

SENIOR SILVER SKATING SKILLS EVALUATION SHEET



Day	Month	Year			

Club Holding Test _____

Candidate _____

Coach _____

Home Club of Candidate _____

Evaluator _____

Signature of Evaluator _____

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

SENIOR 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
A: Rockers & Choctaws <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> FOCUS: Control of Rockers Agility </div>					
B: Multi-Circle Threes & Brackets <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> FOCUS: Control of Threes and Brackets Power </div>					
C: Expanding Exercise <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> FOCUS: Edge Quality Balance Control of All Turns </div>					

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

Total	/3
RESULT	

SENIOR SILVER SKATING SKILLS STANDARDS

ROCKERS AND CHOCTAWS

<p>1st Side:</p> <ul style="list-style-type: none"> • Strong, defined curves allow the skater to focus on executing the correct edges. • Accurate edges are required in 3 of the 4 rocker turns. <p>1st End:</p> <ul style="list-style-type: none"> • Edge quality and ease of motion may be difficult for some skaters due to body build (hip turnout). 	<p>2nd Side:</p> <ul style="list-style-type: none"> • Strong, defined curves allow the skater to focus on executing the correct edges. • Accurate edges are required in 3 of the 4 rocker turns. <p>2nd End:</p> <ul style="list-style-type: none"> • Edge quality and ease of motion may be difficult for some skaters due to body build (hip turnout).
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MULTI CIRCLE THREES AND BRACKETS

<p>Circles:</p> <ul style="list-style-type: none"> • Controlled execution of the turns with power and pacing is required throughout the exercise. <p>Transition:</p> <ul style="list-style-type: none"> • The skater must generate enough power to travel to the opposite end of the rink. 	<p>Note:</p> <ul style="list-style-type: none"> • Ice coverage must be attained from the turns as well as the crosscuts. • Power and balance are required.
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EXPANDING EXERCISE

<p>Opening Circle & 3rd Circle:</p> <ul style="list-style-type: none"> • Power from the blade is required. • Circle should be approximately 30 feet (9 meters) in diameter. <p>Transition:</p> <ul style="list-style-type: none"> • Control of the turns and flow are required. <p>2nd Circle & 4th Circle:</p> <ul style="list-style-type: none"> • Pivot should be held for approximately one revolution. Flow and balance are required. 	<p>Change of Edge Section:</p> <ul style="list-style-type: none"> • The change of edge section must begin from a standstill. Lobes are small (approximately 1.5 feet in diameter). • Speed should be minimal. Balance and edges, creating ease of motion are required. <p>Concluding Steps:</p> <ul style="list-style-type: none"> • Each circle should use 1/3 of the ice surface. • Circles 2 and 3 use the same ice surface section (i.e. middle section).
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