

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.