



## 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					
<b>Star 3 Stroking (Power)</b>	<b>Power*</b>				G <input type="checkbox"/>				
	Technique				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>Forward Spiral Circles</b>	<b>Position*</b>				G <input type="checkbox"/>	CW RFO, LFI	CCW LFO, RFI		
	Duration				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>Field Move of Choice:</b>  A: Bwd 1ft sit glide B: Fwd Y Spiral C: Spread Eagle D: Ina Bauer  (Skater selects one)	<b>Position*</b>				G <input type="checkbox"/>	Bwd 1-ft sit glide	Fwd Y Spiral	Spread Eagle	Ina Bauer
	Duration				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				

<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (2 of 3 elements Gold) <input type="checkbox"/> <b>Pass</b> (2 of 3 elements Silver or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
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#### Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
<b>Power Stroking</b>	<b>Power:*</b> Ability to generate and maintain speed	<ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Knee action</li> </ul>
	<b>Technique:</b> Proper mechanics demonstrated (Turns where applicable)	<ul style="list-style-type: none"> <li>• Turns (100%)</li> <li>• Blade pushes (more than 75%)</li> </ul>	<ul style="list-style-type: none"> <li>• Turns (75%)</li> <li>• Blade pushes (more than 75%)</li> </ul>	<ul style="list-style-type: none"> <li>• Turns (50% or less)</li> <li>• Blade pushes (less than 75%)</li> </ul>
	<b>Execution:</b> Balance, control, agility and form	Stable throughout	Stable 75% or more of the time	Stable less than 75% of the time or fall
<b>Fwd Spiral Circles</b>  <b>Field Move</b>	<b>Position:*</b> Quality of position	<ul style="list-style-type: none"> <li>• Body lines</li> <li>• Flexibility (leg higher than hip for spiral)</li> </ul> <b>Spirals: one on each foot</b>	<ul style="list-style-type: none"> <li>• Body lines</li> <li>• Flexibility</li> <li>• (leg at hip for spiral)</li> </ul> <b>Spirals: one on each foot</b>	<ul style="list-style-type: none"> <li>• Body lines</li> <li>• Flexibility (leg below hip for spiral)</li> </ul> <b>Spirals: one foot</b>
	<b>Duration:</b> 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
	<b>Execution:</b> Balance, control and edge quality	<ul style="list-style-type: none"> <li>• Balance/Control</li> <li>• Edge quality</li> </ul>	<ul style="list-style-type: none"> <li>• Balance/Control</li> <li>• Edge quality</li> </ul>	<ul style="list-style-type: none"> <li>• Balance/Control</li> <li>• Edge quality</li> <li>• Fall</li> </ul>

**Additional Comments:**

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