

NAME: _____

DATE: _____

CLUB: NAKKERTOK



PROGRESS REPORT

LEVEL 1 - SKILLS

Jackrabbit Program



Side Stepping



Falling & Rising



Free Glide



Ready Position



Tracking



Movement on Skis



Herringbone



Snowplow Braking



Star Turn

PROGRAM AWARDS:

Richard Weber "Snow Goal": 1 2 3 4 5 Pierre Harvey "Hat Trick": 1 2 3 4 5

Becky Scott Sprint: Green Blue Purple Red Gold

INSTRUCTOR COMMENTS:

LEVEL FOR NEXT YEAR _____

INSTRUCTORS: _____

