

Basic Skill Badges: Snowplow Sam

Snowplow Sam - Tots:

1. March followed by a two foot glide and dip
2. Forward two foot swizzles 2-3 in a row
3. Forward snowplow stop
4. Backward wiggles 2-6 in a row

Snowplow Sam – 1

- Sit and stand up with skates on off-ice
- Sit and stand up on ice
- March in place
- March forward, 8-10 steps
- March the glide on two feet
- Dip in place

Snowplow Sam – 2

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

Snowplow Sam – 3

- Forward skating, 8-10 steps
- Forward one-foot glide, right and left
- Forward swizzles, 4-6 in a row
- Backward swizzle, 4-6 in a row
- Forward snowplow stop
- Curves