

## Skate Canada Skills Assessment STAR 2

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

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

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

### STAR 2 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 the edge. <b>Forward Circle on Circle:</b> Meets definition of the edge and element	<b>Turns (3 of 4):</b> Meets definition of turn, minimum 2 second entry and exit edge. <b>2-ft to 1-ft Multi Turns:</b> Meets the definition, 75% of the turns complete	<b>Skills Exercise/Turn Sequence:</b> Meets definition of the element including the prescribed steps. Stable throughout (no fall).

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Backward Edges	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy				G <input type="checkbox"/>	BO <input type="checkbox"/> BI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Forward Circle on Circle (Direction skater's choice)	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy				G <input type="checkbox"/>	CW <input type="checkbox"/> or CCW <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Backward Three-Turns	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy				G <input type="checkbox"/>	RBO <input type="checkbox"/> LBO <input type="checkbox"/> RBI <input type="checkbox"/> LBI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
2-ft to 1-ft Multi Turns	Mandatory Requirements: 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"/>	
Forward Outside Turn Sequence	Mandatory Requirements: 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"/>	
2 re-skates permitted (must be different elements)							

<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>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>

## Skate Canada Skills Assessment STAR 2

### 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> <li>Reasonable balance, control, agility, form.</li> </ul>	

Additional Comments:

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