STARSKATE

Skate Canada Freeskate Assessment

STAR 2 Freeskate - Program

Date: _____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

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

STAR 2 Freeskate – Program

Date: _____ Candidate: _____ Coach Assessor: _____

PROGRAM CONTENT

(all elements must be attempted)

JUMPS	SPINS	OTHER
☐ Single Salchow ☐ Single Toe-Loop ☐ Single Loop ☐ Single Flip or Single Lutz ☐ Waltz + Toe-Loop Combination	☐ Backward Upright Spin ☐ Sit Spin or Camel Spin	☐ Forward Spiral Sequence ☐ Turn Sequence
Mandatory Program Content: Did skater's program contain required content?	☐ Yes ☐ No **(must be Yes in order to receive a Pass or Pass with Honours)**	

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

***Element assessment cannot exceed criteria rating.**

PROGRAM COMPONENTS	CRITERIA	RATING			OVERALL	COMMENTS
		GOLD	SILVER	BRONZE		
Skating Skills	**Technique***				G ☐ S ☐ B ☐	
	Power					
	Execution					
Performance/ Execution	**Carriage***				G ☐ S ☐ B ☐	
	Projection					

Mandatory Program Content	☐ **Yes**	☐ **No**		
Result: ☐ **Pass with Honours** (2 of 2 PC's Gold) ☐ **Pass** (2 of 2 PC's Silver or better) ☐ **Retry**	**Total Overall Assessment**	**Gold**	**Silver**	**Bronze**

Copyright © 2016 Skate Canada

Skate Canada Freeskate Assessment

STAR 2 Freeskate - Program

Skate Canada Freeskate Assessment

STAR 2 Freeskate - Program

Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Skating Skills	**(1) Technique:*** Proper mechanics demonstrated	• Turns (100%) • Blade pushes (More than 75%)	• Turns (75%) • Blade pushes (More than 75%)	• Turns (50%) • Evident toe pushing
	(2) Power: The ability to generate and maintain speed	• Acceleration • Knee action	• Acceleration • Knee action	• Acceleration • Knee action
	(3) Execution: Balance, control and edge quality	Stable throughout Evidence of body lean	Generally stable Some body lean	Stability inconsistent Minimal body lean
Performance/ Execution	**(1) Carriage:*** Style, form, line	• Form • Core strength • Body line	• Form • Core strength • Body line	• Form • Core strength • Body line
	(2) Projection: The ability to perform with confidence	• Confidence • Commitment to movements	• Confidence • Commitment to movements	• Confidence • Commitment to movements

Additional Comments:

Copyright © 2016 Skate Canada