

CHILLIWACK SECONDARY SCHOOL POWER SKATING APPLICATION

Power Skating is a PE-based course designed to improve skating efficiency, stride mechanics, agility, and on-ice athleticism. This is NOT a learn-to-skate course. Students must already be able to skate independently with balance, control, and safe maneuverability.

Name: _____ Grade (next year): _____

MINIMUM SKATING SKILL CHECKLIST

✓ Forward stride with control	✓ Turning in both directions
✓ Snowplow or hockey stop	✓ Basic backward skating
✓ Forward crossovers (left and right)	✓ Can maintain balance and safe spacing

I confirm I can perform all skills above:

Student Signature: _____

HOCKEY / SKATING BACKGROUND

Minor Hockey / Rep Hockey (most recent):

U9 U11 U13 U15 U18 Recreational (C) Development/Rep

Other Experience:

Ringette (level): _____

Speed Skating (level): _____

Figure Skating (STAR/Canskate): _____

Public/independent skating only

Other: _____

Why do you want to take Power Skating?

Forward Stride:	Beginning / Developing / Proficient / Strong
Stopping:	Beginning / Developing / Proficient / Strong
Crossovers:	Beginning / Developing / Proficient / Strong
Turning:	Beginning / Developing / Proficient / Strong
Backward:	Beginning / Developing / Proficient / Strong
Speed/Flow:	Beginning / Developing / Proficient / Strong
Safety:	Beginning / Developing / Proficient / Strong

PARENT/GUARDIAN CONSENT

Parent Name: _____

YES, I support my child's application NO

Parent Signature: _____

Date: _____

NOTE: Students must provide full basic hockey equipment, including CSA helmet.
There is also a fee for this course TBA.