



Skate Canada Skills Assessment STAR 10

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

Home Club/Skating School: _____ Assessor: _____

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

STAR 10 Skills

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

Mandatory Requirements must be Yes for element to receive an overall rating of Gold or Silver.

***Element assessment cannot exceed criteria rating.**

To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
1-Foot Turn Sequence Draw for foot Min 1/2 ice. Min 4 different turns	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/>	Right <input type="checkbox"/> Left <input type="checkbox"/> (only 1 to be performed)
		Carriage/Clarity					
		Edge Quality					
360 Degree Field Move Challenge Min 1/3 ice.	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Position*				G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/>	
		Carriage/Clarity					
		Edge Quality					
Step Sequence Min 3/4 ice. Min 4 different turns	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/>	
		Carriage/Clarity					
		Edge Quality					
STAR 10 Skills Exercise Counters	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Power*				G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/>	
		Accuracy					
		Carriage/Clarity					

1 re-skate permitted

Result: <input type="checkbox"/> Pass with Honours (4 of 4 elements Gold) <input type="checkbox"/> Pass (4 of 4 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
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Standards of Assessment

Mandatory Requirements			
<p>1-Foot Turn Sequence: Contains minimum 4 turns, ice coverage must be minimum ½ of the ice Field Moves: Meets definition of field move(s) Step Sequence: Minimum 4 different turns, ice coverage must be minimum ¾ of the ice (any pattern) Skills Exercise: Meets definition of step & turn sequence and stable throughout (no fall)</p>			
Assessment Criteria (GOE)			
	BRONZE (-)	SILVER (0)	GOLD (+)
<p>Position* Quality of position</p>	Poor position with extension that is partial. Break in body lines apparent.	Position is solid with moderate extension. Body lines are adequate.	Good positions with good extension and body lines.
Continuum of Development Criteria (for the level)			
Stage of Development (Learn to Compete)	Moderate (exit phase)	Advanced (entry phase)	Advanced (exit phase)
CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Advanced level)
<p>Accuracy* Correct skating technique, symmetry and shape of edges</p>	<p>Advanced turns: Edge entering and exiting the turn is consistent with reasonable flow and symmetry. Skater uses correct skating technique.</p>		<p>All Turns: Edge entering and exiting the turn is solid and strong with good flow and symmetry. Skater demonstrates strong skating technique.</p>
<p>Carriage/Clarity Carriage and clarity of movement</p>	<p>Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise</p>		<p>Skater carries themselves with strong posture. Core balance is solid. Body lines are pleasing and confident in nature. Movements are precise in nature throughout.</p>
<p>Edge Quality Balance, control, body lean and edge depth</p>	<p>Advanced skills are skated on edges with some depth and body lean demonstrated. Moderate balance and control evident. All basic turns should present strong lean, depth, control and balance.</p>		<p>All skills are skated on strong edges with good depth and body lean demonstrated. Strong balance and control evident.</p>
<p>Power* Varied use of power, speed, acceleration, flow and glide</p>	<p>Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration /deceleration using varied tempo of stride. Some evidence of flow and glide.</p>		<p>Skater easily generates, changes and maintains speed using strong blade pushes. Able to demonstrate acceleration/deceleration using varied tempo of stride. Flow and glide evident throughout.</p>

Additional Comments:
