

MINI OLYMPICS 2012

Preschool – Fast Forward Skating
Fast Backward Skating
Fast Standing Up

Stage 1 – Forward Skating the length of the ice (timed event)
Backward Skating the width of the ice (timed event)
Standing up from sitting on the ice (STOP EVENT)
Challenge – Forward Slalom (Timed Event)
2 Foot Jump on the Spot

Stage 2 – Forward perimeter stroking (timed event)
Backward skating the width of the ice (timed event)
Stopping on the dot (STOP EVENT)
Challenge – Forward double sculling
2 Foot Spin
Forward 2 Foot Jump

Stage 3 – Forward perimeter stroking (timed event)
Backward perimeter stroking (timed event)
Backward snowplow stop (STOP EVENT)
Challenge – 2 Foot Turns from forward to backward, and backward to forward
Forward 1 Foot Spin
Backward 2 Foot Jump

Stage 4 – Forward perimeter stroking (timed event)
Backward Slalom
Forward Outside 3 Turn (foot optional)
Challenge – Forward Glide on 1 Foot on a curve counter clockwise
Forward 1 Foot Spin
2 Foot Jump on a curve forward to backward

Stage 5 – Forward perimeter stroking (timed event)
Backward circle thrusts counter clockwise
Backward outside Mohawk (foot optional)
Challenge – Forward spiral
Forward 1 Foot Spin
Forward Power Jump (bunny hop)

Stage 6 – Forward perimeter stroking (timed event)
Backward perimeter stroking (timed event)
Forward Mohawk (foot optional)
Challenge – Shoot the Duck
1 Foot Spin with spiralling entry edge
Waltz Jump

Stage 7 – Forward perimeter stroking (timed event)
Backward perimeter stroking (timed event)
Footwork (step sequence)
Challenge – Salchow
Sit Spin
Toe Loop Jump

