

Skater: _____ Assessor: _____ Date: _____

<input type="checkbox"/> STAR 6	<input type="checkbox"/> STAR 7	<input type="checkbox"/> STAR 8	<input type="checkbox"/> STAR 9	<input type="checkbox"/> STAR 10	<input type="checkbox"/> GOLD
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B = Below Standard	S = Standard			A = Above Standard	
<i>Technical Execution</i>	ATTEMPTED	B	S	A	COMMENTS
Jumps <input type="checkbox"/> All Jumps Standard or better					
<i>*NOTE - ¼ cheat on take-off OR landing will result in the jump being executed successfully.</i>					
Spins <input type="checkbox"/> All Spins Standard or better					
Sequence <input type="checkbox"/> Sequence Standard or better					

Technical Execution: 3/3 must be **Standard** or better

<i>Performance Execution</i>	B	S	A	COMMENTS
*Skating Skills				
Form & Control				
Pattern / Ice Coverage				
Expression				
Performance Execution: <input type="checkbox"/> 3/4 must be Standard or better <i>including *Skating Skills (STAR 6 - 8)</i>				
Performance Execution: <input type="checkbox"/> 4/4 must be Standard or better (STAR 9 - GOLD)				

Technical Execution:	<input type="checkbox"/> YES <input type="checkbox"/> NO	Both <u>Executions</u> must be YES to receive an overall assessment of READY TO TEST
Performance Execution:	<input type="checkbox"/> YES <input type="checkbox"/> NO	

Result of Assessment:	<input type="checkbox"/> <i>READY TO TEST</i>	<input type="checkbox"/> <i>NEEDS IMPROVEMENT</i>
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Jumps, Spins, & Sequence requirements are based on the Program Level being assessed.

Technical Execution can only be marked Standard or better when the required elements are included & successful.

B = Below Standard		S = Standard	A = Above Standard	
Technical Execution				
Jumps Take-off Height Distance Speed/Flow/Landing <i>*Required Jumps included</i>		B: Take-off is incorrect or unstable; rotation incomplete or unclear; landing lacks control or flow. S: Take-off is correct and controlled; rotation complete; landing is controlled with maintained speed and flow. A: Take-off is strong and well-timed; rotation complete with quality air position; landing is clean, controlled, and maintains strong flow.		
Spins Revolutions Speed Centering Control Position <i>*Required Spins included</i>		B: Spin lacks required revolutions or definition; positions unclear; centering and control are inconsistent. S: Required revolutions are completed; positions are achieved; spin is mostly centered with moderately maintained control. A: Revolutions are clearly achieved with speed; positions are well-defined; spin is centered, controlled, and consistent throughout.		
Sequence Definition Control Position		B: Sequence does not meet definition; incorrect or unclear steps/positions. S: Sequence meets definition; steps and positions are correct and controlled. A: Sequence confidently meets definition; steps and positions are consistent, controlled, and well-defined.		
Performance Execution				
*Skating Skills Variety & Clarity Phrase/Form Power & Speed <i>*Accuracy</i> <i>*Edge Quality</i> <i>*Power & Flow</i>		B: Steps or turns are incorrect or out of sequence; steps lack clarity. Technique is weak or incorrect. Edges are flat, unclear, or lack control; balance is inconsistent. Limited variety of turns demonstrated. Movement is slow, laboured, or inconsistent; flow is interrupted. S: Steps and turns are correct; steps remain clear and recognizable. Technique is adequate. Edges are clear with control and appropriate depth. Some variety of turns demonstrated. Movement is continuous with adequate power and flow. A: Steps and turns are clean, precise, and consistently executed. Technique is strong and confident. Edges are clean, controlled, and show consistent depth and confidence. A range of turns are demonstrated. Movement is strong, continuous, and effortless with consistent speed.		
Form & Control Variety & Clarity Connections & Unity		B: Posture and control are inconsistent; movements lack clarity. Transitions are weak. S: Posture and control are maintained; movements are clear. Transitions are adequate. A: Posture is strong, with clean lines, and controlled, refined movement. Transitions are strong.		
Pattern / Ice Coverage Pattern / Ice Coverage		B: Placement is inconsistent or incorrect; movements do not align with the intended pattern. Use of the ice is limited or uneven. Multi-directional skating is limited. S: Placement aligns with the intended pattern, with minor deviations. Use of the ice is moderately appropriate. Multi-directional skating is adequate. A: Placement consistently aligns with the intended pattern. Use of the ice is confident, controlled, and well-balanced throughout. Multi-directional skating is strong.		
Expression Expression / Projection		B: Expression is inconsistent or unclear; limited connection to rhythm, style, and musical character. S: Expression reflects rhythm and style with some consistency; connection to the music and character is moderately evident. A: Expression is clear and consistent; strongly reflects rhythm, style, and musical character with confident projection and presence.		

Execution Standard must be consistent with the applicable Skate Canada assessment level.