



## 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					
<b>Forward Brackets</b>	Edge Quality*				G <input type="checkbox"/>	RFO	LFO	RFI	LFI
	Technique*				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>Backward Brackets</b>	Edge Quality*				G <input type="checkbox"/>	RBO	LBO	RBI	LBI
	Technique*				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>Forward Double Threes</b>	Edge Quality*				G <input type="checkbox"/>	RFO	LFO	RFI	LFI
	Technique*				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>Backward Circle on Circle</b> <small>(skater draws for direction)</small>	Edge Quality*				G <input type="checkbox"/>	CW		CCW	
	Technique*				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				
<b>Forward Changes of Edge</b>	Edge Quality*				G <input type="checkbox"/>	RFO	RFI	LFO	LFI
	Technique*				S <input type="checkbox"/>				
	Execution				B <input type="checkbox"/>				



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#### Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
<b>Fwd Brackets</b>  <b>Bwd Brackets</b>  <b>Fwd Double Threes</b>  <b>Bwd Circle on Circle</b>  <b>Fwd Changes of Edge</b>	<b>(1) Edge Quality:*</b> 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
	<b>(2) 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>(3) Execution:</b> Balance, control, agility and form	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Agility</li> <li>• Form</li> </ul> Good control of all turns (evident entry & exit edges)	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Agility</li> <li>• Form</li> </ul> Reasonable control on 3 of 4 three turns	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Agility</li> <li>• Form</li> </ul> Control of three turns weak on 2 or more turns

**Additional Comments:**

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<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (4 of 5 elements Gold) <input type="checkbox"/> <b>Pass</b> (4 of 5 elements Silver or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<u><b>Gold</b></u>	<u><b>Silver</b></u>	<u><b>Bronze</b></u>
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