STARSKATE

Skate Canada Skills Assessment

STAR 4 - Skills

Date: _____ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

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

STAR 4 - 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					
Forward Brackets	**Edge Quality***				G ☐	RFO	LFO	RFI	LFI
	Technique*				S ☐				
	Execution				B ☐				
Backward Brackets	**Edge Quality***				G ☐	RBO	LBO	RBI	LBI
	Technique*				S ☐				
	Execution				B ☐				
Forward Double Threes	**Edge Quality***				G ☐	RFO	LFO	RFI	LFI
	Technique*				S ☐				
	Execution				B ☐				
Backward Circle on Circle	**Edge Quality***				G ☐	CW		CCW	
	Technique*				S ☐				
	Execution				B ☐				
Forward Changes of Edge	**Edge Quality***				G ☐	RFO	RFI	LFO	LFI
	Technique*				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**				

Copyright © 2016 Skate Canada

Skate Canada Skills Assessment
STAR 4 - Skills
Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Fwd Brackets **Bwd Brackets** **Fwd Double Threes** **Bwd Circle on Circle** **Fwd Changes of Edge**	**(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%) • 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	• Balance • Agility • Form Good control of all 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

Additional Comments:

Copyright © 2016 Skate Canada