



## Skate Canada Synchro Assessment STAR 2

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

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

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

### STAR 2 Synchro

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

All Mandatory Requirements must be met for the element to be successful					
<b>Mandatory Requirements</b>	<b>DEFINITION (D):</b>				
	<b>Block:</b> Meet definition, cover at least half the ice	<b>Line:</b> Meet definition, cover at least half the ice	<b>Intersection:</b> Meet definition, all skaters must pass another skater, simultaneously	<b>Rotating Element:</b> Meet definition, minimum 720 degrees rotation.	
	<b>UNISON (U):</b> The team/group must perform the element with a <b>minimum of 50%</b> unison.				
	<b>SHAPE and SPACING (SS):</b> Correct shape <b>50% or more</b> of the element. Most skaters lined up and evenly spaced.				
Team Elements Assessment					
Team Element	D	U	SS	Successful	Comments
Linear Element Block				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Linear Element Line				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Intersection				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
Rotating Element Wheel or Circle				Yes: <input type="checkbox"/> No: <input type="checkbox"/>	
<b>Team Elements Requirement:</b> <input type="checkbox"/> 3 of 4 elements Successful					
Maximum 1 re-skate permitted					
Individual Skater Assessment					
CRITERIA	RATING			COMMENTS	
	BRONZE	SILVER	GOLD		
Accuracy					
Carriage/Clarity					
Power					
<b>Team Elements Requirement completed:</b>				<input type="checkbox"/> YES <input type="checkbox"/> NO	Requirement must be YES for an overall assessment of Pass or better.
<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (2 of 3 criteria assessments at Gold) <input type="checkbox"/> <b>Pass</b> (2 of 3 criteria assessments at 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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### Standards of Assessment

Standards			
CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
<b>Accuracy</b> Correct skating technique, symmetry and shape of edges		<b>Skating:</b> Edges have some flow. Skaters generally use correct skating technique and push from side of blade. Equal thrusts on each foot is developing. <b>Synchro:</b> Stable hold with some pulling or one break of hold. Slow, cautious movement Some bumping or one collision at pi (INTERSECTION)	
<b>Carriage/Clarity</b> Carriage and clarity of movement		Skater has upright carriage that is developing with some break in posture. Body line is reasonable.	
<b>Power</b> Varied use of power, speed, acceleration, flow and glide		Generation of speed is developing. Skater generally uses blade pushes.	

**Additional Comments:**