STARSKATE

Skate Canada Freeskate Assessment

STAR 3 Freeskate - Program

Date: _____ Club: _____Candidate: _____

SC#: _____ Coach Assessor: _____

Evaluation Result: Pass ☐ Pass with Honours ☐ Retry ☐

STAR 3 Freeskate – Program

Date: _____ Candidate: _____ Coach Assessor: _____

PROGRAM CONTENT

(**all** elements must be attempted)

JUMPS	SPINS	OTHER
☐ Waltz (or Single Axel) ☐ Single Jump #1_____ ☐ Single Jump #2_____ ☐ Single Jump #3_____ ☐ Loop + Loop Combination	☐ Backward Upright Spin ☐ Combination (with or without a change of foot)	☐ Forward Spiral 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 ☐	
	Power				S ☐	
	Execution				B ☐	
Performance	**Carriage***				G ☐	
	Projection				S ☐	
					B ☐	
Interpretation	**Timing***				G ☐	
	Character				S ☐	
					B ☐	

Mandatory Program Content	☐ **Yes**	☐ **No**		
Result: ☐ **Pass with Honours** (2 of 3 PC's Gold) ☐ **Pass** (2 of 3 PC's 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)
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	**(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
Interpretation	**(1) Timing:*** Ability to match the timing of the music	Several movements match musical pace/timing.	A few movements match musical pace/timing.	Movements generally not matched with musical pace/timing.
	(2) Character: Ability to reflect the character of the music	Multiple movements demonstrate an understanding of music character.	Very basic interpretation; limited understanding of music and its character.	A small number of movements related to music character, mainly limited to opening and ending.

Additional Comments:

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