STARSKATE

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

Result:	Total Overall Assessment	Gold	Silver	Bronze
☐ **Pass with Honours** (5 of 6 elements Gold) ☐ **Pass** (5 of 6 elements Silver or better) ☐ **Retry**				

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Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	**SILVER (Reasonable for level)**	**BRONZE (Poor for level)**
Fwd Edges **Fwd 3 - turns**	**(1) Edge Quality:** 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
	(2) Technique: Proper mechanics demonstrated (Turns where applicable)	• Turns (100% correct) • Blade pushes (more than 75%)	• Turns (75% correct) • Blade pushes (75% or more)	• Turns (50% correct) • Blade pushes (less than 75%)
	(3) Execution: Balance, control, agility and form	• Balance • Agility • Form Good control of all three turns (evident entry & exit edges)	• Balance • Agility • Form Reasonable control on 3 of 4 three turns	• Balance • Agility • Form Control of three turns weak on 2 or more turns
FI MoH Turn Sequence **STAR 1 Basic Stroking Exercise**	**(1) Technique**: (for turn sequence) Proper mechanics demonstrated	• Turns (100%) • Blade pushes (More than 75%)	• Turns (75%) • Blade pushes (More than 75%)	• Turns (50% or less) • Blade pushes (Less than 75%)
	(2) Power: (for stroking exercise) Ability to generate and maintain speed	• Acceleration • Knee action	• Acceleration • Knee action	• Acceleration • Knee action
	(3) Execution: Balance, control, agility and form	Stable throughout	Stable 75% or more of the time	Stable less than 75% of the time or fall
Fwd Spirals **Field Move**	**(1) Position:** Quality of position	• Body line • Flexibility (leg higher than hip level for spiral) (Three or more spirals)	• Body line • Flexibility (leg at hip level for spiral) (One spiral on each foot)	• Body line • Flexibility (leg at or below hip level for spiral) (Two or more spirals)
	(2) Duration: Length of position	2 seconds or more **Spirals: One on each foot**	1 second or more **Spirals: One on each foot**	Less than 1 second **Spirals: Two or more spirals**
	(3) Execution: Balance, control and edge quality	• Balance/control • Edge quality	• Balance/control • Edge quality	• Balance/control • Edge quality • Fall

Additional Comments:

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