

JUNIOR SILVER SKATING SKILLS EVALUATION SHEET



SKATECANADA

Day	Month	Year			

Club Holding Test _____
 Candidate _____
 Home Club of Candidate _____
 Signature of Evaluator _____

Coach _____
 Evaluator _____

JUNIOR SILVER	
Pass <input type="checkbox"/>	Retry <input type="checkbox"/>

JUNIOR SILVER SKATING SKILLS EVALUATION SHEET

Day	Month	Year			

Candidate _____ Evaluator _____

E = EXCELLENT	G = GOOD	S = SATISFACTORY	NI = NEEDS IMPROVEMENT
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Three exercises to be skated. One exercise may be reskated if necessary.

CONSIDER: Edge Quality, Ice Coverage, Ease of Motion, Correctness of Steps, Posture

EXERCISE	E	G	S	NI	COMMENTS
<p>A: Multi Turns & Power Threes (Option of 3 or 4 power threes on 3rd side and 2 or 3 power threes on 4th side)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> FOCUS: Balance In Multiple Turns Power Transitions </div>					
<p>B: Snakes & Ladders II</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> FOCUS: Edge Quality in Small Lobes Balance in Multiple Turns & Loops </div>					
<p>C: Flying Choctaws</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> FOCUS: Agility Power </div>					

Passing Requirement: 3/3 Exercises must be Satisfactory or better

Total	/3
RESULT	

JUNIOR SILVER SKATING SKILLS STANDARDS

MULTI TURNS AND POWER THREES

<p>1st Side</p> <ul style="list-style-type: none"> • Strong edges are required in the choctaw and the following cross step. • The hip twist and mohawk are skated in a straight line. • Strong edges are again required in the change of edge followed by a straight line pattern for the three turn/bracket. <p>Note:</p> <ul style="list-style-type: none"> • Edge quality and balance must be demonstrated. <p>1st End:</p> <ul style="list-style-type: none"> • Assess power from the blade and a strong lean on the backward inside edges. • Free foot is on the ice during lunges. <p>2nd Side:</p> <ul style="list-style-type: none"> • See 1st side comments and note. 	<p>2nd End & 3rd Side:</p> <ul style="list-style-type: none"> • Assess power from the blade and the lean on the inside edges. <p>3rd End:</p> <ul style="list-style-type: none"> • Assess on the basis of edges and consistent pace. <p>4th Side</p> <ul style="list-style-type: none"> • Assess power from the blade and the lean on inside edges. <p>End + Concluding Steps:</p> <ul style="list-style-type: none"> • Power and balance are required. <p>Note:</p> <ul style="list-style-type: none"> • Variations of speed should be evident as the first two sides will be executed with less power than the last two sides.
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SNAKES AND LADDERS II (revised)

<p>1st Side:</p> <ul style="list-style-type: none"> • Assess on the basis of: • Strong edges in the changes of edge. • Flow in the loops (errors in 2 of the 8 loops are acceptable). <p>1st End:</p> <ul style="list-style-type: none"> • Any type of transition steps between the BO edges is acceptable (i.e. cross roll, cross step). • Assess on the basis of edges and consistent pace. 	<p>2nd Side:</p> <ul style="list-style-type: none"> • Strong spiral positions are required. • Assess steps on basis of edges and consistent pace. <p>2nd End:</p> <ul style="list-style-type: none"> • Assess on the basis of balance (ease of motion) in the turns. <p>Note:</p> <ul style="list-style-type: none"> • Variations in speed should be evident as the initial side and last end sections must be executed with less power than the first end and second side sections.
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FLYING CHOCTAWS

<p>1st Side:</p> <ul style="list-style-type: none"> • Strong edges are required in the choctaws and the following cross steps. <p>1st End:</p> <ul style="list-style-type: none"> • Power must be developed throughout this section. 	<p>2nd Side:</p> <ul style="list-style-type: none"> • Strong edges are required in the choctaws and the following cross steps.
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