

PROGRESS REPORT FORM

Podunk Jackrabbits - Progress Report

Name: I.M. Realfast

Date: March 10th, 20xx

Skill Level Completed: Level 3

Skill Level Working On: Level 4

Coach: Tom Green

<i>Skill</i>	<i>Comments</i>
Diagonal Stride	Good. Good glide, weight shift and forward upper body lean. Needs more work on landing recovery foot beside or ahead of glide foot.
Double Poling	Good. Good upper body flex, arm follow through and straight legs. Work on the pole plant to make sure tips are not too far ahead (not ahead of the handles)
Free Skate	Good. Good glide on each foot. You need to work on "lining up" your toes, knees, hips, body and same side shoulder in the direction of your glide ski.
One-step Double Poling	Good. Passed this skill previous season.
One Skate	Needs more work. You need to work on "lining up" (see Free Skate) and on using a "Double Pole" to start both left and right glides.
Step Turn	Needs more work. You are good on the Ready Position, but you need to work on small, quick steps and shifting your weight from ski to ski.
Diagonal Skate	Good. Remember to keep your gliding skis flat on the snow.
Kick Turn	Excellent. Good Kick Turns, even on steeper slopes and in deep snow. Don't forget to work on this important skill for back country skiing!
Downhill Tuck	Good. Good bending of upper body to horizontal. Good arms and hands position (well forward of body). You need to work on a deep bend for the low tuck, so your thighs are parallel to the snow.
Classic Skiing	Excellent. Good Diagonal Stride for 10 minutes.
Skating	Needs more work. More practice needed for One Skate technique.

Summary: I.M. has been a very enthusiastic skier in all of our classes. His skills and interest in skiing have developed a lot this year. He should have no problem getting his Level 4 Award next year, if he keeps up the good work! I have really enjoyed having him in my group.