



SOUTHERN
ALBERTA
SKATING
ACADEMY

Skill Tracker

Skill:

| | | | | | |
|----------------|--|--|--|--|--|
| | | | | | |
| Attempted | | | | | |
| Landed Clean | | | | | |
| Landed 1 ft < | | | | | |
| Landed 2 ft FR | | | | | |
| Pop | | | | | |

Skill:

| | | | | | |
|----------------|--|--|--|--|--|
| | | | | | |
| Attempted | | | | | |
| Landed Clean | | | | | |
| Landed 1 ft < | | | | | |
| Landed 2 ft FR | | | | | |
| Pop | | | | | |

Skill:

| | | | | | |
|----------------|--|--|--|--|--|
| | | | | | |
| Attempted | | | | | |
| Landed Clean | | | | | |
| Landed 1 ft < | | | | | |
| Landed 2 ft FR | | | | | |
| Pop | | | | | |

Skill:

| | | | | | |
|----------------|--|--|--|--|--|
| | | | | | |
| Attempted | | | | | |
| Landed Clean | | | | | |
| Landed 1 ft < | | | | | |
| Landed 2 ft FR | | | | | |
| Pop | | | | | |



SOUTHERN
ALBERTA
SKATING
ACADEMY

Program Tracker

Long:

| Element | Base Score | | | | | |
|-------------------|------------|--|--|--|--|--|
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| | | | | | | |
| Total | | | | | | |
| | | | | | | |
| Components | ***** | | | | | |

Short:

| Element | Base Score | | | | | |
|-------------------|------------|--|--|--|--|--|
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| | | | | | | |
| Total | | | | | | |
| | | | | | | |
| Components | ***** | | | | | |



SOUTHERN
ALBERTA
SKATING
ACADEMY

Off-Ice Tracker

Week 1:

| | | | | | |
|-----------------|--|--|--|--|--|
| | | | | | |
| Stretching | | | | | |
| Jumps | | | | | |
| Cardio/Strength | | | | | |
| Solo | | | | | |
| Mental | | | | | |

Week 2:

| | | | | | |
|-----------------|--|--|--|--|--|
| | | | | | |
| Stretching | | | | | |
| Jumps | | | | | |
| Cardio/Strength | | | | | |
| Solo | | | | | |
| Mental | | | | | |

Week 3:

| | | | | | |
|-----------------|--|--|--|--|--|
| | | | | | |
| Stretching | | | | | |
| Jumps | | | | | |
| Cardio/Strength | | | | | |
| Solo | | | | | |
| Mental | | | | | |

Week 4:

| | | | | | |
|-----------------|--|--|--|--|--|
| | | | | | |
| Stretching | | | | | |
| Jumps | | | | | |
| Cardio/Strength | | | | | |
| Solo | | | | | |
| Mental | | | | | |