

42 ON ICE PROGRAMS

STICKHANDLING

ALL AROUND
STICKHANDLING PROGRAM A

ALL AROUND
STICKHANDLING PROGRAM B

ALL AROUND
STICKHANDLING PROGRAM C

ALL AROUND
STICKHANDLING PROGRAM D

ALL AROUND
STICKHANDLING PROGRAM E

ALL AROUND
STICKHANDLING PROGRAM F

ALL AROUND
STICKHANDLING PROGRAM G

ALL AROUND
STICKHANDLING PROGRAM H

ALL AROUND
STICKHANDLING PROGRAM I

ALL AROUND
STICKHANDLING PROGRAM J

SHOOTING

ICE STG CATCH AND SHOOT
PROGRAM B- PROPER WING

ICE STG CATCH AND SHOOT
PROGRAM C- OFF WING

ICE STG CATCH AND SHOOT
PROGRAM D- WEIGHT TRANSFERRING

ICE STG OFF LEG CATCH AND SHOOT

ICE STG OPEN HIP CATCH AND SHOOT

ICE STG LOAD AND SHIFT CATCH AND SHOOT

ICE STG 2 TOUCH PROGRAM B- PROPER WING

ICE STG 2 TOUCH PROGRAM C- OFF WING

ICE STG 2 TOUCH PROGRAM D-
WEIGHT TRANSFERING

ICE STG OFF LEG 2 TOUCH

ICE STG OPEN HIP 2 TOUCH

ICE STG LOAD AND SHIFT 2 TOUCH

ICE STG 1 TOUCH PROGRAM B- PROPER WING

ICE STG 1 TOUCH PROGRAM C- OFF WING

ICE STG 1 TOUCH PROGRAM D- WEIGHT TRANSFERING

ICE STG OFF LEG 1 TOUCH

ICE STG OPEN HIP 1 TOUCH

ICE STG LOAD AND SHIFT 1 TOUCH

STICKHANDLING + SHOOTING

SHOOTING - OPEN HIP GLIDE L1

SHOOTING - OPEN HIP GLIDE L2

SHOOTING - OPEN HIP GLIDE L3

SHOOTING - OPEN HIP STRIDE L1

SHOOTING - OPEN HIP STRIDE L2

SHOOTING - OPEN HIP STRIDE L3

SHOOTING - OFF LEG GLIDE L1

SHOOTING - OFF LEG GLIDE L2

SHOOTING - OFF LEG GLIDE L3

SHOOTING - OFF LEG STRIDE L1

SHOOTING - OFF LEG STRIDE L2

SHOOTING - OFF LEG STRIDE L3

SHOOTING - LOAD AND SHIFT L1

SHOOTING - LOAD AND SHIFT L3



EMMA MALTAIS

RYAN LOMBERG

WYATT JOHNSTON

SOPHIE JAUQUES

SAM O'REILLY



54 OFF ICE PROGRAMS

STICKHANDLING

OI STH PULLS PROGRAM A

OI STH PULLS PROGRAM B

OI STH TOE DRAG PROGRAM A

OI STH TOE DRAG PROGRAM B

OI STH TOE DRAG PROGRAM C

OI STH WEIGHT SHIFT FAKES PROGRAM A

OI STH 360 PROGRAM A

OI STH 360 PROGRAM B

OI STH LINE DRILLS PROGRAM A

OI STH LINE DRILLS PROGRAM B

OI STH CHANNEL DRILLS PROGRAM A

OI STH CHANNEL DRILLS PROGRAM B

OI STH DOUBLE DICE PROGRAM A

OI STH DOUBLE DICE PROGRAM B

OI STH ZIG ZAG PROGRAM A

OI STH ZIG ZAG PROGRAM B

OI STH DOUBLE DOUBLE DICE PROGRAM A

OI STH DOUBLE DOUBLE DICE PROGRAM B

SHOOTING

OI STG SITTING DUCK PUCK A

OI STG SITTING DUCK PUCK B

OI STG TOE PULL A

OI STG TOE PULL B

OI STG 2 TOUCH A

OI STG 2 TOUCH B

OI STG OFF LEG TOE FORWARDS

OI STG OFF LEG TOE 45 DEGREES

OI STG OFF LEG TOE 90 DEGREES

OI STG OFF LEG STRIDE STEP INS

OI STG OFF LEG PW CROSSOVER

OI STG OFF LEG OW CROSSOVER

OI STG OPEN HIP TOE FORWARDS

OI STG OPEN HIP TOE 45 DEGREES

OI STG OPEN HIP TOE 90 DEGREES

OI STG OPEN HIP STRIDE STEP INS

OI STG OPEN HIP PW CROSSOVER

OI STG OPEN HIP OW CROSSOVER

STICKHANDLING + SHOOTING

OPEN HIP GLIDE L1

OPEN HIP GLIDE L4

OPEN HIP GLIDE L5

OPEN HIP GLIDE L6

OPEN HIP STRIDE L1

OPEN HIP STRIDE L4

OPEN HIP STRIDE L5

OPEN HIP STRIDE L6

OFF LEG GLIDE L1

OFF LEG GLIDE L4

OFF LEG GLIDE L5

OFF LEG GLIDE L6

OFF LEG STRIDE L4

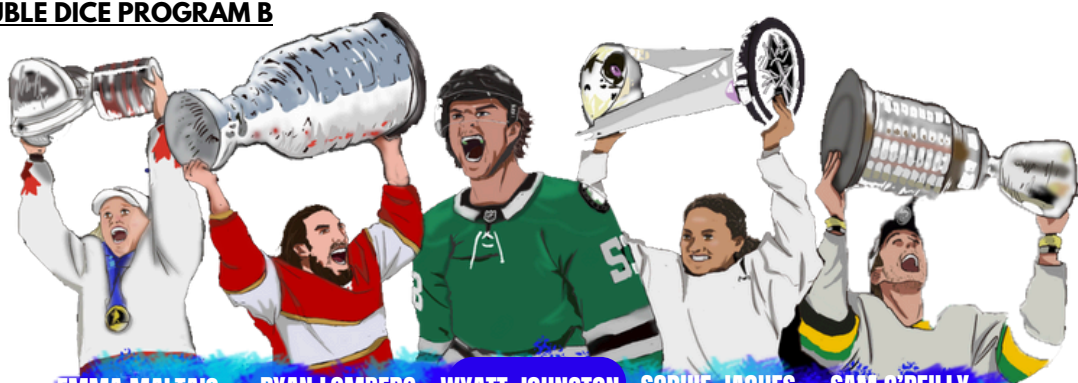
OFF LEG STRIDE L5

OFF LEG STRIDE L6

LOAD AND SHIFT L4

LOAD AND SHIFT L5

LOAD AND SHIFT L6



EMMA MALTAIS



RYAN LOMBERG



WYATT JOHNSTON



SOPHIE JAKES



SAM O'REILLY



33 ROLLERBLADING PROGRAMS

STICKHANDLING

RBL STH PULLS PROGRAM A

RBL STH DRAWS PROGRAM A

RBL STH TOE DRAGS PROGRAM A

RBL STH SAUCER PASS PROGRAM A

RBL STH WEIGHT SHIFT FAKES PROGRAM A

RBL STH WEIGHT SHIFT FAKES PROGRAM B

RBL STH WEIGHT SHIFT FAKES PROGRAM C

RBL STH SLIPS PROGRAM A

RBL STH JUST KIDDINGS PROGRAM A

RBL STH 360 PROGRAM A

RBL STH MOHAWK HITS FACE IN PROGRAM A

RBL STH TOE DRAGS PROGRAM A

SPEED WITH THE PUCK

RBL SWP TWO HAND STRIDE PROGRAM A

RBL SWP 2 TO 1 STRIDE PROGRAM A

RBL SWP MOHAWKS PROGRAM A

STICKHANDLING + SHOOTING

OFF WING FROM TOE DRAGS

PROPER WING FROM TOE DRAGS

OFF WING FROM DRAWS

PROPER WING FROM DRAWS

OFF WING FROM SHIMMIES

PROPER WING FROM SHIMMIES

OFF WING FROM WEIGHTSHIFT FAKES

PROPER WING FROM WEIGHTSHIFT FAKES

OFF WING FROM JUST KIDDINGS

PROPER WING FROM JUST KIDDINGS

OFF WING FROM SAUCER PASSES

PROPER WING FROM SAUCER PASSES

OFF WING FROM QUICK DRIBBLES

PROPER WING FROM QUICK DRIBBLES

OFF WING FROM SLIPS

PROPER WING FROM SLIPS

OFF WING FROM TUCKS

PROPER WING FROM TUCKS



EMMA MALTAIS

RYAN LOMBERG

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SOPHIE JAUQUES

SAM O'REILLY



TRUSTED BY CHAMPIONS