

**GOLD SKATING SKILLS EVALUATION SHEET**



SKATECANADA

Day	Month	Year			

Club Holding Test \_\_\_\_\_  
 Candidate \_\_\_\_\_  
 Home Club of Candidate \_\_\_\_\_  
 Signature of Evaluator \_\_\_\_\_

Coach \_\_\_\_\_  
 Evaluator \_\_\_\_\_

<b>GOLD</b>	
Pass <input type="checkbox"/>	Retry <input type="checkbox"/>

**GOLD 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>
----------------------	-----------------	-------------------------	-------------------------------

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: Counters &amp; Three Change Threes</b>  <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">                     FOCUS: Control of Counters                      Agility                 </div>					
<b>B: Multi-Circle Double Threes &amp; Mohawks</b>  <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">                     FOCUS: Balance in Multiple                      Turns                      Power                 </div>					
<b>C: Expanding Exercise</b>  <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">                     FOCUS: Edge Quality                      Balance                      Control of All Turns                 </div>					

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

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

## GOLD SKATING SKILLS STANDARDS

### COUNTERS AND THREE CHANGE THREES

- |  |  |
|--|--|
| <p><b>1<sup>st</sup> Side:</b></p> <ul style="list-style-type: none"> <li>Counter turns must be executed with controlled edges and speed.</li> <li>Accurate edges are required in 3 of the 4 counter turns.</li> </ul> <p><b>1<sup>st</sup> End:</b></p> <ul style="list-style-type: none"> <li>Agility with quick lean change is required in the three-change-threes.</li> <li>Each three-change-three is to be executed with strong lobes and edges.</li> </ul> <p><b>2<sup>nd</sup> Side:</b></p> <ul style="list-style-type: none"> <li>Counter turns must be executed with controlled edges and speed.</li> </ul> | <ul style="list-style-type: none"> <li>Accurate edges are required in 3 of the 4 counter turns.</li> </ul> <p><b>2<sup>nd</sup> End:</b></p> <ul style="list-style-type: none"> <li>Same as 1st end above</li> <li>Do not expect the execution of the backward three-change-forward threes to be as balanced as the first end as they are more difficult.</li> </ul> <p><b>Concluding Steps:</b></p> <ul style="list-style-type: none"> <li>Tuck steps should demonstrate:</li> <li>Extension of the free leg and arms</li> <li>Bend in the hip, knee and ankle of the skating side</li> <li>Strong edges</li> </ul> |
|--|--|

### MULTI CIRCLE DOUBLE THREES AND MOHAWKS

- |  |  |
|--|--|
| <p><b>Transition:</b></p> <ul style="list-style-type: none"> <li>These steps should add power and correct positioning for Circle #1.</li> </ul> <p><b>Circles #1 &amp; #2:</b></p> <ul style="list-style-type: none"> <li>Flow through the double three turns with a sustained edge in and out of each turn is required.</li> </ul> <p><b>Circle #3:</b></p> <ul style="list-style-type: none"> <li>Power from the blade creating a large circle and strong posture are required.</li> </ul> | <p><b>Circle #4:</b></p> <ul style="list-style-type: none"> <li>Flow through the turns with a consistent pace is required.</li> </ul> <p><b>Transition between Circles #4 &amp; #5:</b></p> <ul style="list-style-type: none"> <li>These steps should generate power to set up Circle #5.</li> </ul> <p><b>Circle #5 + Concluding Steps:</b></p> <ul style="list-style-type: none"> <li>The purpose of the Ina Bauers is to increase flexibility in the hip and ankle joints. Some skaters may need to shorten these steps due to body build (lack of hip turnout).</li> </ul> |
|--|--|

### EXPANDING EXERCISE

- |  |  |
|--|--|
| <p><b>Opening Circle:</b></p> <ul style="list-style-type: none"> <li>Power from the blade is a requirement.</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>The steps should demonstrate an easy swing of the free leg and arms as well as a change in the angle of the torso.</li> <li>Control of the turns and flow is required.</li> </ul> <p><b>2<sup>nd</sup> Circle:</b></p> <ul style="list-style-type: none"> <li>Flow and balance are required in the pivots (one revolution).</li> <li>The rocker-counter steps should be skated with minimal speed on a small pattern.</li> <li>Edge control generating power from the turns is required.</li> </ul> <p><b>Transition and Three Jumps:</b></p> <ul style="list-style-type: none"> <li>Power must be established in the transition steps and flow in the three jumps.</li> </ul> | <p><b>Threes-Rocker-Loop Section:</b></p> <ul style="list-style-type: none"> <li>An easy flowing travelling turn can compensate for a weak Ina Bauer and spread eagle.</li> <li>A strong backward loop can also compensate for a weak Ina Bauer and spread eagle.</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>For the following circles and transitions, the same steps as the previous circles and transitions are skated. However, these steps are done on the opposite foot, travelling in the opposite direction.</li> </ul> |
|--|--|

