Skate Canada Dance Assessment
STAR 1 Dance

Date: _____ Club: _____ Candidate: _____

SC#:_____ Coach Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 1 Dance

Date: _____ Candidate: _____ Coach Assessor: _____

In order to establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS	
		GOLD	SILVER	BRONZE			
Forward Progressives	Technique				G ☐	CW	CCW
	Execution				S ☐		
	Carriage				B ☐		
Forward Chasses	Technique				G ☐	CW	CCW
	Execution				S ☐		
	Carriage				B ☐		
Forward Slide Chasses	Technique				G ☐	CW	CCW
	Execution				S ☐		
	Carriage				B ☐		
Forward Outside Swing Roll Sequence	Technique				G ☐	RFO	LFO
	Execution				S ☐		
	Carriage				B ☐		
Forward Outside Cross Rolls	Technique				G ☐	RFO	LFO
	Execution				S ☐		
	Carriage				B ☐		

Result: ☐ **Pass with Honours** (4 of 5 elements Gold) ☐ **Pass** (4 of 5 elements Silver or better) ☐ **Retry**	**Total Overall Assessment**	**Gold**	**Silver**	**Bronze**

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Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Fwd Progressives **Fwd Chasses** **Fwd Slide Chasse** **Fwd Swing Rolls** **Fwd Cross Rolls**	**(1) Technique:** Proper mechanics demonstrated	• Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout	• Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout	• Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout
	(2) Execution: Balance, control & depth of edges	• Balance • Depth of edges Good control of all steps	• Balance • Depth of edges Reasonable control on 75% of steps or more	• Balance • Depth of edges 50% or more of the steps do not have sufficient control
	(3) Carriage: Style, body lines, posture	• Body carriage – strong throughout • Free leg extension – strong throughout	• Body carriage • Free leg extension	• Body carriage – weak throughout • Free leg extension – weak throughout

Additional Comments:

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