STARSKATE

Skate Canada Skills Assessment

STAR 2 - Skills

Date: _____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

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

STAR 2 - 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 assessment cannot exceed criteria rating.**

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS			
		GOLD	SILVER	BRONZE					
Backward Edges	**Edge Quality***				G ☐	BO		BI	
	Technique				S ☐				
	Execution				B ☐				
Backward 3-Turns	**Edge Quality***				G ☐	RBO	RBI	LBO	LBI
	Technique				S ☐				
	Execution				B ☐				
Forward Circle on Circle	**Edge Quality***				G ☐	CW		CCW	
	Technique				S ☐				
	Execution				B ☐				
2-ft to 1-ft Multi Turns	**Technique***				G ☐				
	Power				S ☐				
	Execution				B ☐				
FO Turn Sequence	**Technique***				G ☐				
	Power				S ☐				
	Execution				B ☐				

Result:	**Total Overall Assessment**	**Gold**	**Silver**	**Bronze**
☐ **Pass with Honours** (4 of 5 elements Gold) ☐ **Pass** (4 of 5 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)**
Bwd Edges **Bwd 3-turns** **Fwd Circle on Circle**	**(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
2-ft to 1-ft Multi Turns **FO Turn Sequence**	**(1) Technique:*** 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: 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

Additional Comments:

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