



Skate Canada Freeskate Assessment STAR 2 Freeskate – Program

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 2 Freeskate – Program (Program Length: 2:10 maximum)

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

PROGRAM CONTENT						
JUMPS		SPINS			OTHER	
<input type="checkbox"/> Single Salchow <input type="checkbox"/> Single Toe Loop <input type="checkbox"/> Single Loop <input type="checkbox"/> Single Flip or Single Lutz <input type="checkbox"/> Waltz Jump + Single Toe Loop Combination		<input type="checkbox"/> Backward Upright Spin <input type="checkbox"/> Forward Sit Spin or Forward Camel Spin			<input type="checkbox"/> Forward Spiral Sequence <input type="checkbox"/> Forward Turn Sequence	
Content Requirement: <input type="checkbox"/> All elements attempted						
PROGRAM ASSESSMENT						
PROGRAM COMPONENTS	CRITERIA	RATING			COMMENTS	
		BRONZE	SILVER	GOLD		
Skating Skills	Edge Quality					
	Power					
Performance	Carriage/Clarity					
	Projection					
Program Components Requirement: <input type="checkbox"/> 3 of 4 criteria Silver or better						
		Content Requirement completed: <input type="checkbox"/> YES <input type="checkbox"/> NO Program Components Requirement completed: <input type="checkbox"/> YES <input type="checkbox"/> NO		Both requirements must be YES for an overall assessment of Pass or better.		
Result: <input type="checkbox"/> Pass with Honours (3 of 4 criteria assessments at Gold) <input type="checkbox"/> Pass (3 of 4 criteria assessments at Silver or better) <input type="checkbox"/> Retry		Total Overall Assessment		<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>



Skate Canada Freeskate Assessment STAR 2 Freeskate – Program

Standards of Assessment

Standards				
PROGRAM COMPONENT	CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Skating Skills	Edge Quality Balance, control, edge depth, and use of multi-directional skating.	Weak edges and/or wobbles may be present. May present little to no. Reasonable balance, control, agility and form		Skater demonstrates moderately defined edges. Skater demonstrates reasonable balance, control, agility and form.
	Power Varied use of power, speed, acceleration, flow and glide.	Skater may seem slow. Generation of speed in development. Stride may seem laboured.		Generation of speed is adequate. Skater generally uses blade pushes.
Performance	Carriage/Clarity Posture, body line and clarity of movements.	Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> Stable 75% or more of the time Body lines are developing.		Skater has reasonable upright carriage with some break in posture. Body lines are reasonable.
	Projection Projection, physical, emotional involvement, individuality and personality.	The skater is developing projection through performance.		The skater's confidence is developing. The skater's projection and commitment to the movement is developing.

Additional Comments: