

Snowplow Sam

Snowplow Sam is designed for our youngest skaters ages 4 & 5. The elements are designed to help achieve the strength and coordination to get our pre-school age skaters moving! After your skater has completed Snowplow Sam 1-3 they will go directly to Basic 2.

Snowplow Sam 1

- A. Sit and stand up with skates on off ice
- B. Sit and stand up on ice
- C. March in place
- D. March forward, 8-10 steps
- E. March then glide on two feet
- F. Dip in place (reach down and touch toes and stand back up)

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles, 6 in a row
- D. Rocking horse (one forward & one backward swizzle action without picking up the feet)
- E. Forward two foot swizzles, 2-3 in a row
- F. Two foot hop on the spot

Snowplow Sam 3

- A. Forward Skating, 8-10 steps
- B. Forward one foot glide, right and left (held for 3 seconds)
- C. Forward two foot swizzles, 4-6 in a row
- D. Backward two foot swizzles, 4-6 in a row
- E. Forward snowplow stop with skid (one or both feet)
- F. Curves