



# SIMPLE SKATING PERFORMANCE METRICS RECORDING SHEET



BIG Questions		SCORE	Scoring Criteria 4 = NHL, 3 = OHL, 2 = High Performing (Note not all tests will have all levels)	
1	Do you experience Symptoms (Grind, Pitch, Pain) when you squat or while you are playing hockey?	Need to Have a health care professional evaluate the hip.		
2	Can you get into the ideal skating position?	Single Leg Control	<b>Single Leg Squat (No Compensation)</b> 4 = Depth 3 for 15Reps 3 = Depth 2 for 10 reps  *Add Both Tests / leg   Percentage = Total Score / 16	<b>Reactive Hop Test</b> 4 = No Dynamic Valgus
		Basic Hip Mobility	*Add Both Tests   Percentage = Total Score / 8	<b>Squat</b> 4 = Full Depth Squat while maintaining a neutral spine position (No Compensation) 2 = Parallel Depth while maintaining a neutral spine position (No Compensation)  <b>Overhead Squat</b> 4 = Full Depth Squat while maintaining a neutral spine position and bar over <u>heels</u> (No Compensation) 2 = Parallel Depth while maintaining a neutral spine position with bar <u>over head</u> (No Compensation)
3	Can you achieve the ideal stride length	Jump Profile	<b>CMJ Standards</b> 4 = 33" 3 = 30" 2 = 26"  *Add Both Tests   Percentage = Total Score / 12	<b>Hop Standards</b> 4 = 20" 3 = 17" 2 = 14"
4	Can you create the ideal edge-ice interface (Skating Skill)	Edge Control	*Add Both Tests   Percentage = Total Score / 8	<b>Lateral to Medial Jump</b> 4 = 2.5x+ height 3 = 2.1x height 2 = 1.8x height  <b>Pent Jump / Side</b> 4 = 14 3 = 12 2 = 10
5	Do you demonstrate ideal Trunk and Arm Control	Basic Trunk Control	*Add Both Tests / Side   Percentage = Total Score / 8	<b>Side Bridge</b> (Point Score for each side) * If you scored 1 point below on one side there is a problem. Contact a health care professional 4 = 90s 3 = 70s 2 = 60s
6	Hockey Specific Skating Power Endurance	Repeat Power	*Add Both Tests / Side   Percentage = Total Score / 8	<b>Split Jump</b> 4 = 35+ 3 = 25 2 = 15