



## Skate Canada Skills Assessment

### STAR 1 - Skills

Date: \_\_\_ / \_\_\_ / \_\_\_ Club: \_\_\_\_\_ Candidate: \_\_\_\_\_

SC#: \_\_\_\_\_ Coach Assessor: \_\_\_\_\_

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

### STAR 1 - Skills

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					
<b>Fwd Edges</b>	Edge Quality				G <input type="checkbox"/>	FO		FI	
	Technique				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>Fwd 3 - Turns</b>	Edge Quality				G <input type="checkbox"/>	RFO	LFO	RFI	LFI
	Technique				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>FI MoH Turn Sequence</b>	Technique				G <input type="checkbox"/>				
	Power				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>STAR 1 Stroking (Basic)</b>	Technique				G <input type="checkbox"/>				
	Power				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>Fwd Spiral Circles</b>	Positions				G <input type="checkbox"/>	CW RFO, LFI		CCW LFO, RFI	
	Duration				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>Field Move of Choice:</b> <small>A: Fwd 1ft sit glide B: Ina Bauer C: Spread Eagle (Skater selects one)</small>	Position				G <input type="checkbox"/>	Fwd 1ft sit glide	Ina Bauer	Spread Eagle	
	Duration				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				

<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (5 of 6 elements Gold) <input type="checkbox"/> <b>Pass</b> (5 of 6 elements Silver or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
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#### Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
<b>Fwd Edges</b>  <b>Fwd 3 - turns</b>	<b>(1) Edge Quality:</b> Quality of edge	Strong, solid edges and body lean evident for 75% or more of exercise	Solid edges and body lean evident for 50% or more of exercise	Edges and body lean weak (wobbles) for 50% or more of exercise
	<b>(2) Technique:</b> Proper mechanics demonstrated (Turns where applicable)	<ul style="list-style-type: none"> <li>• Turns (100% correct)</li> <li>• Blade pushes (more than 75%)</li> </ul>	<ul style="list-style-type: none"> <li>• Turns (75% correct)</li> <li>• Blade pushes (75% or more)</li> </ul>	<ul style="list-style-type: none"> <li>• Turns (50% correct)</li> <li>• Blade pushes (less than 75%)</li> </ul>
	<b>(3) Execution:</b> Balance, control, agility and form	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Agility</li> <li>• Form</li> </ul> Good control of all three turns (evident entry & exit edges)	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Agility</li> <li>• Form</li> </ul> Reasonable control on 3 of 4 three turns	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Agility</li> <li>• Form</li> </ul> Control of three turns weak on 2 or more turns
<b>FI MoH Turn Sequence</b>  <b>STAR 1 Basic Stroking Exercise</b>	<b>(1) Technique:</b> (for turn sequence) Proper mechanics demonstrated	<ul style="list-style-type: none"> <li>• Turns (100%)</li> <li>• Blade pushes (More than 75%)</li> </ul>	<ul style="list-style-type: none"> <li>• Turns (75%)</li> <li>• Blade pushes (More than 75%)</li> </ul>	<ul style="list-style-type: none"> <li>• Turns (50% or less)</li> <li>• Blade pushes (Less than 75%)</li> </ul>
	<b>(2) Power:</b> (for stroking exercise) Ability to generate and maintain speed	<ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>
	<b>(3) Execution:</b> Balance, control, agility and form	Stable throughout	Stable 75% or more of the time	Stable less than 75% of the time or fall
<b>Fwd Spirals</b>  <b>Field Move</b>	<b>(1) Position:</b> Quality of position	<ul style="list-style-type: none"> <li>• Body line</li> <li>• Flexibility (leg higher than hip level for spiral)</li> </ul> (Three or more spirals)	<ul style="list-style-type: none"> <li>• Body line</li> <li>• Flexibility (leg at hip level for spiral)</li> </ul> (One spiral on each foot)	<ul style="list-style-type: none"> <li>• Body line</li> <li>• Flexibility (leg at or below hip level for spiral)</li> </ul> (Two or more spirals)
	<b>(2) Duration:</b> Length of position	2 seconds or more <b>Spirals: One on each foot</b>	1 second or more <b>Spirals: One on each foot</b>	Less than 1 second <b>Spirals: Two or more spirals</b>
	<b>(3) Execution:</b> Balance, control and edge quality	<ul style="list-style-type: none"> <li>• Balance/control</li> <li>• Edge quality</li> </ul>	<ul style="list-style-type: none"> <li>• Balance/control</li> <li>• Edge quality</li> </ul>	<ul style="list-style-type: none"> <li>• Balance/control</li> <li>• Edge quality</li> <li>• Fall</li> </ul>

**Additional Comments:**

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