

SENIOR SILVER SKATING SKILLS EVALUATION SHEET



|     |       |      |  |  |
|-----|-------|------|--|--|
|     |       |      |  |  |
| Day | Month | Year |  |  |

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

Candidate \_\_\_\_\_

Coach \_\_\_\_\_

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

Evaluator \_\_\_\_\_

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

|                               |                                |
|-------------------------------|--------------------------------|
| <b>SENIOR SILVER</b>          |                                |
| Pass <input type="checkbox"/> | Retry <input type="checkbox"/> |

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|     |       |      |  |  |
|-----|-------|------|--|--|
|     |       |      |  |  |
| Day | Month | Year |  |  |

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

|               |          |                  |                        |
|---------------|----------|------------------|------------------------|
| E = EXCELLENT | G = GOOD | S = SATISFACTORY | NI = NEEDS IMPROVEMENT |
|---------------|----------|------------------|------------------------|

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: Rockers &amp; Choctaws</b><br><div style="border: 1px solid black; padding: 5px; margin-top: 5px;">                     FOCUS: Control of Rockers<br/>                     Agility                 </div>                                                |   |   |   |    |          |
| <b>B: Multi-Circle Threes &amp; Brackets</b><br><div style="border: 1px solid black; padding: 5px; margin-top: 5px;">                     FOCUS: Control of Threes and<br/>                     Brackets<br/>                     Power                 </div> |   |   |   |    |          |
| <b>C: Expanding Exercise</b><br><div style="border: 1px solid black; padding: 5px; margin-top: 5px;">                     FOCUS: Edge Quality<br/>                     Balance<br/>                     Control of All Turns                 </div>            |   |   |   |    |          |

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

|               |    |
|---------------|----|
| Total         | /3 |
| <b>RESULT</b> |    |

## SENIOR SILVER SKATING SKILLS STANDARDS

### ROCKERS AND CHOCTAWS

|                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <p><b>1<sup>st</sup> Side:</b></p> <ul style="list-style-type: none"> <li>Strong, defined curves allow the skater to focus on executing the correct edges.</li> <li>Accurate edges are required in 3 of the 4 rocker turns.</li> </ul> <p><b>1<sup>st</sup> End:</b></p> <ul style="list-style-type: none"> <li>Edge quality and ease of motion may be difficult for some skaters due to body build (hip turnout).</li> </ul> | <p><b>2<sup>nd</sup> Side:</b></p> <ul style="list-style-type: none"> <li>Strong, defined curves allow the skater to focus on executing the correct edges.</li> <li>Accurate edges are required in 3 of the 4 rocker turns.</li> </ul> <p><b>2<sup>nd</sup> End:</b></p> <ul style="list-style-type: none"> <li>Edge quality and ease of motion may be difficult for some skaters due to body build (hip turnout).</li> </ul> |
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### MULTI CIRCLE THREES AND BRACKETS

|                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                       |
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| <p><b>Circles:</b></p> <ul style="list-style-type: none"> <li>Controlled execution of the turns with power and pacing is required throughout the exercise.</li> </ul> <p><b>Transition:</b></p> <ul style="list-style-type: none"> <li>The skater must generate enough power to travel to the opposite end of the rink.</li> </ul> | <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>Ice coverage must be attained from the turns as well as the crosscuts.</li> <li>Power and balance are required.</li> </ul> |
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### EXPANDING EXERCISE

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p><b>Opening Circle &amp; 3<sup>rd</sup> Circle:</b></p> <ul style="list-style-type: none"> <li>Power from the blade is required.</li> <li>Circle should be approximately 30 feet (9 meters) in diameter.</li> </ul> <p><b>Transition:</b></p> <ul style="list-style-type: none"> <li>Control of the turns and flow are required.</li> </ul> <p><b>2<sup>nd</sup> Circle &amp; 4<sup>th</sup> Circle:</b></p> <ul style="list-style-type: none"> <li>Pivot should be held for approximately one revolution. Flow and balance are required.</li> </ul> | <p><b>Change of Edge Section:</b></p> <ul style="list-style-type: none"> <li>The change of edge section must begin from a standstill. Lobes are small (approximately 1.5 feet in diameter).</li> <li>Speed should be minimal. Balance and edges, creating ease of motion are required.</li> </ul> <p><b>Concluding Steps:</b></p> <ul style="list-style-type: none"> <li>Each circle should use 1/3 of the ice surface.</li> <li>Circles 2 and 3 use the same ice surface section (i.e. middle section).</li> </ul> |
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