



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
<input type="checkbox"/> Waltz (or Single Axel) <input type="checkbox"/> Single Jump #1 _____ <input type="checkbox"/> Single Jump #2 _____ <input type="checkbox"/> Single Jump #3 _____ <input type="checkbox"/> Loop + Loop Combination	<input type="checkbox"/> Backward Upright Spin <input type="checkbox"/> Combination (with or without a change of foot)	<input type="checkbox"/> Forward Spiral Sequence

Mandatory Program Content: Yes 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	Carriage*				G <input type="checkbox"/>	
	Projection				S <input type="checkbox"/> B <input type="checkbox"/>	
Interpretation	Timing*				G <input type="checkbox"/>	
	Character				S <input type="checkbox"/> B <input type="checkbox"/>	

Mandatory Program Content Yes No

Result: <input type="checkbox"/> Pass with Honours (2 of 3 PC's Gold) <input type="checkbox"/> Pass (2 of 3 PC's Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
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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	<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	(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
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:
