

SENIOR BRONZE SKATING SKILLS EVALUATION SHEET



Day	Month	Year			

Club Holding Test \_\_\_\_\_

Candidate \_\_\_\_\_

Coach \_\_\_\_\_

Home Club of Candidate \_\_\_\_\_

Evaluator \_\_\_\_\_

Signature of Evaluator \_\_\_\_\_

<b>SENIOR BRONZE</b>	
Pass <input type="checkbox"/>	Retry <input type="checkbox"/>

SENIOR BRONZE SKATING SKILLS EVALUATION SHEET

Day	Month	Year			

Candidate \_\_\_\_\_ Evaluator \_\_\_\_\_

<b>E = EXCELLENT</b>	<b>G = GOOD</b>	<b>S = SATISFACTORY</b>	<b>NI = NEEDS IMPROVEMENT</b>
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Three exercises to be skated. One exercise may be reskated if necessary.

**CONSIDER: Edge Quality, Ice Coverage, Ease of Motion, Correctness of Steps, Posture**

EXERCISE	E	G	S	NI	COMMENTS
<b>A: Forward Brackets</b> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;">                     FOCUS: Control of Forward Brackets                      Agility                 </div>					
<b>B: Power Circles II</b> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;">                     FOCUS: Power                 </div>					
<b>C: Expanding Exercise</b> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;">                     FOCUS: Control of Swing Roll                      Change of Edge                      Power                 </div>					

*Passing Requirement: 3/3 Exercises must be Satisfactory or better*

<b>Total</b>	<b>/3</b>
<b>RESULT</b>	

## SENIOR BRONZE SKATING SKILLS STANDARDS

### FORWARD BRACKETS

**1<sup>st</sup> Side:**

- Accurate edges are required in 3 of the 4 bracket turns.
- Entry and exit of the brackets may be quite shallow.

**1<sup>st</sup> End:**

- Assess on the basis of flow and agility.

**2<sup>nd</sup> Side:**

- Accurate edges are required in 3 of the 4 bracket turns.
- Entry and exit of brackets may be quite shallow.

**2<sup>nd</sup> End:**

- Assess on the basis of power and strong lobes.

**Concluding Steps:**

- Strong forward inside edge must be demonstrated.

### POWER CIRCLES II (lengthwise)

**Skater must demonstrate:**

- Power from the blade
- Good posture
- Consistant pace throughout
- Edge quality in transition steps is of secondary importance to crosscut technique.

**Note:**

- Steps are identical to Power Circles I.
- Pattern is skated lengthwise in the rink.
- Circles must be approximately 40 feet (12.2 metres) in diameter.
- Hockey circle may not be used

### EXPANDING EXERCISE

**Skater must demonstrate:**

- Power from the blade
- Edge quality and extension in the sustained edge
- Edge control of the bracket and pivot (approximately one revolution)

**Note:**

- Opening circle is approximately 30 feet (9 metres) in diameter
- Utilization of the full ice surface for the entire exercise
- The pivot must be started without the free toe dragging behind. However, the toe may drag after approximately 4 counts into the pivot with the weight being placed onto the toe foot just before the transfer of weight onto the next forward step. The motion from the pivot into the start of the left side should be continuous.

