Skate Canada Skills Assessment

STAR 5 - Skills

Date: _____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

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

STAR 5 - 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		
STAR 5 Stroking 1 (Quick Edges)	**Power***				G ☐	
	Technique*				S ☐	
	Execution				B ☐	
STAR 5 Stroking 2 (Bwd Slalom)	**Power***				G ☐	
	Technique*				S ☐	
	Execution				B ☐	
Spiral Sequence	**Position***				G ☐	
	Duration*				S ☐	
	Execution				B ☐	

Result:		**Gold**	**Silver**	**Bronze**
☐ **Pass with Honours** (2 of 3 elements Gold) ☐ **Pass** (2 of 3 elements Silver or better) ☐ **Retry**	**Total Overall Assessment**			

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Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	**SILVER (Reasonable for level)**	**BRONZE (Poor for level)**
Stroking 1 (Quick Edges) **Stroking 2 (Bwd Slalom)**	**(1) Power:*** Ability to generate and maintain speed	• Acceleration • Knee action	• Acceleration • Knee action	• Acceleration • Knee action
	(2) Technique:* Proper mechanics demonstrated (Turns where applicable)	• Turns (100%) • Blade pushes (More than 75%)	• Turns (75%) • Blade pushes (More than 75%)	• Turns (50% or less) • Blade pushes (Less than 75%)
	(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
Spiral Sequence	**(1) Position:*** Quality of position	• Body lines • Flexibility (leg higher than hip) **Spirals: one on each foot**	• Body lines • Flexibility (leg at hip) **Spirals: one on each foot**	• Body lines • Flexibility (leg below hip) **Spirals: one foot**
	(2) Duration:* Length of positions	3 seconds or more Spirals: one on each foot	One spiral 3 seconds or more; Other foot no less than 2 seconds	Both spirals 2 seconds or less
	(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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