STARSKATE

Skate Canada Skills Assessment

STAR 3 - Skills

Date: _____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

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

STAR 3 - 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 3 Stroking (Power)	**Power***				G ☐				
	Technique				S ☐				
	Execution				B ☐				
Forward Spiral Circles	**Position***				G ☐	CW RFO, LFI		CCW LFO, RFI	
	Duration				S ☐				
	Execution				B ☐				
Field Move of Choice: A: Bwd 1ft sit glide B: Fwd Y Spiral C: Spread Eagle D: Ina Bauer (Skater selects one)	**Position***				G ☐	Bwd 1-ft sit glide	Fwd Y Spiral	Spread Eagle	Ina Bauer
	Duration				S ☐				
	Execution				B ☐				

Result:	**Total Overall Assessment**	**Gold**	**Silver**	**Bronze**
☐ **Pass with Honours** (2 of 3 elements Gold) ☐ **Pass** (2 of 3 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)
Power Stroking	**Power:*** Ability to generate and maintain speed	• Acceleration • Knee action	• Acceleration • Knee action	• Acceleration • Knee action
	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%)
	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 Spiral Circles Field Move	**Position:*** Quality of position	• Body lines • Flexibility (leg higher than hip for spiral) **Spirals: one on each foot**	• Body lines • Flexibility • (leg at hip for spiral) **Spirals: one on each foot**	• Body lines • Flexibility (leg below hip for spiral) **Spirals: one foot**
	Duration: Length of position	FM: 3 seconds or more Spirals: 3 seconds or more; one on each foot	FM: 2 seconds or more Spirals: One spiral 3 seconds or more; other foot no less than 2 seconds	FM: Less than 1 second Spirals: One spiral on each foot less than 2 seconds
	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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