

# 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 polar bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.



### Snowplow Sam 1

1. Sit and stand up with skates on – off ice
2. Sit and stand up – on ice
3. March in place
4. March forward – 8–10 steps
5. March, then glide on two feet
6. Dip in place



### Snowplow Sam 2

1. March followed by a long glide
2. Dip while moving
3. Backward wiggles – six in a row
4. Forward two-foot swizzles – 2-3 in a row
5. Rocking horse – one forward, one backward swizzle action
6. Two-foot hop in place



### Snowplow Sam 3

1. Forward skating – 8–10 steps
2. Forward one-foot glide – R and L
3. Forward swizzles – 4–6 in a row
4. Backward swizzles – 4–6 in a row
5. Forward snowplow stop with skid
6. Curves