

THE ICE RIDGE

The weSKATE Learn-to-Skate Program

After a few months of practice, you'll be able to show off your skating skills in a local ice show or exhibition. Any skater who can pass any level of ISI test is eligible and encouraged to participate in a local, district and/or ISI national competition events. These events are so much fun that many young people and adults alike come back year after year to participate, meet new friends and improve the new skills they've learned.

Skaters from 2 years old to 82 years young come to our national recreational competition events , and all ISI competition events encourage "participation, not elimination." Every skater in every event receives a medal or award, and all skaters receive team points to help their rink team's overall score.

Ice Ridge weSKATE Program consists of the following test levels:

TOT 1-4 – TEST REQUIREMENTS



Tot 1

- Proper Way to Fall
- Proper Way to Get Up
- Marching in Standing Position
- Marching While Moving



Tot 2

- Two-Foot Jump in Place
- Forward Swizzle Standing Still
- Single Swizzle
- Beginning Two-Foot Glide



Tot 3

- Push and Glide Stroking
- Preparation for Snowplow Stop
- Dip
- Forward Swizzle



Tot 4

- T-Position and Push (Right And Left)
- Backward Swizzle
- Two-Foot or One-Foot Snowplow Stop
- Backward Wiggle

PRE-ALPHA / ALPHA / BETA / GAMMA / DELTA – TEST REQUIREMENTS



Pre-Alpha

Two-Foot Glide
One-Foot Glide (Right & Left)
Forward Swizzle
Backward Wiggle
Backward Swizzle



Alpha

Forward Stroking (6)
Forward Crossovers – Right Foot over Left (5)
Forward Crossovers – Left Foot over Right (5)
One-Foot Snowplow Stop



Beta

Backward Stroking (6)
Backward Crossovers – Right Foot over Left (5)
Backward Crossovers – Left Foot over Right (5)
T-Stop – Right Foot Outside Edge
T-Stop – Left Foot Outside Edge



Gamma

Right Forward Outside 3-Turn (One Foot Turn)
Left Forward Outside 3-Turn (One Foot Turn)
Right Forward Inside Open Mohawk Combination
Left Forward Inside Open Mohawk Combination
Hockey Stop



Delta

Right Forward Inside 3-Turn (One Foot Turn)
Left Forward Inside 3-Turn (One Foot Turn)
Forward Edges – Forward Outside Edges and Forward Inside Edges
Shoot-the- Duck or Lunge (choice of one)
Bunny Hop

FREESTYLE 1-10 – TEST REQUIREMENTS



Freestyle 1

Forward Inside Pivot
Two-Foot Spin
Forward Arabesque
Backward Edges – Backward Outside Edges and Backward Inside Edges
One-Half Flip
Waltz Jump



Freestyle 2

Ballet Jump
One-Half Toe Walley
One-Half Lutz
One-Foot Spin
Two Forward Arabesques (On either foot – and on either outside or inside edge)
Dance Step Sequence



Freestyle 3

Backward Outside or Backward Inside Pivot
Salchow Jump
Change Foot Spin
Backward Arabesque
Toe Loop Jump or Toe Walley Jump (Choice of One)
Dance Step Sequence



Freestyle 4

Flip Jump
Loop Jump
Sit Spin
One-Half Loop Jump
Two Backward Arabesques (One each on the Right and Left foot)
Backward Outside and Backward Inside Three Turns / Dance Step Sequence



Freestyle 5

Lutz Jump
Axel Jump
Camel Spin
Camel-Sit-Upright Spin
Fast Back Scratch Spin
Left Forward Outside Open Swing Choctaw, Left Forward Inside Open Choctaw, Left Forward Outside Bracket, Right Forward Inside Bracket / Dance Step Sequence



Freestyle 6

Split Jump
Split Falling Leaf Jump
Jump Sequence – Axel / One-Half Loop / Flip Jump
Double Salchow Jump
Cross Foot, Layback, or Sit Change Sit Spin (choice of one)
Spin Combination with change of foot and position
Right Forward Outside Rocker, Left Backward Inside Counter / Dance Step Sequence

Freestyle 7



Double Toe Loop or Double Toe Walley Jump
Two Walley jumps in a Row
Combination Spin with Change of Foot and Position
Flying Camel Spin
Jump Sequence – One-Foot Axel/ One-Quarter Flip/ Axel
Jump in Opposite Direction (Choice of one – Flip / Loop / Lutz)
Right Forward Inside Counter; Left Forward Inside Counter; Left Back Inside Rocker / Dance Step Sequence

Freestyle 8



Double Loop Jump
Double Flip Jump
Split Lutz Jump
Flying Sit Spin or Axel Sit Spin (Choice of one)
Jump Sequence – One and One-Quarter Flip / One and One-Quarter Flip / Double Salchow
Illusion or Camel-Jump-Camel Spin (Choice of one)
Left Backward Inside Bracket / Dance Step Sequence

Freestyle 9



Arabesque/Bauer/Spread Eagle Combination
Double Lutz Jump
Axel / Double Loop Jump Combination
Axel in Opposite Direction or Double Axel Jump
Jump Combination – Rocker or Counter Jump / Double Toe Assisted Jump / Double Loop
Flying Camel into a Jump Sit Spin
Dance Step Sequence – Straight Line Pattern

Freestyle 10



Double Axel / Double Toe Loop Jump Combination
Triple Edge Jump (skater's choice)
Death Drop
Four Alternating Axels in a Row or Triple Toe Assist Jump
Double Jump to the Right and Double Jump to the Left (not in sequence) or Triple Toe Assisted Jump/
Double Loop Jump Combination
Three Arabian Cartwheels or Butterfly Jumps in a Row (Choice of one)
Creative Dance Step Sequence

OPEN FREESTYLE - Bronze / Silver / Gold / Platinum – TEST REQUIREMENTS



Bronze Freestyle Test

- Any two different jumps from Freestyle 1-3 levels
- One additional jump combination with any two jumps from Freestyle 1-3 levels
- Two different spins or spin combinations from Freestyle 1-3 levels
- Two different arabesques – can be forward and/or backward on different feet and/or different edges. (Cannot be two backward arabesques on different feet.)
- Dance step sequence – either the Freestyle 2 or Freestyle 3 dance step sequence or at least 10 steps of the skater's own design.



Silver Freestyle Test

- Any two different jumps from Freestyle 4-5 levels
- One additional jump combination with any two jumps from Freestyle 4-5 levels
- Two different spins from Freestyle 4-5 levels
- Two backward arabesques – must be on different feet
- Dance step sequence – either the Freestyle 4 or Freestyle 5 dance step sequence or at least 16 steps of the skater's own design and pattern



Gold Freestyle Test

- Any two different jumps from Freestyle 5-6 levels
- One additional jump combination with the first jump from Freestyle 5-6 levels
- Two different spins from Freestyle 5-6 levels
- Dance step sequence – either the Freestyle 5 or Freestyle 6 dance step sequence or a straight line or serpentine pattern footwork sequence covering the length of the ice of the skater's own design



Platinum Freestyle Test

- Any two different jumps from Freestyle 7-10 levels
- Two different additional jump combinations with at least one double jump in each combination
- Two different spins from the Freestyle 7-10 levels – one must be a flying camel or flying sit spin
- One spin combination with at least three different positions and one change of foot
- Dance step sequence – either the Freestyle 7, 8 or 9 dance step sequence or a footwork sequence covering the length of the ice of the skater's own design and pattern

SPECIAL SKATER 1-10 – TEST REQUIREMENTS



Special Skater 1

Proper Way to Fall and Get Up
Marching in Place
Dip Standing Still
Preparation for Snowplow Stop



Special Skater 2

Marching While Moving
Forward Swizzle Standing Still
Two-Foot Glide
Teapot (Dip)



Special Skater 3

Scooter Pushes (Left or Right)
One-Foot Glides (Left or Right)
Forward Swizzles
Backward Swizzles or Wiggles
Two-Foot Snowplow Stop



Special Skater 4

T-Position and Push
Introduction to Forward Stroking
One-Foot Swizzles (Left or Right)
Forward Crossovers Standing Still (Right Over Left or Left Over Right)



Special Skater 5

Forward Stroking
Forward Crossovers-Right over Left
Forward Crossovers-Left over Right
One-Foot Snowplow Stop



Special Skater 6

Two-Foot Turn Forward to Backward
One-Foot Backward Swizzles- Left or Right
One-Foot Glides on Curve - RFO, LFO, RFI, LFI
Intro to Backward Stroking



Special Skater 7

Backward Stroking
Backward Crossovers Right and Left
Backward Crossovers Right and Left
T-Stop Right or Left Foot



Special Skater 8

Right Forward Inside Mohawk
Left Forward Inside Mohawk
RBO, LBO Edge on a Curve
RBI, LBI Edge on a curve



Special Skater 9

Forward Inside Mohawk sequence
Right Forward Outside 3-turn
Left Forward Outside 3-turn
Hockey Stop



Special Skater 10

Right Forward Inside 3-turn
Left Forward Inside 3-turn
Forward Outside edges
Forward Inside edges
Bunny Hop
Lunge or Shoot the Duck (choice of one)