



Skate Canada Freeskate Assessment STAR 4 Freeskate – Program

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

STAR 4 Freeskate – Program (Program Length: 2:00 ± 0:10)

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

PROGRAM CONTENT						
JUMPS		SPINS			OTHER	
<input type="checkbox"/> Single Axel <input type="checkbox"/> Single Jump #1 _____ <input type="checkbox"/> Single Jump #2 _____ <input type="checkbox"/> Single Jump #3 _____ <input type="checkbox"/> Single Loop + Single Loop Combination		<input type="checkbox"/> Backward Upright Spin <input type="checkbox"/> Combination Spin (incl. 1 camel and 1 sit position, forward entry, no fly, change of foot optional)			<input type="checkbox"/> Forward Spiral Sequence	
Content Requirement: <input type="checkbox"/> All elements attempted						
PROGRAM ASSESSMENT						
PROGRAM COMPONENTS	CRITERIA	RATING			COMMENTS	
		BRONZE	SILVER	GOLD		
Presentation	Expression/Projection					
Skating Skills	* Variety and Clarity of edges, steps, turns, movements, and body control					
	Power & Speed					
Program Components Requirement: <input type="checkbox"/> 2 of 3 criteria Silver or better, including mandatory (*)						
Content Requirement completed:		<input type="checkbox"/> YES <input type="checkbox"/> NO		Both requirements must be YES for an overall assessment of Pass or better.		
Program Components Requirement completed:		<input type="checkbox"/> YES <input type="checkbox"/> NO				
Result:		Total Overall Assessment		Bronze	Silver	Gold
<input type="checkbox"/> Pass with Honours (2 of 3 criteria assessments at Gold)						
<input type="checkbox"/> Pass (2 of 3 criteria assessments at Silver or better)						
<input type="checkbox"/> Retry						



Skate Canada Freeskate Assessment STAR 4 Freeskate – Program

Standards of Assessment

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Presentation	Expression/ Projection Express and project a mood, feeling, image, rhythm, or style inspired by the musical selection	Projection and connection to the character of the music is introduced in a performance. The skater demonstrates one or two movements that match the music.	Skater's confidence, projection and commitment to the movement is developing. The skater demonstrates a few movements that match the musical phrasing or highlights of the music.	
	*Variety and Clarity of edges, steps, turns, movements, and body control Diversity of edges/turns and clarity of edges/turns/movement and body control	Weak edges and turns present. Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. Body lines are developing.	Skater demonstrates moderately defined edges and turns. Skater demonstrates reasonable balance, control, agility, and form. Body lines are reasonable. Skater has reasonable upright carriage with some break in posture.	
Skating Skills	Power & Speed (Balance, glide, and flow) Varied use of power, speed, acceleration, flow, and glide	Skater may seem slow. Generation of speed in development. Stride is laboured.	Generation of speed is adequate. Skater uses blade pushes.	

Additional Comments:
