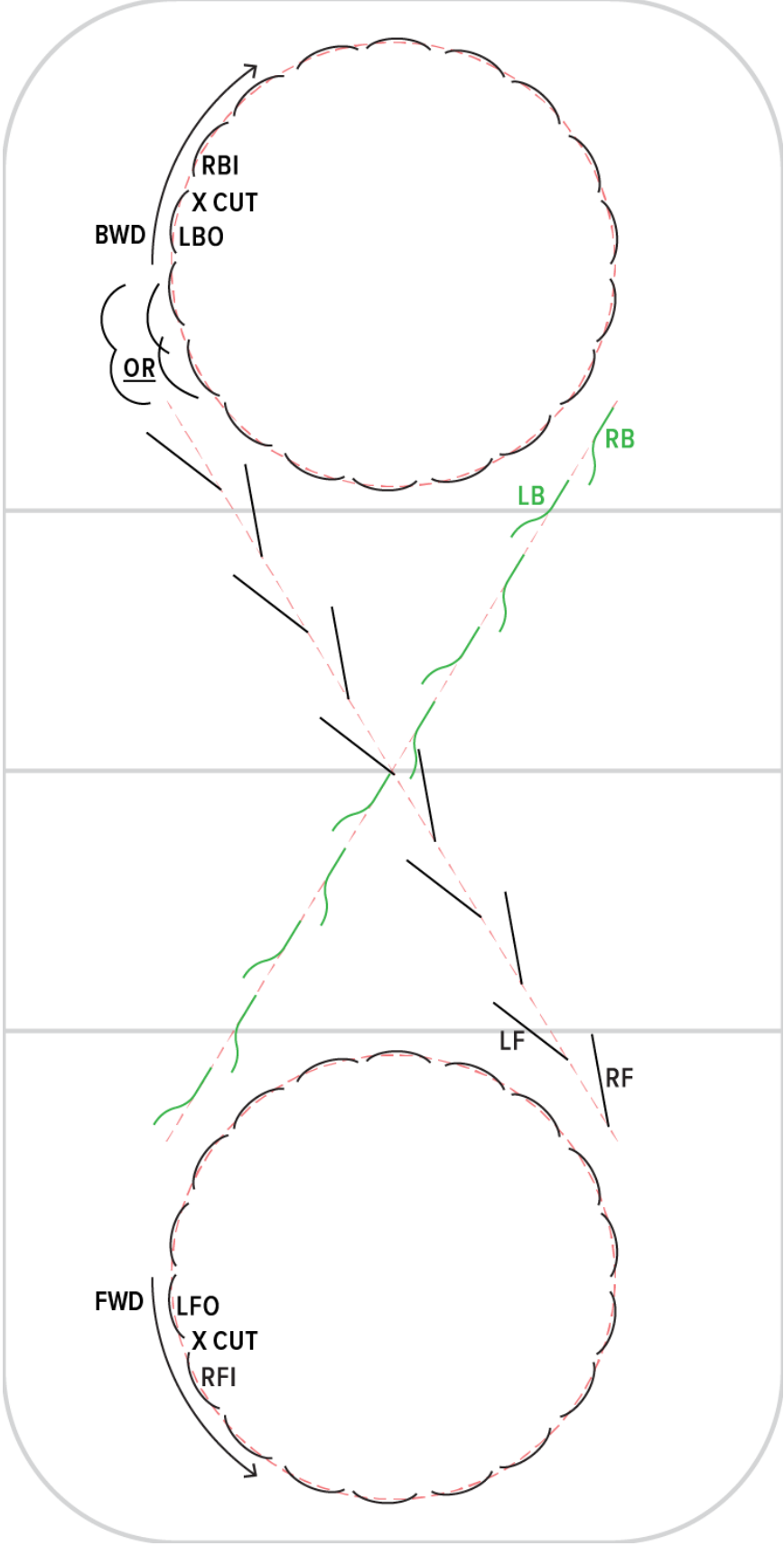


SKATECANADA
PATINAGECANADA

Skills Exercise Patterns

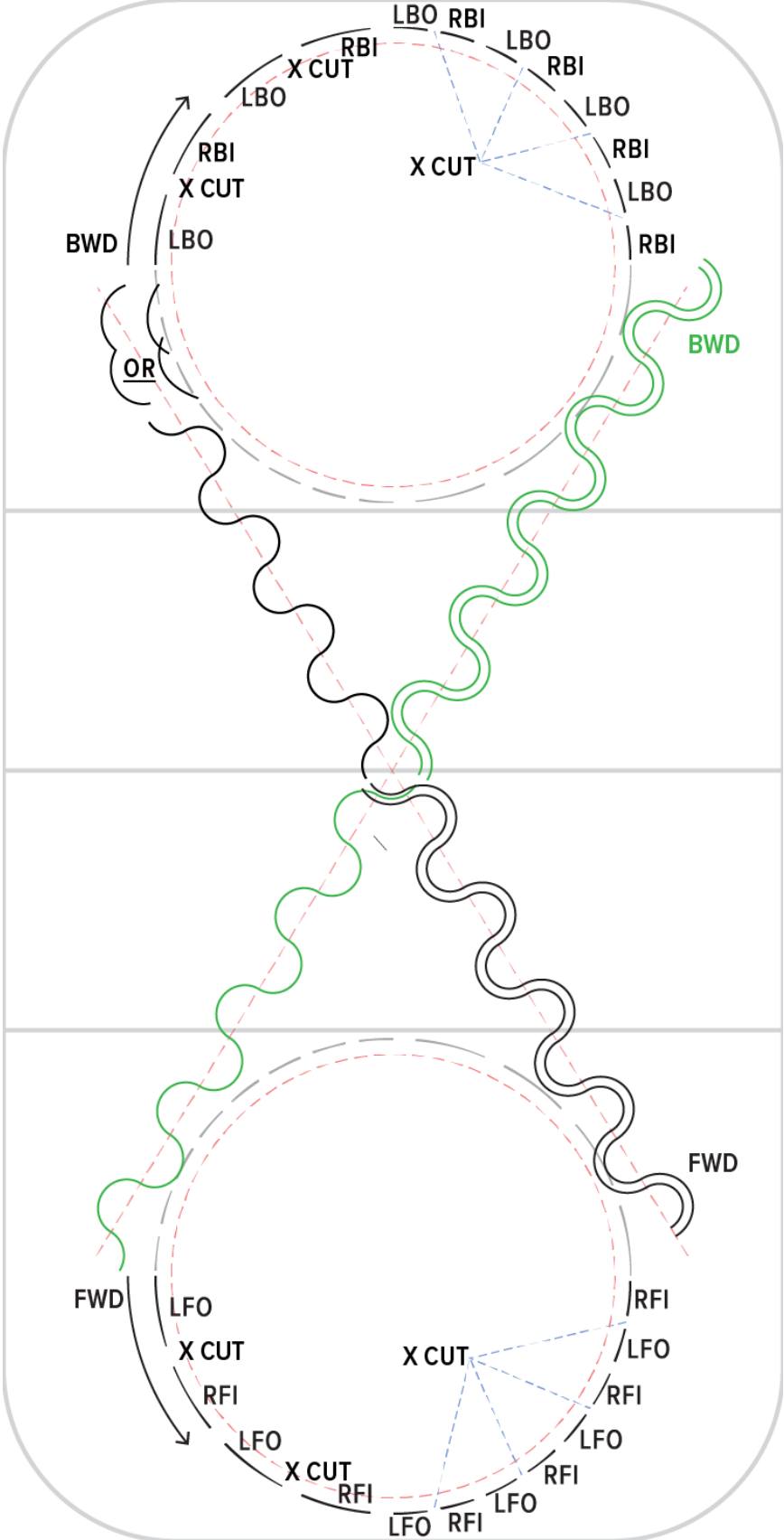


STAR 1 SKILLS EXERCISE PATTERN:
Basic



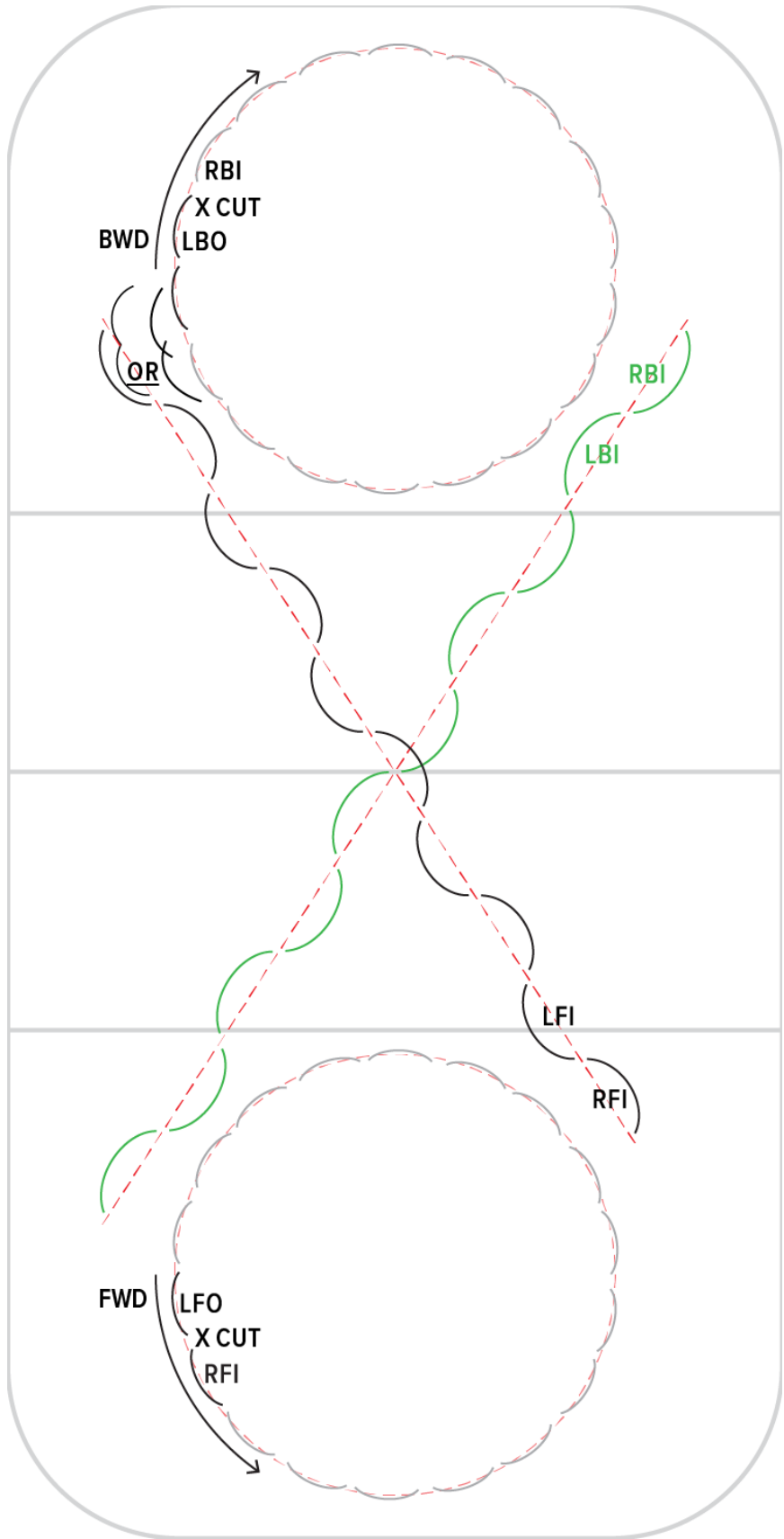
Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 3 SKILLS EXERCISE PATTERN:
Power



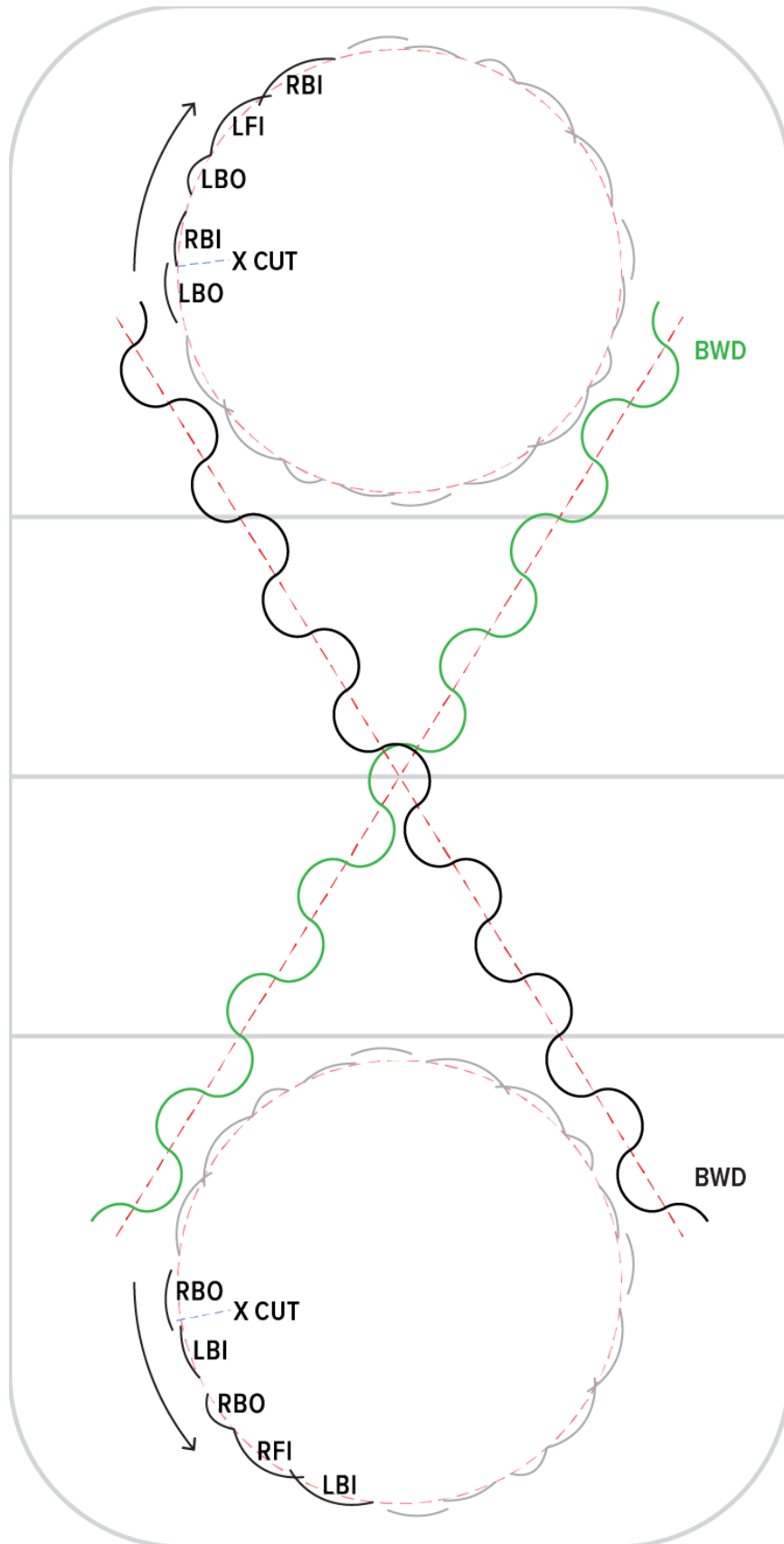
Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 5 SKILLS EXERCISE 1 PATTERN:
Quick Edges



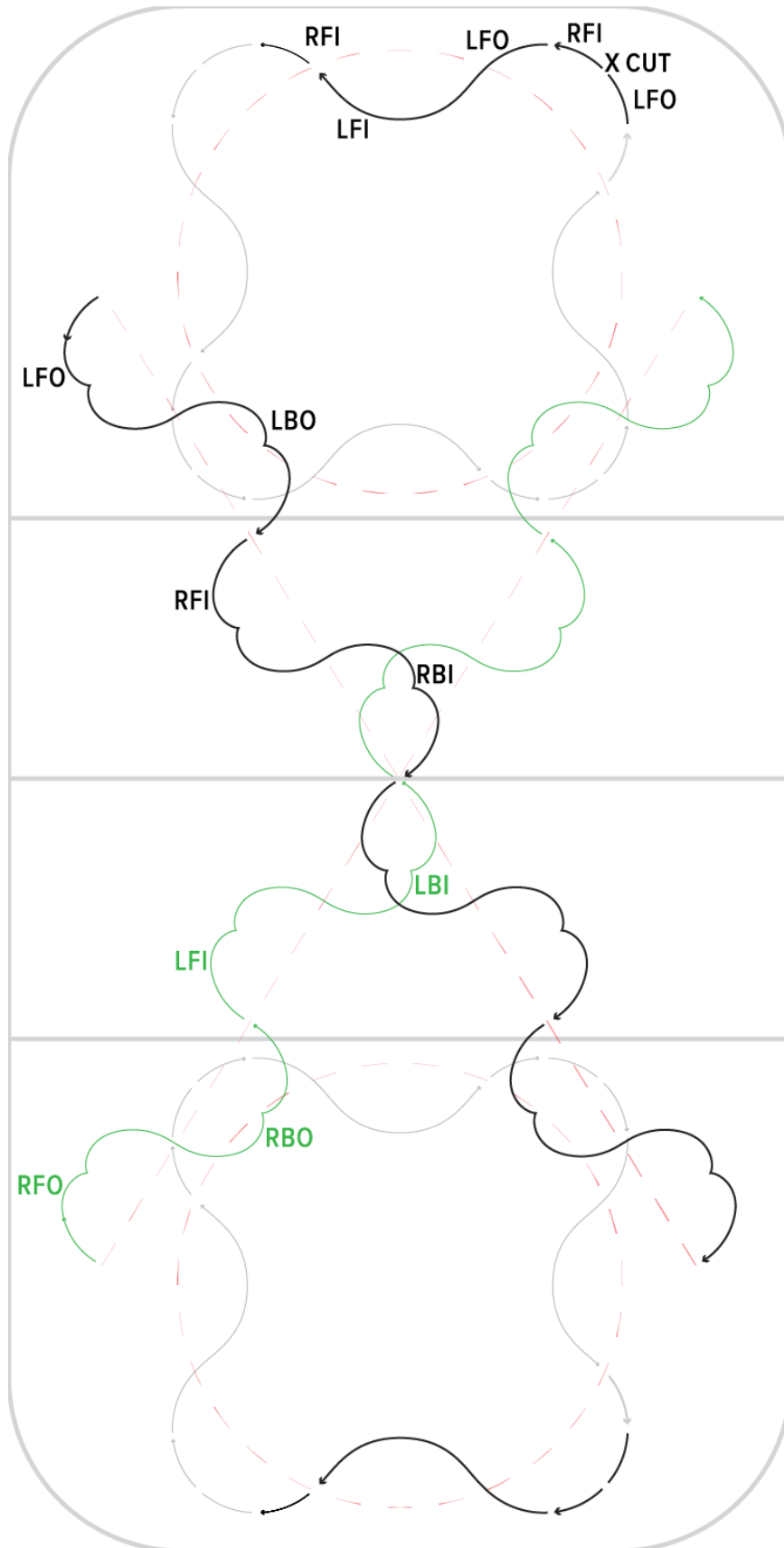
Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 5 SKILLS EXERCISE 2 PATTERN:
Backward Slalom



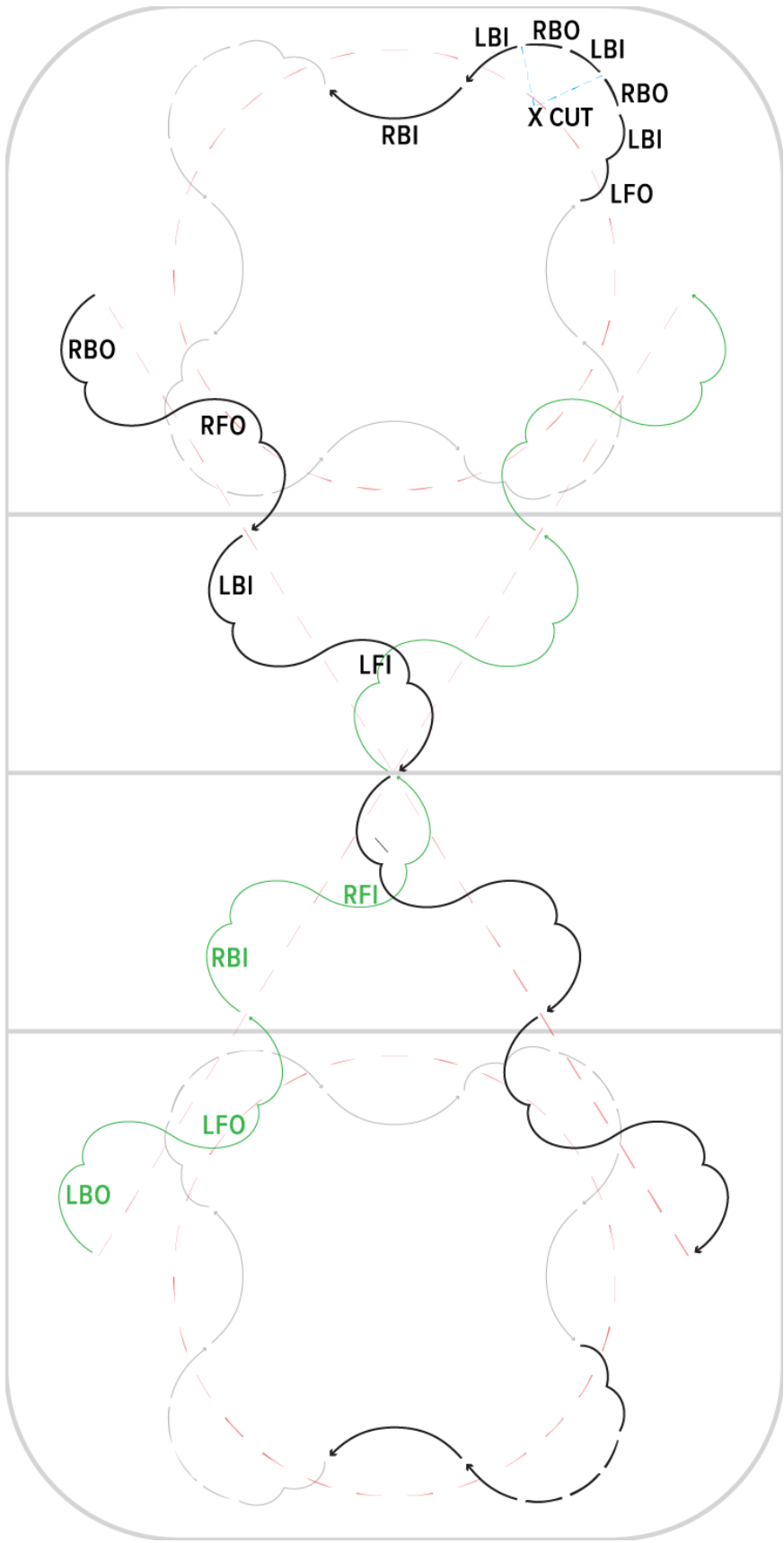
Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 6 SKILLS EXERCISE PATTERN:
Forward Change 3's



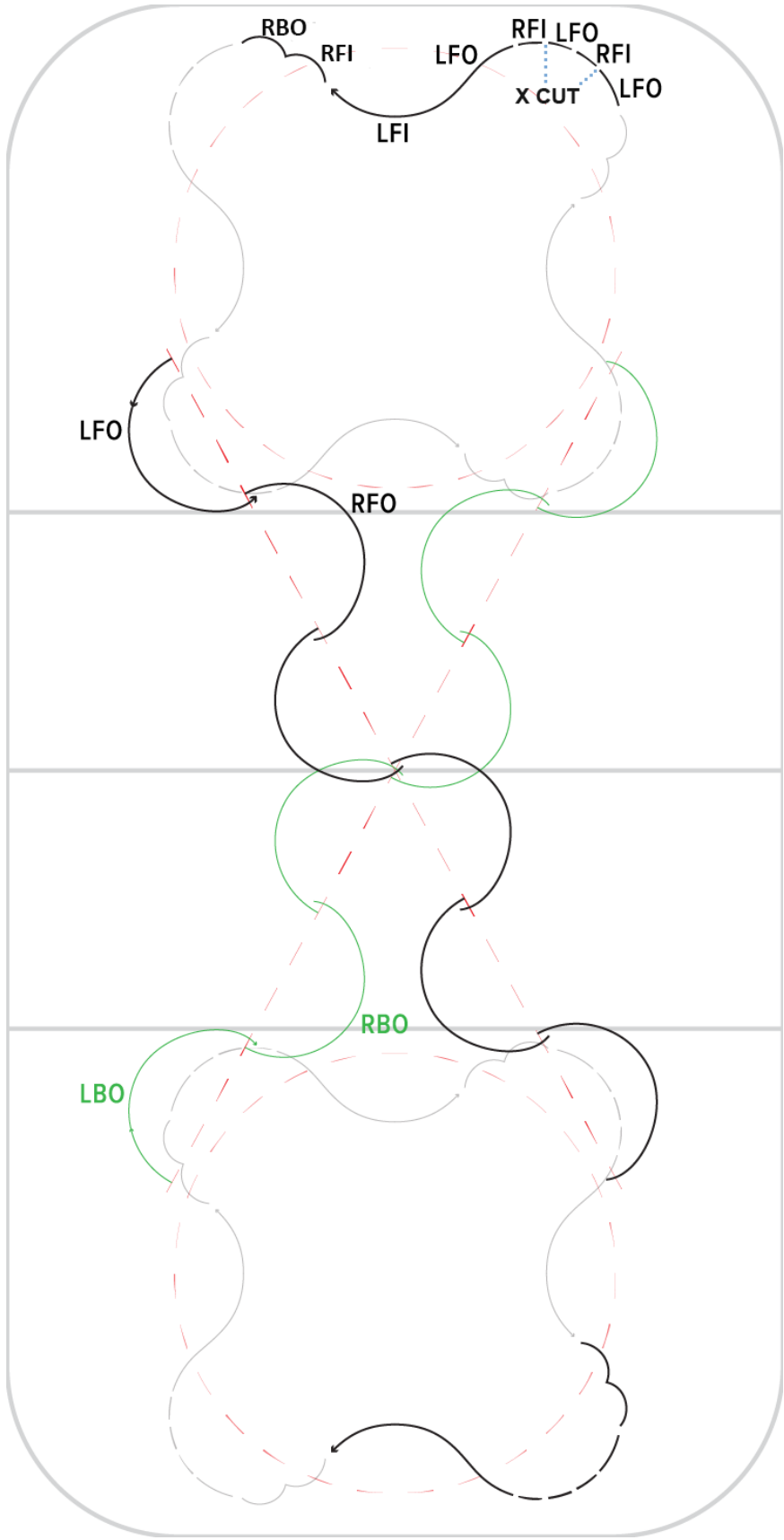
Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 7 SKILLS EXERCISE PATTERN:
Backward Change 3's



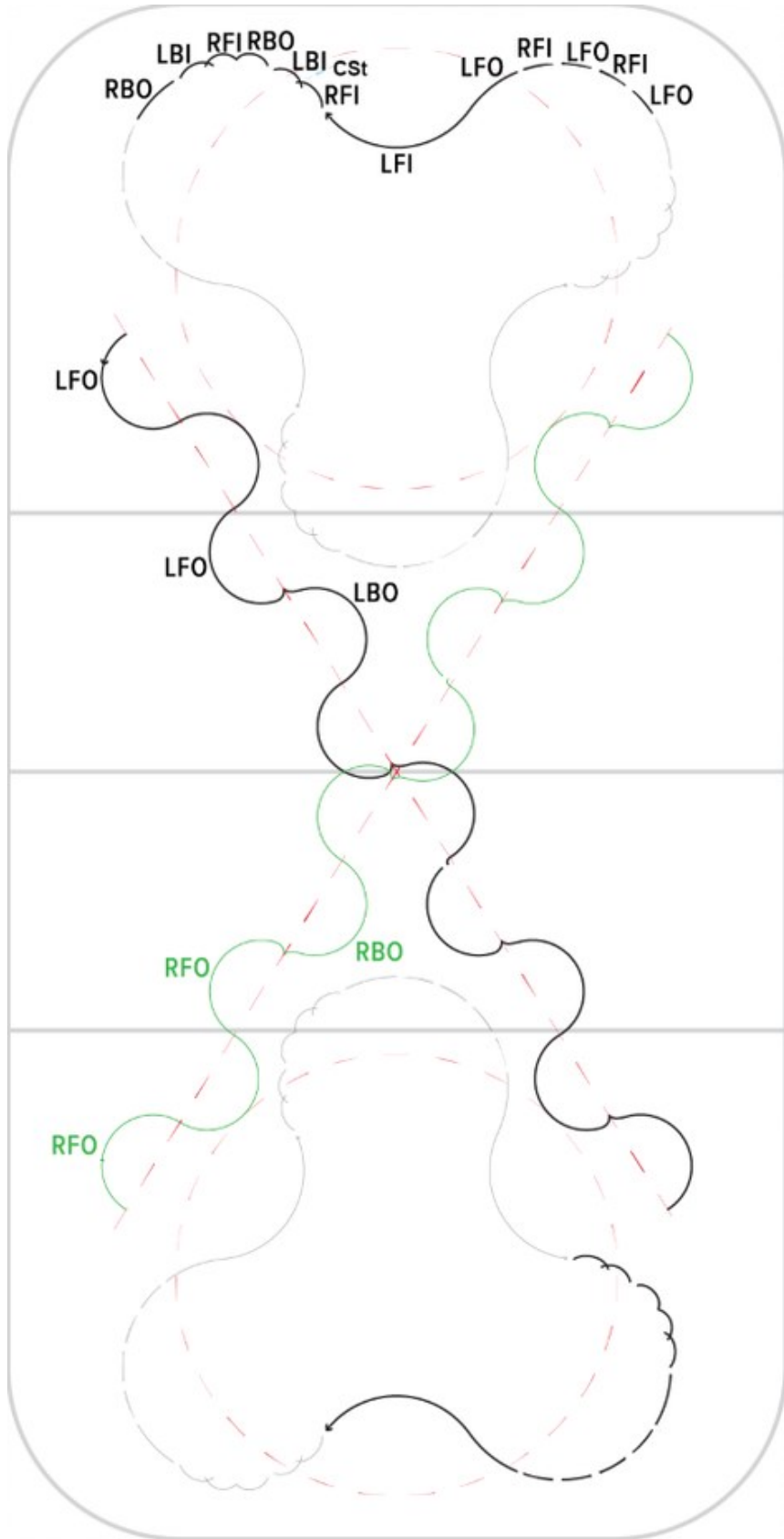
Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 8 SKILLS EXERCISE PATTERN:
Rolling Edges



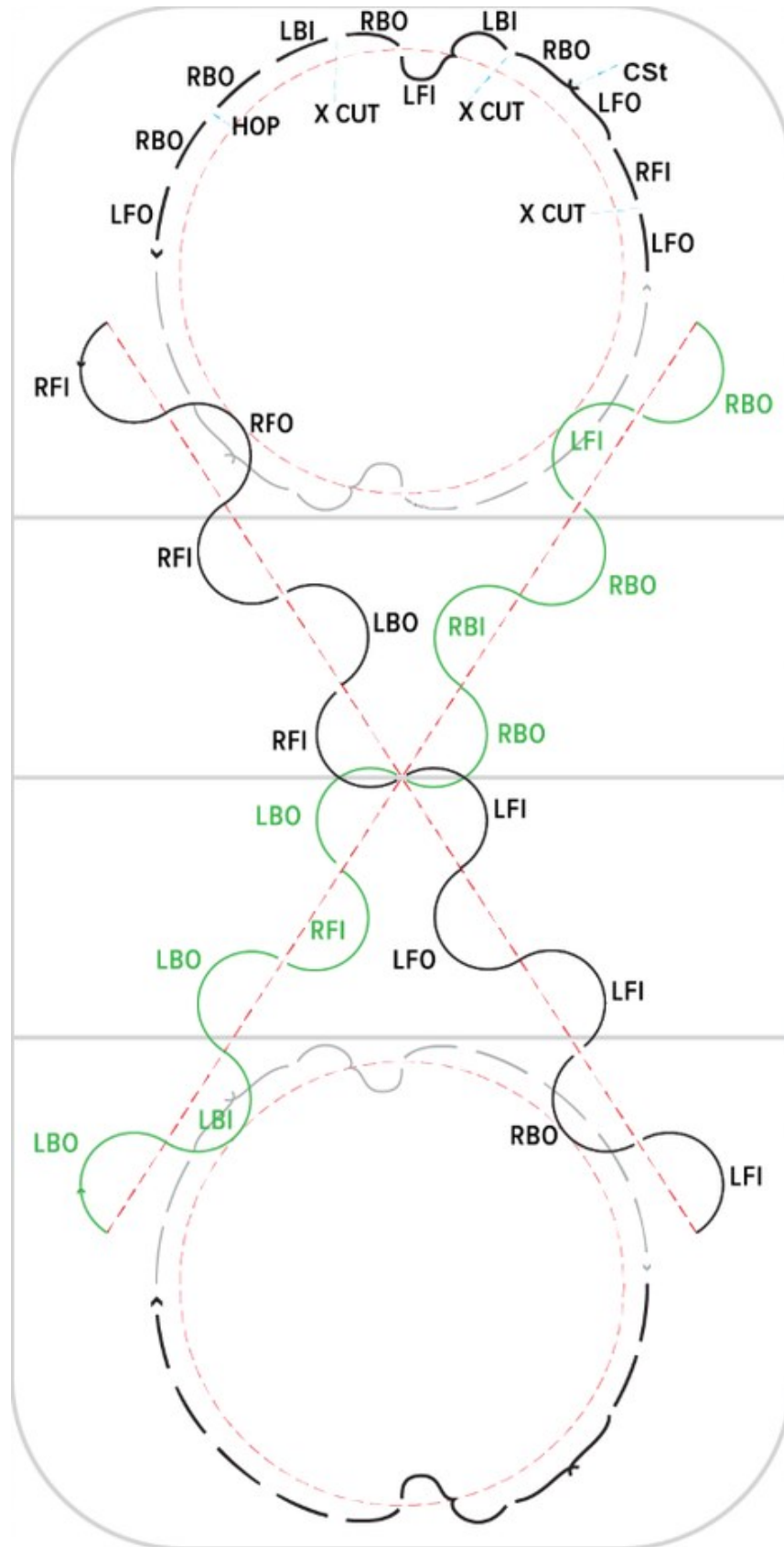
Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 9 SKILLS EXERCISE 1 PATTERN:
Rockers



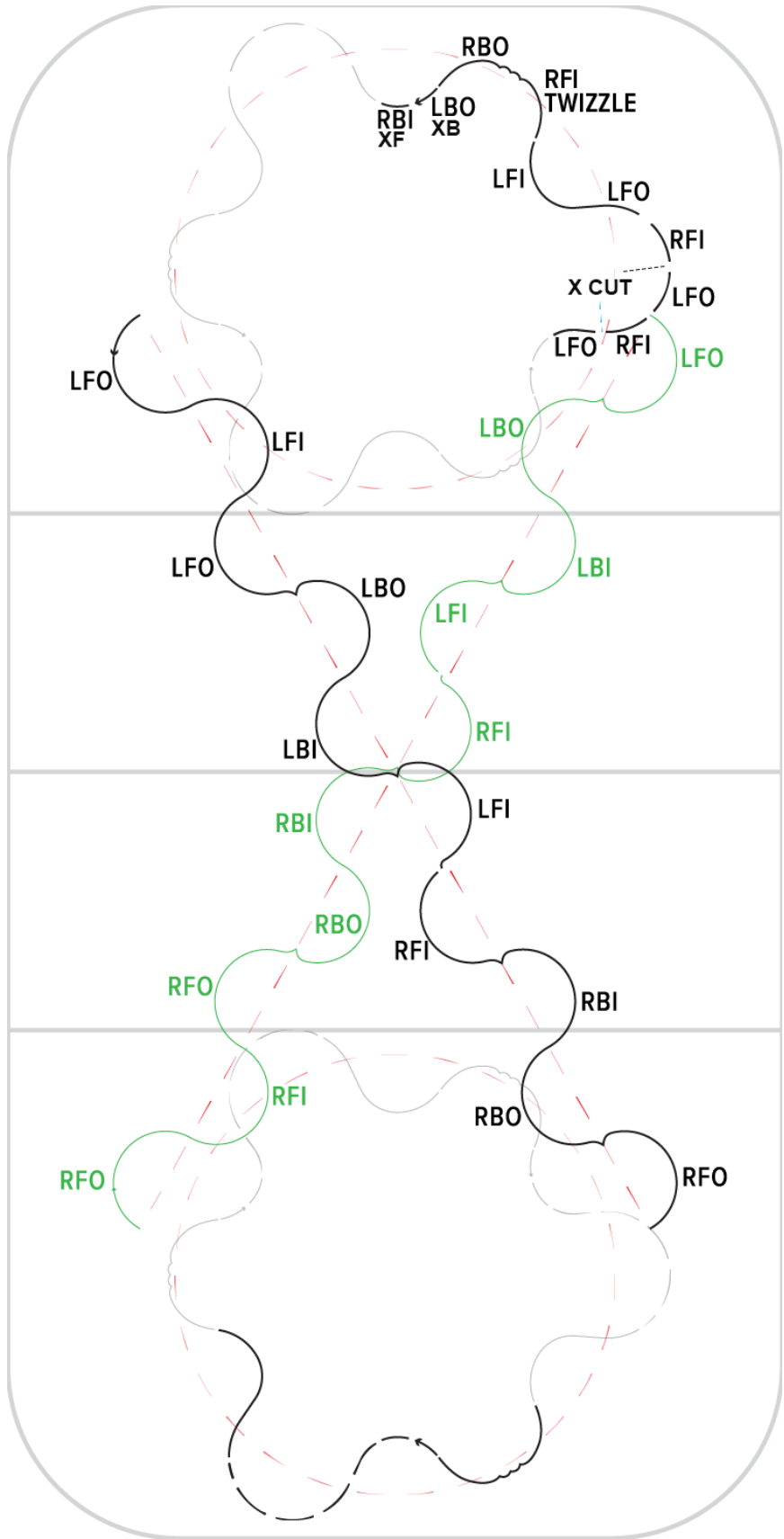
Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 9 SKILLS EXERCISE 2 PATTERN:
S STEPs



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.

STAR 10 SKILLS EXERCISE PATTERN:
Counters



Reminder: Skaters may skate as many sets of prescribed steps as needed to achieve full ice coverage.