

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

- A. Sit and stand up with skates on – off Ice
- B. Sit and stand up – on Ice
- C. March in place
- D. March forward – 8–10 steps
- E. March, then glide on two feet
- F. Dip in place



Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles – six in a row
- D. Rocking horse – one forward, one backward swizzle action
- E. Forward two-foot swizzles – 2-3 in a row
- F. Two-foot hop in place (optional)



Snowplow Sam 3

- A. Forward skating – 8–10 steps
- B. Forward one-foot glide – R and L
- C. Forward swizzles – 4–6 in a row
- D. Backward swizzles – 4–6 in a row
- E. Forward snowplow stop with skid
- F. Curves