

# U. S. Figure Skating Basic Skills Program

## Snowplow Sam Program



The Snowplow Sam levels are designed to help the preschool age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy, white bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.

### **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

### **Snowplow Sam 2**

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles: 6 in a row
- D. Forward two-foot swizzles: 2-3 in a row
- E. Rocking horse: One forward - One backward swizzle action
- F. Two-foot hop in place

### **Snowplow Sam 3**

- A. Forward skating: 8-10 steps
- B. Forward one-foot glide: R & L
- C. Forward swizzles: 4-6 in a row
- D. Backward swizzles: 4-6 in a row
- E. Forward snowplow stop w/skid
- F. Curves