



## 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		
<b>STAR 5 Stroking 1</b> (Quick Edges) (skater draws for direction)	<b>Power*</b>				G <input type="checkbox"/>	
	<b>Technique*</b>				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
<b>STAR 5 Stroking 2</b> (Bwd Slalom)	<b>Power*</b>				G <input type="checkbox"/>	
	<b>Technique*</b>				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
<b>Spiral Sequence</b>	<b>Position*</b>				G <input type="checkbox"/>	
	<b>Duration*</b>				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>Stroking 1 (Quick Edges)</b>  <b>Stroking 2 (Bwd Slalom)</b>	<b>(1) 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>(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	Stable throughout	Stable 75% or more of the time	Stable less than 75% of the time or fall
<b>Spiral Sequence</b>	<b>(1) Position:*</b> Quality of position	<ul style="list-style-type: none"> <li>Body lines</li> <li>Flexibility (leg higher than hip)</li> </ul> <b>Spirals: one on each foot</b>	<ul style="list-style-type: none"> <li>Body lines</li> <li>Flexibility (leg at hip)</li> </ul> <b>Spirals: one on each foot</b>	<ul style="list-style-type: none"> <li>Body lines</li> <li>Flexibility (leg below hip)</li> </ul> <b>Spirals: one foot</b>
	<b>(2) Duration:*</b> 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
	<b>(3) 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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