



## Skate Canada Skills Assessment STAR 1

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ SC # \_\_\_\_\_

Home Club/Skating School: \_\_\_\_\_ Assessor: \_\_\_\_\_

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

### STAR 1 Skills

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ Assessor: \_\_\_\_\_

MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.			
<b>Edges (3 of 4):</b> Meets definition of edge	<b>Turns (3 of 4):</b> Meets definition of turn, minimum 2 second entry and exit edge.	<b>Field Moves:</b> Meets definition of the element and is held for a minimum of one second. (Spiral Circles: Min 1 spiral per foot only)	<b>Skills Exercise/Turn Sequence:</b> Meets definition of the element including the prescribed steps.

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		BRONZE	SILVER	GOLD		
<b>Forward Edges</b>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy			G <input type="checkbox"/>	FO <input type="checkbox"/> FI <input type="checkbox"/>
		Carriage/Clarity			S <input type="checkbox"/>	
		Edge Quality			B <input type="checkbox"/>	
<b>Forward Three-Turns</b>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy			G <input type="checkbox"/>	RFO <input type="checkbox"/> LFO <input type="checkbox"/> RFI <input type="checkbox"/> LFI <input type="checkbox"/>
		Carriage/Clarity			S <input type="checkbox"/>	
		Edge Quality			B <input type="checkbox"/>	
<b>Forward Inside C Step Sequence</b>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy			G <input type="checkbox"/>	
		Carriage/Clarity			S <input type="checkbox"/>	
		Edge Quality			B <input type="checkbox"/>	
<b>Forward Spiral Circles</b>	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Position			G <input type="checkbox"/>	CW – RFO, LFI <input type="checkbox"/> CCW – LFO, RFI <input type="checkbox"/>
		Carriage/Clarity			S <input type="checkbox"/>	
		Edge Quality			B <input type="checkbox"/>	
<b>Field Move of Choice:</b> A: Forward 1ft Sit Glide B: Ina Bauer C: Spread Eagle (skater's choice)	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Position			G <input type="checkbox"/>	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/>
		Carriage/Clarity			S <input type="checkbox"/>	
		Edge Quality			B <input type="checkbox"/>	
<b>STAR 1 Skills Exercise</b> Basic (Skater chooses direction)	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Power			G <input type="checkbox"/>	
		Accuracy			S <input type="checkbox"/>	
		Carriage/Clarity			B <input type="checkbox"/>	

2 re-skates permitted (must be two different elements)

<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (5 of 6 elements Gold) <input type="checkbox"/> <b>Pass</b> (5 of 6 elements Silver or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
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## Skate Canada Skills Assessment STAR 1

### Standards of Assessment

Standards			
CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
<b>Accuracy</b> Correct skating technique, symmetry and shape of edges.		Edge comprehension developing. Thrust technique may not be properly executed. May include: <ul style="list-style-type: none"> <li>Limited knee bend, one push stronger than other, some toe-pushing.</li> <li>75% of the push generated from the side of the blade.</li> </ul>	
<b>Carriage/Clarity</b> Carriage and clarity of movement.		Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> <li>Stable 75% or more of the time.</li> </ul> Body line is reasonable.	
<b>Edge Quality</b> Balance, control and edge depth.		Weak edges and/or wobbles may be present. <ul style="list-style-type: none"> <li>50% of the entry or exit edge demonstrated correctly.</li> <li>Reasonable edge quality for 50% or more of exercise.</li> </ul> Reasonable balance, control, agility, form.	
<b>Power</b> Varied use of power, speed, acceleration, flow and glide.		Skater may seem slow. Generation of speed in development. Stride may seem laboured.	
<b>Position</b> Quality of position.		May have significant break in posture. Free leg extension developing.	

**Additional Comments:**