



Skate Canada Dance Assessment STAR 1 Dance

Date: ___ / ___ / ___ Club: _____ Candidate: _____

SC#: _____ Coach Assessor: _____

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

STAR 1 Dance

Date: ___ / ___ / ___ Candidate: _____ Coach Assessor: _____

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

ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS	
		GOLD	SILVER	BRONZE			
Forward Progressives	Technique				G <input type="checkbox"/>	CW	CCW
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Forward Chasses	Technique				G <input type="checkbox"/>	CW	CCW
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Forward Slide Chasses	Technique				G <input type="checkbox"/>	CW	CCW
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Forward Outside Swing Roll Sequence	Technique				G <input type="checkbox"/>	RFO	LFO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		
Forward Outside Cross Rolls	Technique				G <input type="checkbox"/>	RFO	LFO
	Execution				S <input type="checkbox"/>		
	Carriage				B <input type="checkbox"/>		

Result: <input type="checkbox"/> Pass with Honours (4 of 5 elements Gold) <input type="checkbox"/> Pass (4 of 5 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
--	---------------------------------	--------------------	----------------------	----------------------



**Skate Canada Dance Assessment
STAR 1 Dance**

**Skate Canada Dance Assessment
STAR 1 Dance**

Standards of Assessment

ELEMENTS	CRITERIA	RATING		
		GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Fwd Progressives	(1) Technique: Proper mechanics demonstrated	<ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout 	<ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout 	<ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout
Fwd Chasses Fwd Slide Chasse Fwd Swing Rolls Fwd Cross Rolls	(2) Execution: Balance, control & depth of edges	<ul style="list-style-type: none"> • Balance • Depth of edges <p>Good control of all steps</p>	<ul style="list-style-type: none"> • Balance • Depth of edges <p>Reasonable control on 75% of steps or more</p>	<ul style="list-style-type: none"> • Balance • Depth of edges <p>50% or more of the steps do not have sufficient control</p>
	(3) Carriage: Style, body lines, posture	<ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout 	<ul style="list-style-type: none"> • Body carriage • Free leg extension 	<ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout

Additional Comments:
