



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
<input type="checkbox"/> Single Salchow <input type="checkbox"/> Single Toe-Loop <input type="checkbox"/> Single Loop <input type="checkbox"/> Single Flip or Single Lutz <input type="checkbox"/> Waltz + Toe-Loop Combination	<input type="checkbox"/> Backward Upright Spin <input type="checkbox"/> Sit Spin or Camel Spin	<input type="checkbox"/> Forward Spiral Sequence <input type="checkbox"/> Turn Sequence

Mandatory Program Content:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Did skater's program contain required content?	(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 <input type="checkbox"/>	
	Power				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Performance/ Execution	Carriage*				G <input type="checkbox"/>	
	Projection				S <input type="checkbox"/> B <input type="checkbox"/>	

Mandatory Program Content <input type="checkbox"/> Yes <input type="checkbox"/> No				
Result:		<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
<input type="checkbox"/> Pass with Honours (2 of 2 PC's Gold) <input type="checkbox"/> Pass (2 of 2 PC's Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment			



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	<ul style="list-style-type: none"> • Turns (100%) • Blade pushes (More than 75%) 	<ul style="list-style-type: none"> • Turns (75%) • Blade pushes (More than 75%) 	<ul style="list-style-type: none"> • Turns (50%) • Evident toe pushing
	(2) Power: The ability to generate and maintain speed	<ul style="list-style-type: none"> • Acceleration • Knee action 	<ul style="list-style-type: none"> • Acceleration • Knee action 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Form • Core strength • Body line 	<ul style="list-style-type: none"> • Form • Core strength • Body line 	<ul style="list-style-type: none"> • Form • Core strength • Body line
	(2) Projection: The ability to perform with confidence	<ul style="list-style-type: none"> • Confidence • Commitment to movements 	<ul style="list-style-type: none"> • Confidence • Commitment to movements 	<ul style="list-style-type: none"> • Confidence • Commitment to movements

Additional Comments:
