

# STAR 1-5 Content & Training

The following has been compiled to give coaches some resources and rationale for skill placement and training strategies in each discipline. Please note that all skills regardless of discipline can be trained on any session. It is not mandatory to segregate disciplines into different sessions. For easy training accessibility, it is recommended to allow skaters to train all areas of the STAR 1-5 program on the same session.

## DANCE

**STAR 1 DANCE** – Elements, is designed to be acquired within 6- 12 months of achieving skills in Stage 6 of CanSkate. This is a longer timeline than SKILLS or FREESKATE. The rationale for this is due to the intricacy needed to perform dance steps properly. Skaters will need time developing basic figure skating skills before having the coordination necessary to perform dance steps with good quality. The success of this goal will largely depend on the quality of skills taught in Stage 5 & 6 as well as the program delivery and frequency in the club's STAR 1-2 program.

STAR 1 Dance introduces the skaters to all of the dance steps required to be performed in the pattern dances at STAR 2 & 3.

NOTE: There is no mandatory criteria required for assessment at STAR 1 as it is “developmental”. As the entry level, skaters will be encouraged to achieve proper technique. The allowance of “no mandatory criteria” has been identified as skaters will repeat all of these skills in subsequent levels, therefore continuing their development. Coaches are encouraged to include these skills in every day routines, for example: Edge & Turn classes, Warm Up routines, or review before skating the pattern dances, etc. Reaching the GOLD standard of performance whenever possible, is the goal of the STAR 1-5 program.

**STAR 2 DANCE** consists of 2 pattern dances that can be assessed in any order.

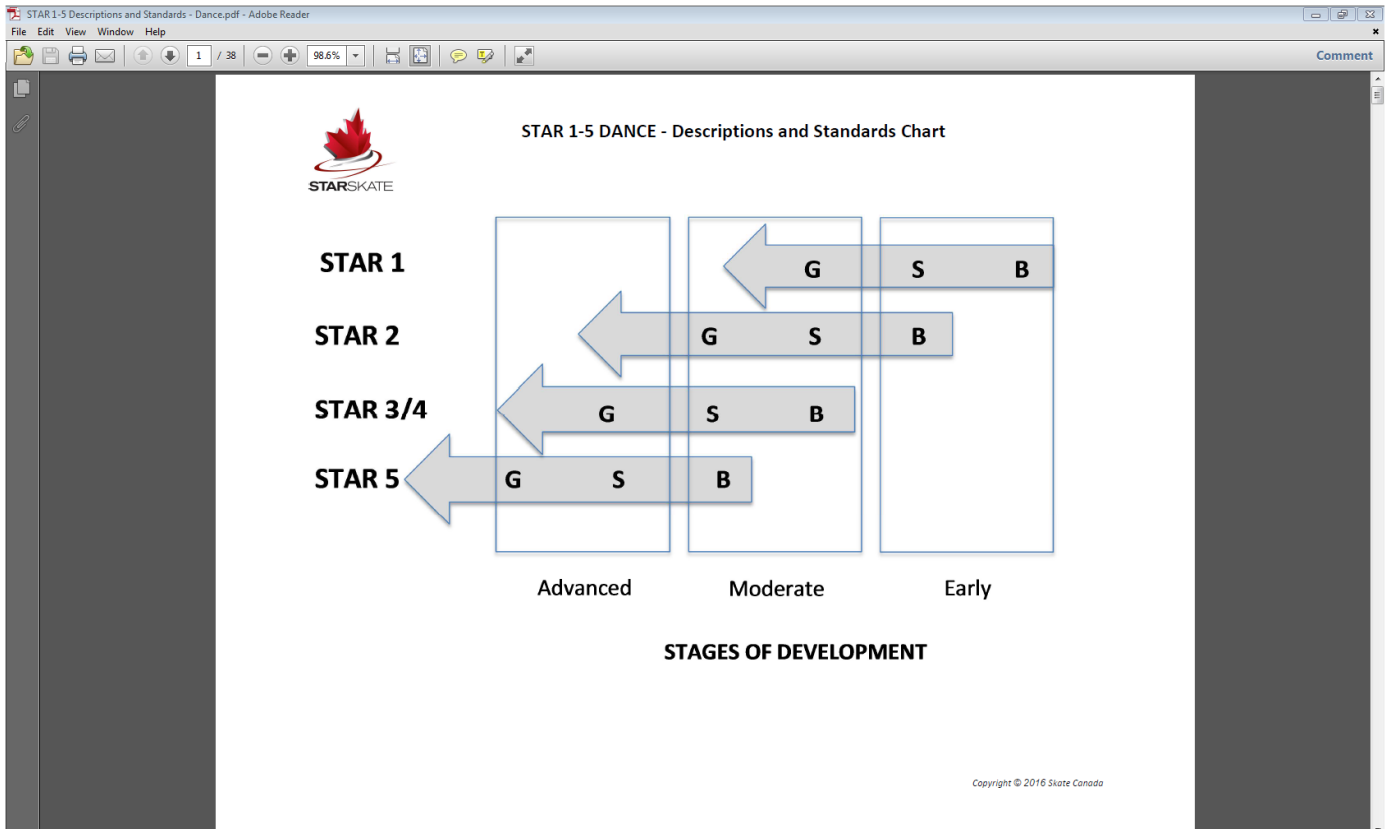
NOTE: For every skill, **one** criteria has been identified as “mandatory”. Coaches need to be familiar with this mandatory criterion as it is necessary to be achieved to reach an overall passing rating for each skill. Be mindful that not all skills need to achieve this rating to pass the entire assessment.

**STAR 3 DANCE** consists of one pattern dance and a series of elements containing the new dance steps found in the next set of pattern dances.

**STAR 4 DANCE** consists of 2 pattern dances that can be assessed in any order.

NOTE: For every skill, **one** criteria has been identified as “mandatory”. Coaches need to be familiar with this mandatory criterion as it is necessary to be achieved to reach an overall passing rating for each skill. Be mindful that not all skills need to achieve this rating to pass the entire assessment.

**STAR 5 DANCE** consists of one pattern dance and a series of elements containing the new dance steps found in the next set of pattern dances.



STAR 1-5 DANCE - Descriptions and Standards Chart

Criteria	Advance Stages of Development	Moderate Stages of Development	Early Stages of Development
<b>Technique:</b> Proper mechanics demonstrated (Steps, pushes, knee action,	<ul style="list-style-type: none"> <li>Pushes from side of blade</li> <li>Equal thrust on both feet in crosscuts</li> <li>Correct knee action</li> </ul>	<ul style="list-style-type: none"> <li>Generally, pushes from side of blade</li> <li>One dominant thrust may be evident</li> <li>Some knee bend evident</li> </ul>	<ul style="list-style-type: none"> <li>Thrust technique not properly executed</li> <li>Little knee bend – stroking choppy</li> <li>Some toe-pushing may be evident</li> </ul>
<b>Execution:</b> Balance control and depth of edges	<ul style="list-style-type: none"> <li>Skates on true edges</li> <li>Strong body lean demonstrated</li> <li>Skater has consistent balance</li> </ul>	<ul style="list-style-type: none"> <li>Edges of moderate quality</li> <li>Some body lean demonstrated</li> <li>Generally balanced</li> </ul>	<ul style="list-style-type: none"> <li>Weak edges and wobbles</li> <li>Little to no body lean demonstrated</li> <li>Balance inconsistent or weak</li> </ul>
<b>Carriage:</b> Style, body line, posture	<ul style="list-style-type: none"> <li>The skater has comfortable upright carriage and good form</li> <li>Demonstrates strong core</li> <li>Body positions are generally pleasing</li> </ul>	<ul style="list-style-type: none"> <li>The skater has reasonable form and generally upright carriage</li> <li>Moderate core strength</li> <li>Body positions have moderate extension</li> </ul>	<ul style="list-style-type: none"> <li>Form weak with weaknesses observed in carriage</li> <li>Skater lacks core strength</li> <li>Body positions are not fully extended</li> </ul>
<b>Timing:</b> Ability to match the musical timing	<ul style="list-style-type: none"> <li>The skater matches his/her pace to the pace of the music</li> </ul>	<ul style="list-style-type: none"> <li>The skater may only demonstrate a connection to the pace of the music for brief moments</li> </ul>	<ul style="list-style-type: none"> <li>The skater does not match his/her pace at all to the pace of the music</li> </ul>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

DANCE		
Skill	Description	Minimum Performance Standard
<b>STAR 1</b>		
<b>Forward Progressives</b>	<p>A forward progressive is a dance step that is executed by the skater performing a blade push onto an outside edge, fully extending the free leg at a 30-degree angle (approx.), and allowing the free foot to pass the skating foot and step down on an inside edge without crossing into the circle. The foot that was on the outside edge then executes a forward thrust from the outside edge by pushing under the skating foot and outside of the lobe using the side of the blade, until it is fully extended. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform forward progressives on the circle in the opposite direction. The skater's upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p><b>1 full circle of clockwise (CW) and counter clockwise (CCW) progressives must be performed.</b></p> <p><b>Reasonable for level:</b></p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<b>Forward Chasses</b>	<p>A forward chasse is a dance step that is executed by the skater performing a blade push onto an outside edge, fully extending the free leg at a 30-degree angle (approx.), and then bringing the free foot to step beside the skating foot to allow the inside foot to rise off the ice slightly with the blade parallel to the ice. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform forward chasses on the circle in the opposite direction. The skater's</p>	<p><b>1 full circle of clockwise (CW) and counter clockwise (CCW) chasses must be performed.</b></p> <p><b>Reasonable for level:</b></p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> </ul>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

	<p>upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p><b>- Body carriage and line should be reasonable for this level</b></p>
<b>Forward Slide Chasses</b>	<p>A forward slide chasse is a dance step that is executed by the skater performing a blade push onto an outside edge, fully extending the free leg at a 30-degree angle (approx.), and then bringing the free foot to step beside the skating foot to allow the inside foot to slide forward off the ice, reaching a fully extended position. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform forward slide chasses on the circle in the opposite direction. The skater's upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p><b>1 full circle of clockwise (CW) and counter clockwise (CCW) slide chasses must be performed</b></p> <p><b>Reasonable for level:</b></p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<b>Forward Outside Swing Roll Sequence</b>	<p>A forward swing roll is similar to a forward outside edge. To execute a forward swing roll, the skater will use a blade push to push onto a forward outside edge on a bent skating knee, fully extending the free leg at a 30-degree angle behind. As the skater reaches the middle of the edge/roll, they will rise up on the knee as they bring their free leg to extend to the front. The roll is finished by bringing the feet together before performing the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the process listed above on a line using the width of the ice. The skater may start from a standstill or from forward skating and may choose starting foot. The skater will perform a series of forward swing rolls across the width of the ice.</p>	<p><b>Minimum of 4 swing rolls must be performed (2 on each foot)</b></p> <p><b>Reasonable for level:</b></p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<b>FO Cross Roll</b>	<p>FO cross rolls can be initiated from either a RFO or LFO edge. The free foot is extended behind the skater and internally rotates as it crosses the path of the skating foot to step on an outside edge. To ensure the proper edge is achieved,</p>	<p><b>2 cross rolls performed on each foot.</b></p> <p><b>Reasonable for level:</b></p>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

	<p>the free foot may cross in front at a right angle to the skating foot. Once the weight is transferred to the other foot, the free leg is extended again. For this skill, have the skater do each cross roll in isolation as it is an introductory skill at this level.</p>	<ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<b>STAR 2a</b>		<b>Criteria with an asterisk (*) mandatory for a pass</b>
<b>Dutch Waltz</b>	<p>The skater will perform the pattern dance of the Dutch Waltz solo, shadowed or partnered by a coach or PA. Approved music must be used from either the Skate Canada Dance Series Music or the Skate Canada Contemporary Dance Music List.</p> <p>A maximum of 7 introductory steps may be used by the skater to build speed and flow to reach Step #1 of the dance. To ensure your skater is reaching step #1 at the correct time in the music, count the waltz beats (1,2,3,4,5,6). The 1<sup>st</sup> step of the dance must fall on the "downbeat" also known as the "strong" beat of the music. When you are counting, this beat will be count #1.</p> <p><b>The skater must perform a minimum of 2 complete dance patterns.</b></p> <p><b>Please note:</b> To facilitate stronger skater development, solo or shadowed dances are preferred at this level.</p> <p><b>Focus Area #1: Steps 1,2 &amp; 3</b> Skaters are expected to perform the progressive correctly (without crossover) on a strong curve with upright carriage.</p> <p><b>Focus Area #2: Steps 4 &amp; 5</b> Skaters are expected to perform the Swing Rolls on strong, bold curves with good free leg extension. There should be an evident rise in the skating knee on both lobes.</p> <p><b>Focus Area #3: Steps 9 &amp; 10</b></p>	<p><b>The skater must have 100% accuracy to receive credit for these areas.</b></p> <p><b>A min 2 out of 3 successful Focus Areas are needed to pass the dance.</b></p>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

	<p>Skaters are expected to perform steps 9 &amp; 10 as a proper progressive with the free leg on step 10 extending under and back.</p>	
	<p><b>Full Pattern: Timing*</b> Skaters are expected to demonstrate a good understanding of timing throughout the dance.</p>	<p><b>*Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 75% of the dance on correct timing</li> </ul>
	<p><b>Full Pattern: Carriage</b> Skaters are expected to carry themselves with good posture. The body and head should strive to be tall and extended with soft knees and good free leg extension. Arms should be held in a controlled, relaxed manner and may move with the body to assist with lean and curve.</p>	<ul style="list-style-type: none"> <li>- Reasonable body carriage and extension for level</li> <li>- Reasonable depth of edges, control for the majority of the dance</li> </ul>
	<p><b>Full Pattern: Technique</b> Skaters are expected to demonstrate proper blade pushes and proper steps with a solid knee action.</p>	<ul style="list-style-type: none"> <li>- 75% of correct steps</li> <li>- 75 % blade pushes</li> <li>- Some knee action evident throughout</li> </ul>

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### STAR 1-5 DANCE - Descriptions and Standards Chart

#### STAR 2a - Dutch Waltz Pattern Dance

**Suggested Introductory Steps:** Two straight steps, LF of three beats, and RF of three beats.

The dance starts in one corner of the rink, progressing down the side and across the end where it repeats down the other side and across the end to the start; thus requiring two sequences of the dance for one round of the rink.

The dance is skated to slow, deliberate waltz music and consists mostly of progressive sequences interspersed with long rolling edges. It thus allows beginners to devote their attention to getting the feel of the music instead of worrying about complicated steps, and allows them to enjoy rhythmical motion in their skating.

Upright position, good carriage, and easy flow without too much effort are desired in the dance.

Music		Tempo		Pattern	
• Waltz ¾		• 46 measures of 3 beats • 138 beats per minute		• Set	
Inventor		First Performed			
George Muller		Colorado Springs, 1948			
Hold (optional)	Step No.	Step (same for both)	# of beats		
Kilian	1	LFO	2	Focus Area #1	
	2	RFI-Pr	1		
	3	LFO	3		
	4	RFO-SwR	6	Focus Area #2	
	5	LFO-SwR	6		
	6	RFO	2	Focus Area #3	
	7	LFI-Pr	1		
	8	RFO	3		
	9	LFO	3	Focus Area #3	
	10	RFI-Pr	3		
	11	LFO	2		
	12	RFI-Pr	1		
	13	LFO	3		
	14	RFO-SwR	6		
	15	LFO	3		
	16	RFI-Pr	3		



### STAR 1-5 DANCE - Descriptions and Standards Chart

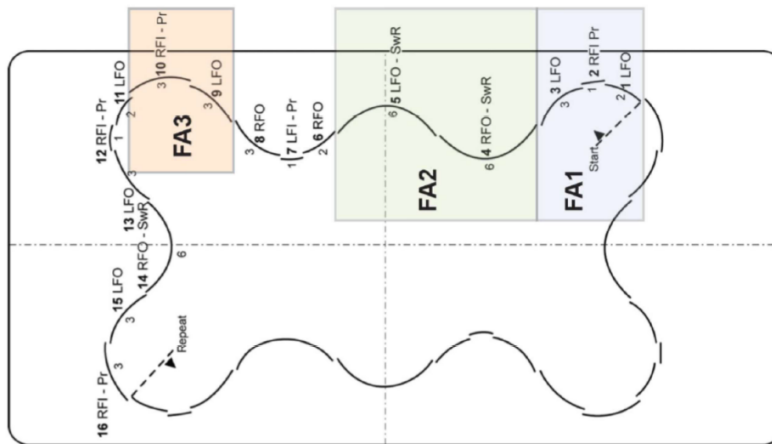
3651 DUTCH WALTZ - STAR 2a

FA=Focus Area

3651 DUTCH WALTZ

Set Pattern Dance

Both skaters skate same steps




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### STAR 1-5 DANCE - Descriptions and Standards Chart

STAR 2b	
<b>Canasta Tango</b>	<p>The skater will perform the pattern dance of the Canasta Tango solo, shadowed or partnered by a coach or PA. Approved music must be used from either the Skate Canada Dance Series Music or the Skate Canada Contemporary Dance Music List.</p> <p>A maximum of 7 introductory steps may be used by the skater to build speed and flow to reach Step #1 of the dance. To ensure your skater is reaching step #1 at the correct time in the music, count the tango beats (1,2,3,4). The 1<sup>st</sup> step of the dance must fall on the "downbeat" also known as the "strong" beat of the music. When you are counting, this beat will be count #1.</p> <p><b>The skater must perform a minimum of 2 complete dance patterns.</b></p> <p><b>Please note:</b> To facilitate stronger skater development, solo or shadowed dances are preferred at this level.</p> <p><b>OPTIONAL STEPS: #14 may be skated as a cross roll</b></p> <p><b>Focus Area #1: Steps 2,3 &amp; 4</b> Skaters should demonstrate a strong curve with proper progressive – chasse technique.</p> <p><b>Focus Area #2: Steps 6 &amp; 7</b> Skaters should demonstrate strong blade push followed by a fully extended free foot on the slide.</p> <p><b>Focus Area #3: Steps 9 &amp; 10</b> Skaters should demonstrate strong blade push followed by a fully extended free foot on the slide.</p> <p><b>Full Pattern: Timing*</b></p>
	<p><b>The skater must have 100% accuracy to receive credit for these areas.</b></p> <p><b>A min 2 out of 3 successful Focus Areas are needed to pass the dance.</b></p> <p><b>Minimum of:</b></p>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

	<p>Skaters are expected to demonstrate a good understanding of timing throughout the dance.</p> <p><b>Full Pattern: Carriage</b> Skaters are expected to carry themselves with good posture. The body and head should strive to be tall and extended with soft knees and good free leg extension. Arms should be held in a controlled, relaxed manner and may move with the body to assist with lean and curve.</p>	<ul style="list-style-type: none"> <li>- 75% of the dance on correct timing</li> <li>- Reasonable body carriage and extension for level</li> <li>- Reasonable depth of edges, control for the majority of the dance</li> </ul>
	<p><b>Full Pattern: Technique</b> Skaters are expected to demonstrate proper blade pushes and proper steps with a solid knee action.</p>	<ul style="list-style-type: none"> <li>- 75% of correct steps</li> <li>- 75 % blade pushes</li> <li>- Some knee action evident throughout</li> </ul>


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## STAR 1-5 DANCE - Descriptions and Standards Chart

### STAR 2b – Canasta Tango Pattern Dance

**Suggested Introductory Steps:**RFO (2), LFO (2), RFI (4)

This is a very simple dance that introduces the skater to a tango rhythm while giving them experience on large lobes to increase their confidence and speed.

The first chasse (steps 3 and 4) is done with both feet side by side on count 4; be sure to transfer the weight to the right foot though - do not skate on both feet at the same time. The other chasse is slightly different; it is called a slide chasse. As the weight is transferred to the new skating foot, the free foot slides off the ice in front of the skater, returning close beside the skating foot just in time for a smooth transition to the next edge. Judicious use of knee action on these edges can do a great deal to help the tango expression. Here, too, is a good place for the beginner to practice extending the free leg as straight as possible, and pointing the toe down, not up. The skater should watch that steps 9-13 are skated on a good edge so that step 14 RFO can be aimed somewhat toward the center of the rink, and so placed accurately as shown on the diagram.

This step (14) may be started, optionally, with a cross roll in which the right foot crosses in front of the left foot at

	Music	Tempo	Pattern
	• Tango 4/4	• 26 measures of 4 beats • 104 beats per minute	• Set
	Inventor	First Performed	
	James B Francis	The University Skating Club, Toronto - 1951	
Reverse	1	LFO	1
Kilian	2	RFI-Pr	1
	3	LFO	1
	4	RFI-Ch	1
	5	LFO- SwR	4
	6	RFO	2
	7	LFI-SICh	2
	8	RFO- SwR	4
	9	LFO	2
	10	RFI-SICh	2
	11	LFO	1
	12	RFI-Pr	1
	13	LFO	2
	14	RFO- SwR*	4
	*Optionally CR-RFO		
	1	LFO	1
			Segment #1
			Focus Area #1
			Focus Area #2
			Focus Area #3


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## STAR 1-5 DANCE - Descriptions and Standards Chart

the end of step 13 and the push onto the RFO is made from outside of the left foot. An effort should be made to keep the feet fairly close together at the start of the transition, but it is of utmost importance that a toe push be avoided.

Neat footwork, tango expression and good carriage should be maintained throughout the dance.

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### STAR 1-5 DANCE - Descriptions and Standards Chart

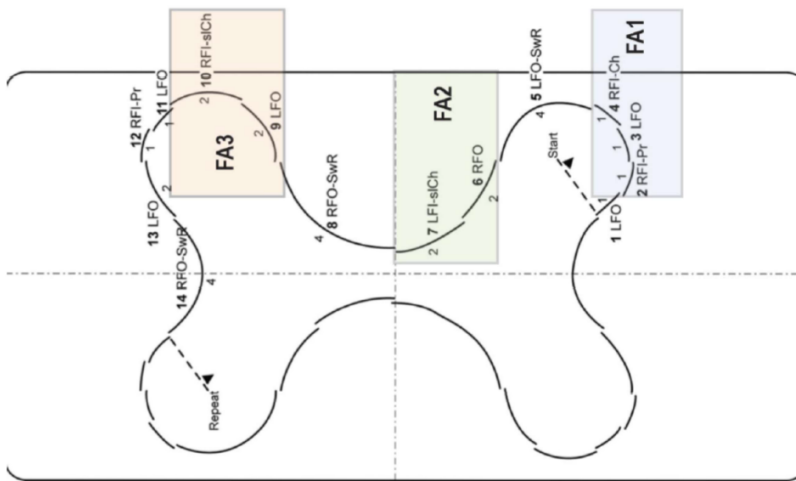
#### 3652 CANASTA TANGO – STAR 2b

FA = Focus Area

#### 3652 CANASTA TANGO

Set Pattern Dance

Both skaters skate same steps



### STAR 1-5 DANCE - Descriptions and Standards Chart

#### STAR 3a

#### Baby Blues

The skater will perform the pattern dance of the Baby Blues solo, shadowed or partnered by a coach or PA. Approved music must be used from either the Skate Canada Dance Series Music or the Skate Canada Contemporary Dance Music List.

A maximum of 7 introductory steps may be used by the skater to build speed and flow to reach Step #1 of the dance. To ensure your skater is reaching step #1 at the correct time in the music, count the blues beats (1,2,3,4). The 1<sup>st</sup> step of the dance must fall on the "downbeat" also known as the "strong" beat of the music. When you are counting, this beat will be count #1.

**The skater must perform a minimum of 2 complete dance patterns.**

**Please note:** To facilitate stronger skater development, solo or shadowed dances are preferred at this level.

**Focus Area #1: Steps 1, 2 & 3**

Skaters are expected to perform proper progressive technique with blade pushes and good free leg extension on steps 1 & 2. Step 3 should demonstrate a solid inside edge with lean change and externally rotated free foot.

**Focus Area #2: Step 7**

On this step the free leg will start behind for 1 beat and move in front for 1 beat while on the outside edge, executing a swing roll action. The free leg will then swing back to execute a change of edge. The FI edge will be held for 2 beats with the free leg externally rotated and skating knee bent.

**Focus Area #3: Steps 11, 12, & 13**

Skaters are expected to demonstrate a definite outside to outside lobe change on steps 11 & 12 with proper blade push and cross roll technique. Step #13

**The skater must have 100% accuracy to receive credit for these areas.**

**A min 2 out of 3 successful Focus Areas are needed to pass the dance.**




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### STAR 1-5 DANCE - Descriptions and Standards Chart

	should demonstrate proper progressive technique with free leg extending under and back.	
	<b>Full Pattern: Timing*</b> Skaters are expected to demonstrate a good understanding of timing throughout the dance.	<b>Minimum of:</b> - 75% of the dance on correct timing
	<b>Full Pattern: Carriage</b> Skaters are expected to carry themselves with good posture. The body and head should strive to be tall and extended with soft knees and good free leg extension. Arms should be held in a controlled, relaxed manner and may move with the body to assist with lean and curve.	- Reasonable body carriage and extension for level - Reasonable depth of edges, control for the majority of the dance
	<b>Full Pattern: Technique*</b> Skaters are expected to demonstrate proper blade pushes and proper steps with a solid knee action.	- 75% of correct steps - 75 % blade pushes - Some knee action evident throughout


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### STAR 1-5 DANCE - Descriptions and Standards Chart

#### STAR 3a – Baby Blues Pattern Dance

**Suggested Introductory Steps:**  
LFO (2) RFO (2) LFO Swing Roll (4)

The dance starts in one corner of the rink facing the centre of the ice, progressing down the side across the end and around the corner where it repeats, thus requiring two sequences of the dance for one round of the rink.

The dance consists mainly of two beat progressive sequences. Step 7 (RFOI) and Step 14 (LFO- SwR) are the only 4 beat edges. The free leg swing forward and back on Step 7 is executed as follows: forward on count 2 and back on count 3.

The simple steps allow beginners to get the feel of the music and enjoy rhythmical motion in their skating. Because of the use of slow Blues music, this dance promotes the use of long edges.

Upright position, good carriage and easy flow without too much effort are desired in the dance. The presence of a soft knee action throughout the dance is desired.

Music	Tempo	Pattern
• Blues 4/4	• 22 measures of 4 beats • 88 beats per minute	• Set
Inventor	First Performed	
Unknown	Unknown	

Hold (optional)	Step No.	Step (same for both)	# of beats	
Kilian	1	RFO	2	Segment #1
	2	LFI-Pr	2	Focus Area #1
	3	RFI	2	
	4	LFO	2	
	5	RFI-Pr	2	
	6	LFI	2	
	7	RFOI-Sw	2+2	Focus Area #2
	8	LFO	2	
	9	RFI-Pr	2	
	10	LFI	2	
	11	RFO	2	Focus Area #3
	12	CR-LFO	2	
	13	RFI-Pr	2	
	14	LFO- SwR	4	

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### STAR 1-5 DANCE - Descriptions and Standards Chart

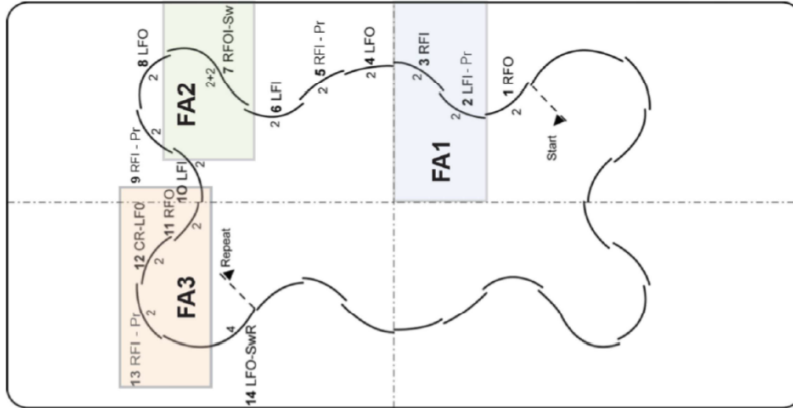
3653 BABY BLUES – STAR 3a

FA = Focus Area

3653 BABY BLUES

Set Pattern Dance

Both skaters skate same steps



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### STAR 1-5 DANCE - Descriptions and Standards Chart

#### STAR 3b

<p><b>Backward Progressives</b></p>	<p>A backward progressive is a dance step that is executed by the skater performing a backward blade push onto an outside edge, fully extending the free leg to the front of their body and allowing the free foot to pass the skating foot and step down on an inside edge without crossing behind into the circle. The foot that was on the outside edge then executes a backward thrust from the outside edge by pushing forward, with the foot slight turned into the centre of the circle, until it is fully extended. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform backward progressives on the circle in the opposite direction. The skater's upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p><b>1 full circle of clockwise (CW) and counter clockwise (CCW) progressives must be performed.</b></p> <p><b>Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<p><b>Backward Chasses</b></p>	<p>A backward chasse is a dance step that is executed by the skater performing a blade push onto an outside edge, fully extending the free leg to the front of their body and then bringing the free foot to step beside the skating foot to allow the inside foot to rise off the ice with the blade parallel to the ice. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform backward chasses on the circle in the opposite direction. The skater's upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p><b>1 full circle of clockwise (CW) and counter clockwise (CCW) chasses must be performed.</b></p> <p><b>Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

<b>Backward Swing Roll Sequence</b>	<p>A backward swing roll is similar to a backward outside edge. To execute a backward swing roll, the skater will use a "C"-type push to push onto a backward outside edge on a bent skating knee, fully extending the free leg to the front. As the skater reaches the middle of the edge/roll, they will rise up on the knee as they bring their free leg to extend behind them at an approximate 30-degree angle. The roll is finished by bringing the feet together before performing the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the process listed above on a line using the width of the ice. The skater may start from a standstill or from forward skating and may choose starting foot. The skater will perform a series of forward swing rolls across the width of the ice.</p>	<p><b>Minimum of 4 swing rolls must be performed (2 on each foot)</b>  <b>Minimum of:</b>          - 75% of steps must be correct          - 75% blade pushes          - 75% of steps must have reasonable balance and control          - Body carriage and line should be reasonable for this level</p>
<b>Forward Inside Open Mohawks</b>	<p><b>SWING:</b> The forward inside open Mohawk for the Swing Dance is executed on a RFI edge with full extension of the free foot held behind the skater. The skater will then bring the heel of the free foot to the instep area (instep to heel) of the skating foot before transferring the weight onto a LBI edge with the right free leg then fully extending behind the skater. The timing for this Mohawk is 2 beats on the RFI edge and 2 beats on the LBI edge.</p> <p><b>FIESTA:</b> The forward inside open Mohawk for the Fiesta Tango is executed on a RFI edge with full extension of the free foot held behind the skater. The skater will then bring the heel of the free foot to the instep area (instep to heel) of the skating foot before transferring the weight onto a LBI edge with the right free leg then staying close to the skating leg in preparation for the next step which would be a RBO edge. The timing for this Mohawk is 1 beat on the RFI edge and 1 beats on the LBI edge.</p>	<p><b>Must do each type of Mohawk.</b>  <b>Minimum of:</b>          - 75% of steps must be correct          - 75% blade pushes          - 75% of steps must have reasonable balance and control          - Body carriage and line should be reasonable for this level</p>
<b>RFO Cross Roll, Cross Behind</b>	<p>The RFO cross roll, cross behind is executed from a LFO edge. The free foot is extended behind the skater and internally rotates as it crosses the path of the skating foot to step on an outside edge. To ensure the proper edge is achieved, the free foot may cross in front at a right angle to the skating foot.</p>	<p><b>Only 1 required.</b>  <b>Minimum of:</b>          - 75% of steps must be correct          - 75% blade pushes</p>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

	<p>Once the weight is transferred to the right foot, the left foot can either be extended behind or raised up behind the skating leg to be brought back in to step on a LFI edge. This cross behind should be tight (feet close together). While on the LFI edge, the right foot should be fully extended in front of the skater.</p>	<p>- 75% of steps must have reasonable balance and control          - Body carriage and line should be reasonable for this level</p>
<b>FO 3-Turn/BO edge</b>	<p>The forward 3-turn/BO edge is executed by a FO edge on either foot with the free foot fully extended behind the skater on a bent skating knee. The skater will rise up on the skating knee as they bring their free foot to the skating foot while performing the 3-turn. The feet will remain close together as the skater transfers their weight to the BO edge of the free foot. Once the weight is transferred the free foot will then fully extend forward. The skater will perform both FO 3-turns (LFO 3-turn, RBO edge + RFO 3-turn, LFO edge).</p>	<p><b>Must do each FO 3-turn (RFO &amp; LFO)</b>  <b>Minimum of:</b>          - 75% of steps must be correct          - 75% blade pushes          - 75% of steps must have reasonable balance and control          - Body carriage and line should be reasonable for this level</p>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

STAR 4a		
<b>Swing Dance</b>	<p>The skater will perform the pattern dance of the Swing Dance solo, shadowed or partnered by a coach or PA. Approved music must be used from either the Skate Canada Dance Series Music or the Skate Canada Contemporary Dance Music List.</p> <p>A maximum of 7 introductory steps may be used by the skater to build speed and flow to reach Step #1 of the dance. To ensure your skater is reaching step #1 at the correct time in the music, count the foxtrot beats (1,2,3,4). The 1<sup>st</sup> step of the dance must fall on the "downbeat" also known as the "strong" beat of the music. When you are counting, this beat will be count #1.</p> <p><b>The skater must perform a minimum of 1 complete dance pattern.</b></p> <p><b>Optional Steps: #12 or #27 may be skated as a progressive or slide chasse.</b></p> <p><b>Focus Area #1: Steps 1-6 &amp; Steps 16 - 21</b> Skaters are expected to demonstrate strong curves in both directions with solid chasse technique.</p> <p><b>Focus Area #2: Steps 22 &amp; 23</b> Skaters are expected to demonstrate proper backward pushes and knee action on the swing rolls. Strong curves should be evident.</p> <p><b>Focus Area #3: Steps 11-13</b> Solid open Mohawk technique should be evident with good free leg extension and neat feet.</p> <p><b>Full Pattern: Timing*</b> Skaters are expected to demonstrate a good understanding of timing throughout the dance.</p> <p><b>Full Pattern: Carriage</b></p>	
		<p><b>The skater must have 100% accuracy to receive credit for these areas.</b></p> <p><b>A min 2 out of 3 successful Focus Areas are needed to pass the dance.</b></p>
		<p><b>Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 75% of the dance on correct timing</li> <li>- Reasonable body carriage and extension for level</li> </ul>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

	<p>Skaters are expected to carry themselves with good posture. The body and head should strive to be tall and extended with soft knees and good free leg extension.</p> <p><b>Full Pattern: Technique*</b> Skaters are expected to demonstrate proper blade pushes and proper steps with a solid knee action.</p>	<ul style="list-style-type: none"> <li>- Reasonable depth of edges, control for the majority of the dance</li> <li>- 75% of correct steps</li> <li>- 75% blade pushes</li> <li>- Some knee action evident throughout</li> </ul>
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### STAR 1-5 DANCE - Descriptions and Standards Chart

#### STAR 4a – Swing Pattern Dance

**Suggested Introductory Steps:**  
 Two sets of introductory steps are suggested for this dance (A) using a mohawk, and (B) using a three.  
 (A) Man: RFO (2), LFI (2), RFO (4)  
 Woman: LFI (2), OpMo RBI (2), LBO (4)  
 (B) Man: RFO (2), LFO (2), RFO (1), LFI (1), RFO (2)  
 Woman: RFO (2), LFO (2), RFO (2), LBO (2)  
 In both of these examples, the woman will start to the left of the man (in hand-in-hand hold) if the dance is executed with a partner.

Music	Tempo	Pattern
• Foxtrot 4/4	• 24 measures of 4 beats • 96 beats per minute	• Set
Inventor	First Performed	
Hubert Sprott	Unknown	

Hold (optional)	Step No.	Male Steps	# of beats	Female Steps	
Closed	1	LFO	1	RBO	Focus Area #1
	2	RFI-Ch	1	LBI-Ch	
	3	LFO	2	RBO	
	4	RFO	1	LBO	
	5	LFI-Ch	1	RBI-Ch	
	6	RFO	2	LBO	
	7	LFO- SwR	4	RBO- SwR	
Hand-in-hand	8	RFO- SwR	4	LBO- SwR	Focus Area #3
	9	LFO	2	RBO	
	10	RFI-Pr	2	LFO	
	11	LFO	2	RFI-Pr	
	12	RFI-Pr	2	*LFO	
Closed		OpMo			
	13	LBI	2	*RFI-Pr	
	14	RBO	2	LFO	
	15	LBO-SwR	4	RFO-SwR	
	16	RBO	1	LFO	


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### STAR 1-5 DANCE - Descriptions and Standards Chart

This is a dance designated for beginners consisting of all basic edges, forward and backward. It presents a relaxed method of changing from forward to backward skating, requires the man to learn to lead while skating backward as well as forward, makes the steps of each skater identical, even though similar steps are not skated at the same time, and makes it possible for two women to learn to dance or practice it as a couple.

The dance is skated down the length of the rink and contains four curvatures or lobes, and is skated in closed hold if partnered. The one skating forward during the first set of lobes in the straightaway will be skating backward when these four lobes are skated on the opposite side of the rink.

The chase sequences apply to both forward and backward skating. First step of the sequence is an outside edge of one beat. Second step is an inside edge of one beat, during which the free foot is lifted slightly from the ice and is not allowed to move to a position either in front of or behind the skater, but should be held directly beneath the skater in readiness to accept the skater's weight at the start of the third step. The third step is an outside edge of two beats. At the end of the second beat, the skaters must change of edge slightly in order to stroke smoothly into the next edge or lean.

The third and fourth lobes of the straightaway consist of two four-beat swing rolls that are skated as in the Fourteenstep, but must be skated in each direction.

The end sequences consist of seven steps at each end of the rink. Each step of the sequence is held for two full beats except the last step (steps 15 and 30) which is a swing roll of four beats. Skate the end steps with soft knee action, be relaxed, and try to give the appearance of having fun.

**TIPS for partnering (optional)**  
 Step 9 or 24:  
 The person skating backward releases his or her left hand and curves his edge away from the partner in order to be in position to step forward on the next step.

Hand-in-hand	17	LBI-Ch	1	RFI-Ch	Focus Area #1
	18	RBO	2	LFO	
	19	LBO	1	RFO	
	20	RBI-Ch	1	LFI-Ch	
	21	LBO	2	RFO	
Hand-in-hand	22	RBO- SwR	4	LFO- SwR	Focus Area #2
	23	LBO- SwR	4	RFO- SwR	
	24	RBO	2	LFO	
	25	LFO	2	RFI-Pr	
	26	RFI-Pr	2	LFO	
	27	*LFO	2	RFI-Pr	
Closed				OpMo	
	28	*RFI-Pr	2	LBI	
	29	LFO	2	RBO	
	30	RFO- SwR	4	LBO- SwR	

\*LFO, RFI progressive step optionally a slide chasse

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### STAR 1-5 DANCE - Descriptions and Standards Chart

Step 10 or 25:  
Both skate forward. Skater to the left is the one who has just stepped from backward to forward. Hold nearest hand, but do not crowd each other.

Step 11 or 26:  
Both still skate forward. Skater to right skates slightly faster than his partner.

Step 12 or 27:  
Both still skate forward. Skater to the right should now be slightly in advance of skater to left, and should be ready to skate a RFI open mohawk. **At the same time, the skater to the left has the option of either skating a LFO, RFI progressive or a LFO, RFI slide chasé, in which case the free foot slides off the ice in front of the skater to match the partner's back extension.**

Forward inside open mohawk is required. The balance and control must be good, and the execution pleasing to watch.

Step 13 or 28:  
The person to the right skates a RFI mohawk and finishes the mohawk in front of the partner.

Step 14 or 29:  
Skater who did the mohawk is now skating backward directly in front of the partner.

Step 15 or 30:  
Change curvature and skate four beat swing roll in closed position.

The dance positions are closed hold when skating the lengths of the rink and hand-in-hand position at end sequences to allow both skaters to skate forward on steps 10, 11, 12 or 25, 26, 27. Separate by at least twenty-four inches (24") and hold arms relaxed. Appearance of arms during end sequences up to step 14 or 29 is left to discretion of skaters. Assume closed position in time for step 15 or 30.



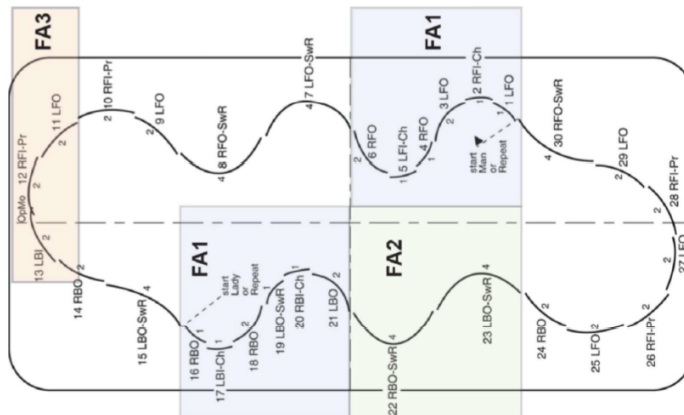
### STAR 1-5 DANCE - Descriptions and Standards Chart

Separate by at least twenty-four inches (24") and hold arms relaxed. Appearance of arms during end sequences up to step 14 or 29 is left to discretion of skaters. Assume closed position in time for step 15 or 30.

3654 SWING DANCE - STAR 4b

3654 SWING DANCE

Set Pattern Dance




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### STAR 1-5 DANCE - Descriptions and Standards Chart

STAR 4b		
<b>Fiesta Tango</b>	<p>The skater will perform the pattern dance of the Fiesta Tango solo, shadowed or partnered by a coach or PA. Approved music must be used from either the Skate Canada Dance Series Music or the Skate Canada Contemporary Dance Music List.</p> <p>A maximum of 7 introductory steps may be used by the skater to build speed and flow to reach Step #1 of the dance. To ensure your skater is reaching step #1 at the correct time in the music, count the tango beats (1,2,3,4). The 1<sup>st</sup> step of the dance must fall on the "downbeat" also known as the "strong" beat of the music. When you are counting, this beat will be count #1.</p> <p><b>The skater must perform a minimum of 2 complete dance patterns.</b></p>	
	<p><b>Focus Area #1: Steps 5, 6 &amp; 7</b> Skaters will be expected to execute a proper cross roll with a blade push and definite outside to outside edge lobe change. The cross behind should have neat feet with a tight cross. Free leg position optional.</p> <p><b>Focus Area #2: Step 8</b> On this step the free leg will start behind for 2 beats and move in front for 2 beats while on the outside edge, executing a swing roll action. The free leg will then swing back to execute a change of edge. The FI edge will be held for 2 beats with the free leg externally rotated and skating knee bent.</p> <p><b>Focus Area #3: Steps 10, 11 &amp; 12</b> Solid open Mohawk technique should be evident with neat feet. BO edge should be stable with a solid knee bend and good free leg extension to the front.</p>	<p><b>The skater must have 100% accuracy to receive credit for these areas.</b></p> <p><b>A min 2 out of 3 successful Focus Areas are needed to pass the dance.</b></p>
	<b>Full Pattern: Timing*</b>	<b>Minimum of:</b>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

	<p>Skaters are expected to demonstrate a good understanding of timing throughout the dance.</p> <p><b>Full Pattern: Carriage</b> Skaters are expected to carry themselves with good posture. The body and head should strive to be tall and extended with soft knees and good free leg extension.</p>	<ul style="list-style-type: none"> <li>- 75% of the dance on correct timing</li> <li>- Reasonable body carriage and extension for level</li> <li>- Reasonable depth of edges, control for the majority of the dance</li> </ul>
	<p><b>Full Pattern: Technique*</b> Skaters are expected to demonstrate proper blade pushes and proper steps with a solid knee action.</p>	<ul style="list-style-type: none"> <li>- 75% of correct steps</li> <li>- 75 % blade pushes</li> <li>- Some knee action evident throughout</li> </ul>

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### STAR 1-5 DANCE - Descriptions and Standards Chart

#### STAR 4b – Fiesta Tango Pattern Dance

**Suggested Introductory Steps:**

RFO (2), LFO (2), RFI (4) for both skaters if partnered.

For partnering, the dance starts in reverse Kilian hold. At steps 10 and 11, partners change to Kilian hold while executing the open mohawk. Steps 11 to 15 are danced in Kilian hold, and as partners change from backward to forward skating at step 16, they take reverse Kilian hold again to start the dance sequence over. The woman should be a little ahead of the man at the beginning of step 9 (LFO) to avoid interference at the open mohawk.

The tempo of the Fiesta is slow, tango rhythm, and skaters should strive for upright carriage, soft knee action, easy flow, and smooth leg swings. Step 8 allows for a very pleasing interpretation. The skating knee is well bent at the beginning of the stroke. At the count of three, the free leg swings forward, the change of edge is executed with the full swing of the free leg at the end of count four, and then the free leg swings back at the count of one of the next measure. If preferred, the free leg may remain in front after the change of edge. The use of the free leg on step 8 can add a great deal to the character of the dance, but, however it is used, the change of edge must be executed on the correct beat as shown in the diagram. The sequence of steps allows for easy, rhythmical movements and partners should be able to interpret the music and skate the steps in a very pleasing tango style.

Music	Tempo	Pattern
• Tango 4/4	• 27 measures of 4 beats • 108 beats per minute	• Set
Inventor		First Performed
George Muller		Colorado Springs, 1948

Hold (optional)	Step No.	Step (same for both)	# of beats		
Reverse Kilian	1	LFO	2	Focus Area #1	
	2	RFO	2		
	3	LFO	1		
	4	RFLPr	1	Focus Area #2	
	5	LFO	2		
	6	CR-RFO	2	Focus Area #3	
	7	XB-LFI	2		
	8	RFOI	4 + 2		
	Kilian	9	LFO	2	Focus Area #3
		10	RFI	1	
11		OpMo	2	Focus Area #3	
12		LBI	1		
13		RBO	2		
Reverse Kilian		14	RBO	2	
		15	XF-LBI	2	
	16	RFI	2		



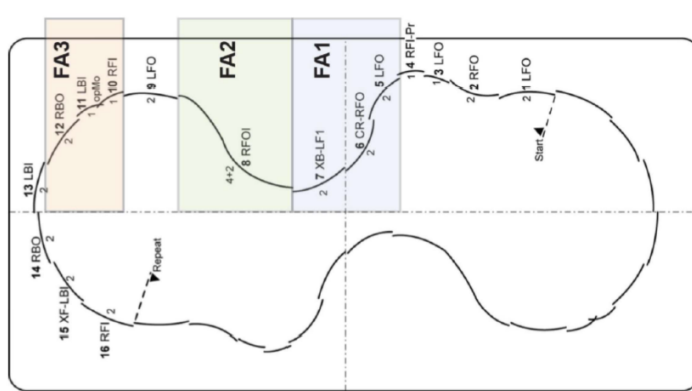
### STAR 1-5 DANCE - Descriptions and Standards Chart

3655 FIESTA TANGO – STAR 4b

3654 SWING DANCE

Set Pattern Dance

Both skaters skate the same steps






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### STAR 1-5 DANCE - Descriptions and Standards Chart

STAR 5a		
<b>Willow Waltz</b>	<p>The skater will perform the pattern dance of the Willow Waltz solo, shadowed or partnered by a coach or PA. Approved music must be used from either the Skate Canada Dance Series Music or the Skate Canada Contemporary Dance Music List.</p> <p>A maximum of 7 introductory steps may be used by the skater to build speed and flow to reach Step #1 of the dance. To ensure your skater is reaching step #1 at the correct time in the music, count the waltz beats (1,2,3,4,5,6). The 1<sup>st</sup> step of the dance must fall on the "downbeat" also known as the "strong" beat of the music. When you are counting, this beat will be count #1.</p> <p><b>The skater must perform a minimum of 2 complete dance patterns.</b></p> <p><b>Please note:</b> Skaters may perform the male or female steps, regardless of gender. If a skater would like to be assessed performing each set of steps, this would be considered 2 separate tests (1 for each step pattern).</p> <p><b>Optional Steps: #6 (for female) or #19 (for male) may be skated as a slide chasse.</b></p>	
	<p><b>Focus Area #1: Male Steps 8, 9 10 &amp; 11, Female Step 8</b>  <b>Male:</b> BO step to FO step executed with neat feet by bringing feet together on the transition. Skater should demonstrate proper progression technique with blade pushes.  <b>Female:</b> Skater should demonstrate good technique on the 3-turn with neat feet. Upright carriage of the body should be evident on the turn.  <b>Focus Area #2: Male Step 14, Female Steps 15, 16, 17 &amp; 18</b>  <b>Male:</b> Skater should demonstrate good technique on the 3-turn with neat feet. Upright carriage of the body should be evident on the turn.  <b>Female:</b> Skater should demonstrate strong blade pushes throughout this section. Step 17 is not a progressive and should therefore be performed with</p>	<p><b>The skater must have 100% accuracy to receive credit for these areas.</b></p> <p><b>A min 2 out of 3 successful Focus Areas are needed to pass the dance.</b></p>


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### STAR 1-5 DANCE - Descriptions and Standards Chart

	<p>the feet starting side by side and the free leg extending back with external rotation.</p> <p><b>Focus Area #3: Male Steps 15, 16, 17 &amp; 18, Female Steps 20, 21 &amp; 22</b>  <b>Male:</b> Skater should demonstrate strong pushing technique throughout this section with solid knee bend and lean. Skater may rise up to step forward on step #18 with neat feet.  <b>Female:</b> Skater should demonstrate solid progressive technique with solid lean and free leg extension to the front.</p>	
	<p><b>Full Pattern: Timing*</b>            Skaters are expected to demonstrate a good understanding of timing throughout the dance.</p>	<p><b>Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 75% of the dance on correct timing</li> </ul>
	<p><b>Full Pattern: Carriage</b>            Skaters are expected to carry themselves with good posture. The body and head should strive to be tall and extended with soft knees and good free leg extension.</p>	<ul style="list-style-type: none"> <li>- Reasonable body carriage and extension for level</li> <li>- Reasonable depth of edges, control for the majority of the dance</li> </ul>
	<p><b>Full Pattern: Technique*</b>            Skaters are expected to demonstrate proper blade pushes and proper steps with a solid knee action.</p>	<ul style="list-style-type: none"> <li>- 75% of correct steps</li> <li>- 75 % blade pushes</li> <li>- Some knee action evident throughout</li> </ul>

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### STAR 1-5 DANCE - Descriptions and Standards Chart

#### STAR 5a – Willow Waltz Pattern Dance

**Suggested Introductory Steps:**

Man: RFO (3), LFO (2), chasse RFI, steps 20 to 22  
 Woman: RFO (3), LFO (3), steps 20 to 22 (Woman on man's right)

Music	Tempo	Pattern
• Waltz 3/4	• 46 measures of 4 beats • 138 beats per minute	• Set
Inventor	First Performed	
George Muller	Crystal Ice Palace, Willow Springs (Chicago) - 1953	

Erect carriage and waltz rhythm should be maintained throughout the dance. If partnered, partners should skate close together and strive for neat footwork. Good flow and pace are desirable and should be strived for without obvious effort and visible pushing.

**Tips for partnering and execution:**

The Willow Waltz is skated in closed hold throughout.

Steps 1 and 2 are chasse steps for both partners.

Steps 5 and 6 for the man form an inside open mohawk with a three-beat RFI leading into it and a three-beat LBI leading out.

**Step 6 for the woman (and step 19 for the man) may be skated, optionally, as a slide chasse, in which case the free foot slides off the ice in front of the skater to match the partner's free leg at this step.** The woman's step 8 is a three turned on a beat three.

Steps 9, 10 and 11 form a progressive sequence for both partners and are followed by a chasse sequence, steps 12 and 13.

Hold (optional)	Step No.	Male Steps	# of beats	Female Steps
Closed	1	RFO	2	LBO
	2	LFI-Ch	1	RBI-Ch
	3	RFO	3	LBO
	4	LFO	3	RBO
	5	RFI	3	*LFO
		OpMo		
	6	LBI	3	*RFI
	7	RBO	3	LFO



### STAR 1-5 DANCE - Descriptions and Standards Chart

The man's step 14 is a three turned on beat three; (NOTE: not a European Waltz type of three as it is not a cross roll take-off).  
 Steps 18 and 19 form an inside open mohawk for the woman with each step held for three beats.  
 Step 19 for the man may be skated optionally as a slide chasse.  
 Steps 20, 21 and 22 are a progressive sequence for both partners

8	Focus Area #1	LBO	3, 2 + 1	RFO3	Focus Area #1
9		RFO	2	LBO	
10		LFI-Pr	1	RBI-Pr	
11		RFO	3	LBO	
12		LFO	2	RBO	
13		RFI-Ch	1	LBI-Ch	
14	Focus Area #2	LFO3	2 + 1, 3	RBO	
15	Focus Area #3	RBO	3	LFO	Focus Area #2
16		LBO	3	RFO	
17		RBI	3	LFI	
18		*LFO	3	RFI	
		OpMo			
19		*RFI	3	LBI	
20		LFO	2	RBO	Focus Area #3
21		RFI-Pr	1	LBI-Pr	
22		LFO	3	RBO	

\*LFO, RFI progressive step optionally a slide chasse



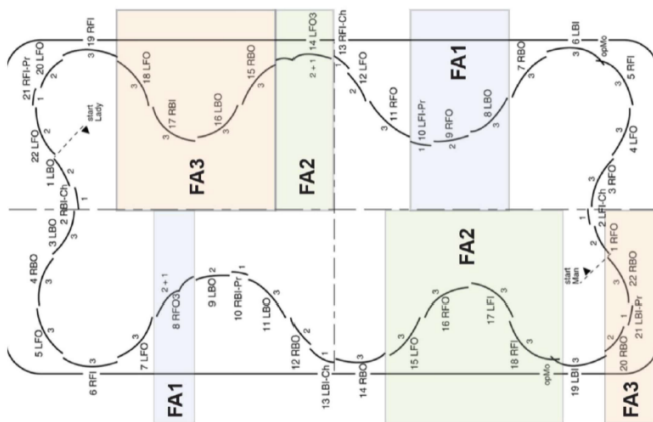
### STAR 1-5 DANCE - Descriptions and Standards Chart

#### 3656 WILLOW WALTZ

FA = Focus Area

#### 3656 WILLOW WALTZ

Set Pattern Dance



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### STAR 1-5 DANCE - Descriptions and Standards Chart

#### STAR 5b

<b>LFO Open Mohawk</b>	The LFO open Mohawk is executed on a LFO edge with full extension of the free foot held behind the skater. The skater will then bring the heel of the free foot to the instep of the skating foot before transferring the weight onto a RBO edge with the left free leg then staying close to the skating leg in preparation for the next step which would be a LBI edge. The timing for this Mohawk is 1 beat on the LFO edge and 1 beat on the RBO edge.	<b>Only 1 required.</b> <b>Minimum of:</b> - 100% of steps must be correct - 75% blade pushes or more - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
<b>FO Double Knee Bend</b>	A FO double knee bend initiates on a FO edge that is created by a blade push with the free leg fully extending behind the skater at an approximately 30-degree angle. The skating knee at the beginning of the edge is bent and held for 1 count before it rises for 1 count and then returns to a bent position for 2 additional counts. The edge is 4 counts in total (1+1+2).	<b>Must do one on each foot:</b> <b>Minimum of:</b> - 100% of steps must be correct - 75% blade pushes or more - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
<b>Forward Progressive/Swing Roll Sequence</b>	The skater may gain speed before commencing this sequence. Start the sequence with a LFO Pr exiting on a LFO edge (LFO-RFI Pr, LFO edge) with a timing count of 1+1+2. The skater will then bring their feet together before performing a RFO SwR with the free foot behind for 2 counts on a bent skating knee and then rise up as the free foot passes to the front and hold for 2 counts (2+2). Repeat this sequence.	<b>Minimum of 2 sequences rolls must be performed per foot</b> <b>Minimum of:</b> - 100% of steps must be correct - 75% blade pushes or more - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
<b>Backward Progressive/Swing Roll Sequence</b>	The skater may gain speed before commencing this sequence. Start the sequence with a RBO Pr exiting on a RBO edge (RBO-LBI Pr + RBO edge) with a timing count of 1+1+2. The skater will then bring their feet together before	<b>Minimum of 2 sequences rolls must be performed per foot</b> <b>Minimum of:</b>


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Comment



### STAR 1-5 DANCE - Descriptions and Standards Chart

	performing a LBO SwR with the free foot in front for 2 counts on a bent skating knee and then rise up as the free foot passes to the back and hold for 2 counts (2+2). Repeat this sequence.	<ul style="list-style-type: none"> <li>- 100% of steps must be correct</li> <li>- 75% blade pushes or more</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<b>Ten Fox Progressive</b>	<p>A Ten Fox progressive is performed exactly like forward progressives with the exception of the upper body position. For this progressive the upper body will be externally rotated to face outside of the circle with the left arm in front and the right arm behind. This progressive is only performed CCW (LFO – RFI Pr).</p> <p>To introduce this skill to the skater, the skater will perform this skill on a circle the approx. size of a hockey circle.</p>	<p><b>Skater to perform a minimum of 1/4 of the circle with this element.</b></p> <p><b>Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 100% of steps must be correct</li> <li>- 75% blade pushes or more</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<b>LFO Cross Behind</b>	The LFO cross behind step is initiated by a LFO edge with the free leg fully extended behind the skater. The right foot then draws toward the skating foot to cross behind (inside the lobe) to step on a RFI edge. The left free foot then extends to the front before coming back beside the skating foot in preparation for a LFO edge (neat feet).	<p><b>Only 1 required.</b></p> <p><b>Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 100% of steps must be correct</li> <li>- 75% blade pushes or more</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<b>FO Cross Rolls</b>	FO cross rolls can be initiated from either a RFO or LFO edge. The free foot is extended behind the skater and internally rotates as it crosses the path of the skating foot to step on an outside edge. To ensure the proper edge is achieved, the free foot may cross in front at a right angle to the skating foot. Once the weight is transferred to the other foot, the free leg is extended again and repeats the same action, thus creating a rolling feeling from one edge to the other.	<p><b>Must do a sequence of 4 rolls (2 on each foot)</b></p> <p><b>Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 100% of steps must be correct</li> <li>- 75% blade pushes or more</li> <li>- 75% of steps must have reasonable balance and control</li> </ul>


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Comment



### STAR 1-5 DANCE - Descriptions and Standards Chart

		<ul style="list-style-type: none"> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<b>FO Cross Roll/3-Turn</b>	The FO cross roll 3-turn is executed by a FO edge on either foot with the free leg extended behind the skater. The free foot is extended behind the skater and internally rotates as it crosses the path of the skating foot to step on an outside edge. The skater will rise up on the skating knee as they bring their free foot to the skating foot while performing the 3-turn. The feet will remain close together as the skater transfers their weight to the BO edge of the free foot. Once the weight is transferred the free foot will then fully extend forward. The skater will perform both FO 3-turns (LFO 3-turn, RBO edge + RFO 3-turn, LFO edge).	<p><b>Skater must perform one 3-turn on each foot</b></p> <p><b>Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 100% of steps must be correct</li> <li>- 75% blade pushes or more</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
<b>BO Rolls (insert pic)</b>	<p>A roll is a term used to describe an edge. Backward rolls can be initiated on either foot and start with a BO edge with the free leg extended fully in front. As the skater prepares for the next roll they will draw their free foot towards their skating foot and step closely beside it onto the new edge. During these rolls the skating knee will remain bent.</p> <p>For proper technique execution, ensure the free foot does not pass the skating foot.</p>	<p><b>Must do a sequence of 4 rolls (2 on each foot)</b></p> <p><b>Minimum of:</b></p> <ul style="list-style-type: none"> <li>- 100% of steps must be correct</li> <li>- 75% blade pushes or more</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>

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## m. Content and Training - Freeskate



### STAR 1-5 Content & Training

The following has been compiled to give coaches some resources and rationale for skill placement and training strategies in each discipline. Please note that all skills regardless of discipline can be trained on any session. It is not mandatory to segregate disciplines into different sessions. For easy training accessibility, it is recommended to allow skaters to train all areas of the STAR 1-5 program on the same session.

## FREESKATE

FREESKATE assessment is divided into 2 parts: Elements and Programs. Elements consist of jumps and spins only. Programs will directly correlate with the program criteria expected at the STAR 2-5 Events. In order to receive credit for a full STAR level rating both the Elements and the Program assessments must be obtained at the same level.

- For example: STAR 5 Freeskate Elements + STAR 5 Freeskate Program = STAR 5 Freeskate

Skaters do not have to pass a full level before moving to the next assessment.

- For example: Skaters may choose to continue pursuing their Freeskate Element assessments without completing the Freeskate Program assessments for each level.

**STAR 1 FREESKATE - ELEMENTS** are designed to be acquired within 3-9 months of achieving skills in Stage 6 of CanSkate. The success of this goal will largely depend on the quality of skills taught in Stage 5 & 6 as well as the program delivery and frequency in the club's STAR 1-2 program. STAR 1 skills introduce skaters to basic philosophical foundations of quality skating.

At this level, there is only an assessment for elements. Program assessment will start at STAR 2 to allow skaters time to acquire skills to put in the program.

NOTE: There is no mandatory criteria required for assessment at this level as it is "developmental". As the entry level, skaters will be encouraged to achieve proper technique. The allowance of "no mandatory criteria" has been identified as skaters will repeat all of these skills in subsequent levels, therefore continuing their development. Coaches are encouraged to include skills at all the levels into the skaters regular training routines. This will help reinforce technique learned as well as challenge development.

STAR 1 Freeskate - ELEMENTS	Rationale/progression:	Strategies to train this skill include:
<b>Waltz Jump</b>	The waltz jump will become the foundation for the axel as skater's progress. Ensuring proper take off technique, loading for power, air position stability and proper landing action will benefit the skater as they continue their jump acquisition.	<ul style="list-style-type: none"> <li>- Using the boards for stability as coaches teach the skaters the feeling of "rolling off the toe" for take off</li> <li>- Increasing speed as the skater's comfort level increases</li> <li>- Can be trained on a circuit, in a small group or in an open class format</li> <li>- Exercises to reinforce and train proper landing position</li> <li>- Jumps can also be trained off the ice for control, position and launch mechanics</li> </ul>
<b>Single Salchow</b>	The Salchow is a complex skill for this level. Coaches are encouraged to train a "checked" or controlled position on the BI edge entry before initiating take off sequence. This will be essential for multiple rotations later in development.	<ul style="list-style-type: none"> <li>- Training the entry, without adding the jump to ensure the skater learns control before take off.</li> <li>- Using the boards for stability as coaches teach the skaters the feeling of "rolling off the toe" for take off</li> <li>- Increasing speed and distance, as the skater's comfort level increases</li> <li>- Can be trained on a circuit, in a small group or in an open class format</li> <li>- Exercises to reinforce and train proper landing position</li> <li>- Jumps can also be trained off the ice for control, position and launch mechanics</li> </ul>
<b>Single Toe Loop</b>	The toe loop is an essential jump for development. It is often used in jump combinations as the second jump later in development. Teaching the proper take off will allow skaters to prepare for their double toe loop, as well as ensure credit for full rotation when being used as part of a combination. As with the Salchow, training a proper "check" or controlled position on the BO edge before placing the toe for take off is essential. Skaters will generally need lots of guidance and practice exercises to get comfortable with the new technique of weight transfer on the	<ul style="list-style-type: none"> <li>- Stand still exercises allowing the skater to explore the BO edge length on take off while transferring the weight to the toe. The boards may be a good source of stability for this exercise.</li> <li>- Video examples of proper take offs for skater comprehension</li> <li>- Training the entry, without adding the jump to ensure the skater learns control before take off.</li> </ul>
	take off, as well as ensuring the BO edge is sustained to the take off point.	<ul style="list-style-type: none"> <li>- Increasing speed and distance, as the skater's comfort level increases</li> <li>- Jumps can also be trained off the ice for control, position and launch mechanics</li> <li>- Can be trained on a circuit, in a small group or in an open class format</li> <li>- Exercises to reinforce and train proper landing position</li> </ul>
<b>Forward Upright Spin</b>	<p>As the next step in progression from the "1-foot spin with a spiralling edge" in CanSkate, the forward upright spin in STAR 1 will allow the coaches to focus on more technical aspects like:</p> <ul style="list-style-type: none"> <li>- Centering</li> <li>- Position</li> <li>- Edge quality (BI edge)</li> </ul> <p>Train the skaters to know that each spin must be a minimum of 3 rotations (per foot) to qualify as a spin.</p>	<ul style="list-style-type: none"> <li>- Exercises that explore edge awareness of spinning foot</li> <li>- Exercises that focus on proper centering. Skaters must learn how to establish a center.</li> <li>- Exercises that explore efficient and inefficient spinning positions to help them identify the proper positioning needed for a strong spin.</li> </ul>
<b>Backward Upright Spin</b>	<p>Other than the "alternating foot spin" in CanSkate, this is the first time skaters are exposed to a backward spin. The importance of this skill is paramount for the awareness of "air position" for jumps and spin acquisition for higher levels. The most important features of the back spin at this level are:</p> <ul style="list-style-type: none"> <li>- Position</li> <li>- Centering</li> </ul> <p>Skaters will develop edge quality awareness as they progress.</p>	<ul style="list-style-type: none"> <li>- Training the positions of the back spin in isolation first. This can be done on a circle or straight line</li> <li>- Initiating spin from a standstill and graduating to a FI spiralling edge when ready. Assessment can be done with either entry.</li> <li>- Including this skill as part of a daily practice routine for all levels, with many repetitions.</li> <li>- Exercises to increase stability on rotating axis</li> </ul>

## STAR 2 FREESKATE - ELEMENTS

This level will see the introduction of some new skills, building on the concepts learned at STAR 1.

NOTE: For every skill, **one** criteria has been identified as "mandatory". Coaches need to be familiar with this mandatory criterion as it is necessary to be achieved to reach an overall passing rating for each skill. Be mindful that not all skills need to "pass" to achieve a successful overall assessment.

STAR 2 Freeskate - ELEMENTS	Rationale/progression:	Strategies to train this skill include:
<b>Single Salchow</b>	The Salchow is repeated on STAR 2 to allow coaches to continue to develop the technique in readiness for double Salchow. The focus should be on developing more power, height, speed and distance at this level.	<ul style="list-style-type: none"> <li>- Encouraging skaters to use a larger curve/circle for preparation</li> <li>- Adding speed. Consider using power classes to increase speed awareness. Coaches can also pair more powerful skaters with less powerful skaters to encourage development while performing jumps side by side.</li> <li>- Increasing position and technique awareness. Coaches may also consider exposing the skaters to different preparation and entries.</li> <li>- Reinforcing proper landing position</li> </ul>
<b>Single Loop</b>	This is the first appearance for this jump and first time skaters will be exposed to a jump taking off and landing on the same foot. Coaches will be able to relate the knowledge acquired in the back spin to the positions needed for the loop jump. This jump will be repeated many times in the STAR 1-5 program as, like the toe loop, it is often used in combinations as the second jump. Setting up solid technique and control on this jump in STAR 2 will ease the development needed for jump combinations as well as multiple rotations (ex: double loop).	<ul style="list-style-type: none"> <li>- Using the back spin to reinforce rotating axis and landing alignment. Coaches can have the skater jump up and down while spinning to reinforce take off and landing on the same foot. The back spin can also be used as a launching ground for the loop by having the skater "jump out" of the spin</li> <li>- Exposing skaters to different preparation and entries into loop take off</li> <li>- Using the boards for stability as coaches teach the skaters the feeling of "rolling off the toe" for take off</li> <li>- Jumps can also be trained off the ice for control, position and launch mechanics</li> </ul>
<b>Single Flip</b>	Coaches can use many of the same strategies for the flip as outlined in the loop above. Two key areas of focus during the development of this jump, is the control of the BI edge before take off and the weight transfer to the toe during take off. Skaters will be introduced to a "pivoting" action on take off for the flip. Setting up solid technique and control on this jump in STAR 2 will ease the development needed for multiple rotations (ex: double flip).	<ul style="list-style-type: none"> <li>- Using the back spin to reinforce rotating axis and landing alignment. Coaches can have the skater jump up and down while spinning to reinforce take off and landing on the same foot. The back spin can also be used as a launching ground for the loop by having the skater "jump out" of the spin</li> <li>- Exercises to expose skaters to weight transfer needed from BI edge to take off toe. This can be done without rotation first to build awareness.</li> </ul>

		<ul style="list-style-type: none"> <li>- Exercises for toe pivoting action required for take off</li> <li>- Jumps can also be trained off the ice for control, position and launch mechanics</li> </ul>
<b>Waltz + Single Toe Loop Combination</b>	This is the first jump combination the skaters will be assessed on. The focus will be on equal flow for both jumps, as well as proper take off for the toe loop. Be mindful that a forward take off on the toe loop will result in a "downgrade" rating for rotation, leaving the skill at the Bronze rating.	<ul style="list-style-type: none"> <li>- Video work to show skaters their technique, performance and flow</li> <li>- Reinforcement of technique exercises. Ex: 1W + 1T +1T +1T to challenge skaters to find proper take off technique for the toe loop regardless of flow</li> <li>- Increasing speed and distance, as the skater's comfort level increases</li> </ul>
<b>Sit Spin (forward entry)</b>	<p>Building on the foundations set for the STAR 1 upright spin, coaches will be able to introduce the following concepts:</p> <ul style="list-style-type: none"> <li>- Definition of the correct sit position</li> <li>- 2 revolution requirement to receive credit for the sit position</li> </ul> <p>Learning these two concepts at this level, will allow skaters to focus on two key requirements as they develop this skill. Keep in mind, skaters will need to perform 3 complete rotations in total for the spin to be assessed. Focus will also be placed on proper spinning edge (BI edge) as skaters will be assessed on centering and edge quality.</p>	<ul style="list-style-type: none"> <li>- Using off ice training to train core and leg strength needed to obtain position</li> <li>- Using field move classes to train 1-foot sit glides, forwards and backwards</li> <li>- Spin classes that challenge skaters to train different aspects of the spin in a fun way</li> <li>- Video work to show skater's their position, as well as videos or in person examples of good positions.</li> <li>- Examining the print left on the ice after the spin to assess spinning circle size, edge and centering</li> </ul>
<b>Camel Spin (forward entry)</b>	<p>Building on the foundations set for the STAR 1 upright spin, coaches will be able to introduce the following concepts:</p> <ul style="list-style-type: none"> <li>- Definition of the correct camel position</li> <li>- 2 revolution requirement to receive credit for the camel position</li> </ul> <p>Learning these two concepts at this level, will allow skaters to focus on two key requirements as they develop this skill. Keep in mind, skaters will need to perform 3 complete rotations in total for the spin to be assessed. Focus will also be placed on proper spinning edge (BI edge) as skaters will be assessed on centering and edge quality.</p>	<ul style="list-style-type: none"> <li>- Using off ice training to train leg strength and flexibility needed to obtain position</li> <li>- Using field move classes to train spirals, forwards and backwards. Can also work BI spiral on spinning foot to increase edge awareness and balance point on the blade.</li> <li>- Spin classes that challenge skaters to train different aspects of the spin in a fun way</li> <li>- Video work to show skater's their position, as well as videos or in person examples of good positions.</li> <li>- Examining the print left on the ice after the spin to assess spinning circle size, edge and centering</li> </ul>

<b>Change Upright Spin</b>	The skaters will be able to relate to their experience with both the forward upright and back spin to build this spin. Coaches will have an opportunity to teach the skaters about the mechanics involved in changing feet during a spin, maintaining flow and centering. Awareness should be brought to the proper spinning edge on the backward spin (BO edge). This will help develop the quality of the backspin in STAR 3. Keep in mind, skaters will need to perform 3 complete rotations per foot, for the spin to be assessed.	<ul style="list-style-type: none"> <li>- Exploring exercises to develop comfort level changing feet while spinning. Ex: Fwd upright spin, change back spin, change forward spin, change back spin, etc.</li> <li>- Examining the print left on the ice after the spin to assess spinning circle size, edge and centering</li> <li>- Spin classes that challenge skaters to train different aspects of the spin in a fun way. Ex: contests for the longest spin, etc.</li> </ul>
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### STAR 2 FREESKATE - PROGRAM

STAR 2 Freeski - PROGRAM	Rationale/progression:	Strategies to train this skill include:
<b>STAR 2 Freeski - Program</b>	This is the first program or routine assessed in the STAR 1-5 program. The mission of this program is to allow skaters the opportunity to experience program events while maintaining focus on quality skill performance. The program will be assessed on the following: <ul style="list-style-type: none"> <li>- All required content is attempted in program</li> <li>- Program components: <b>Skating Skills</b> (proper skating technique) and <b>Performance</b> (carriage, form &amp; body line)</li> </ul> This program is designed to be complimentary to development. It is not the main focus. The focus is on improving the skill development to prepare for upcoming levels.	<ul style="list-style-type: none"> <li>- Use the same piece of music for a group of skaters. This will allow for a more efficient use of coach directed time at this level. Focus at this level is on skill execution in program as well as individual skating skill and performance. Music and routine layout is not assessed at this level.</li> </ul>

### STAR 3 FREESKATE - ELEMENTS

This level will see the introduction of some new skills, building on the concepts learned at STAR 2.

NOTE: For every skill, **one** criteria has been identified as “mandatory”. Coaches need to be familiar with this mandatory criterion as it is necessary to be achieved to reach an overall passing rating for each skill. Be mindful that not all skills need to “pass” to achieve a successful overall assessment.

STAR 3 Freeski - ELEMENTS	Rationale/progression:	Strategies to train this skill include:
<b>Single Flip</b>	The flip is repeated at this level to allow coaches more opportunity to develop the power and technique of the jump. This will help prepare the skater to use this jump in combination and ready it for multiple rotations (double flip).	<ul style="list-style-type: none"> <li>- Encouraging skaters to use more ice to gain speed for preparation</li> <li>- Introducing this jump to power classes to increase speed awareness. Coaches can also pair more powerful skaters with less powerful skaters to encourage development while performing jumps side by side.</li> <li>- Increasing position and technique awareness. Coaches may also consider exposing the skaters to different preparation and entries.</li> <li>- Reinforcing proper landing position</li> </ul>
<b>Single Lutz</b>	Coaches can use many of the same strategies for the lutz as outlined in the flip in STAR 2 above. Two key areas of focus during the development of this jump, is the control of the BO edge before take off and the weight transfer to the toe during take off. Skaters have already been introduced to the “pivoting” action on the take off. This will be developed as a new feeling is introduced due to the BO edge entry. Coaches are encouraged to spend extra time teaching the mechanics of a proper BO edge to toe transfer when needed, as skaters will be assessed on this quality throughout freeski development. Setting up solid technique and control on this jump in STAR 3 will ease the development needed for multiple rotations (ex: double lutz).	<ul style="list-style-type: none"> <li>- Using the back spin to reinforce rotating axis and landing alignment. Coaches can have the skater jump up and down while spinning to reinforce take off and landing on the same foot. The back spin can also be used as a launching ground for the loop by having the skater “jump out” of the spin</li> <li>- Exercises to expose skaters to weight transfer needed from BO edge to take off toe. This can be done without rotation first to build awareness.</li> <li>- Exercises for BO edge awareness prior to take off (BO pivots, <u>bwd</u> slaloms, stand still exercises, etc.)</li> <li>- Reinforcing proper landing position</li> <li>- Jumps can also be trained off the ice for control, position and launch mechanics</li> </ul>
<b>Waltz + Single Loop Combination</b>	The focus will be on equal flow for both jumps. This is the 3 <sup>rd</sup> and final appearance for the waltz jump in STAR 1-5. The placement of this skill is to promote the readiness for the axel in STAR 4 as the waltz – loop action mimics the weight transfer	<ul style="list-style-type: none"> <li>- Video work to show skaters their technique, performance and flow</li> <li>- Reinforcement of technique exercises. Ex: 1W + 1L +1L +1L to challenge skaters to find proper take off technique for the loop regardless of flow</li> <li>- Increasing speed and distance, as the skater's comfort level increases</li> </ul>



		<ul style="list-style-type: none"> <li>- Challenging the skaters control by having them land the waltz jump in the loop take off position and hold without taking off. This will encourage control and proper alignment.</li> <li>- Reinforcing proper landing position</li> </ul>
<b>Single Loop + Single Loop Combination</b>	The loop-loop jump is a great way to reinforce the rotating axis while maintaining a strong core position. This jump will be the launching pad for many combinations at the higher levels.	<ul style="list-style-type: none"> <li>- Reinforcement of technique exercises. Ex: 1L + 1L +1L +1L to challenge skaters to find proper take off technique for the loop regardless of flow</li> <li>- Increasing speed and distance, as the skater's comfort level increases</li> <li>- Increasing position and technique awareness. Coaches may also consider exposing the skaters to different preparation and entries.</li> <li>- Reinforcing proper landing position</li> </ul>
<b>Backward Upright Spin</b>	At this level the back spin should be well established. Coaches will have had time to teach the skater the difference between a FI and BO spinning edge on this skill. Skaters should be able to demonstrate some definite revolutions on the BO edge. Centering should be evident. This spin will be the progression for the backward entry sit in this level as well.	<ul style="list-style-type: none"> <li>- Encouraging a fast and tight spinning position</li> <li>- Creating challenge and exploration exercises with in a spin session or station</li> <li>- Training the positions of the spin in isolation in lanes, on circles or around perimeter of ice.</li> </ul>
<b>Sit Spin (backward entry)</b>	This spin encompasses more advanced technical requirements. It is introduced at STAR 3 for skaters to have the opportunity to develop these requirements in preparation for performance expectations in the upcoming levels. Coaches will have an opportunity to educate the skaters on proper spinning edge as well as proper position requirements for this spin.	<ul style="list-style-type: none"> <li>- Using off ice training to train core and leg strength needed to obtain position (both legs)</li> <li>- Using field move classes to train 1-foot sit glides, forwards and backwards (both legs)</li> <li>- Spin classes that challenge skaters to train different aspects of the spin in a fun way</li> <li>- Video work to show skater's their position, as well as videos or in person examples of good positions.</li> <li>- Examining the print left on the ice after the spin to assess spinning circle size, edge and centering</li> </ul>

<b>Camel – Sit Spin (forward entry)</b>	This is the first spin combination in the STAR 1-5 program. Skaters will use the skills built in STAR 2 to combine the camel and sit position into one spin. Coaches will have an opportunity to reinforce proper spin position requirements as well as number of revolutions per position to meet spin requirements. The concepts in this spin will be needed for further development as programs and higher levels will require combination spins.	<ul style="list-style-type: none"> <li>- Using off ice training to train core and leg strength or flexibility needed to obtain position</li> <li>- Using field move classes to train spiral to 1-foot sit glides (on each foot). To increase challenge, add spiral after sit glide. Ex: Spiral-sit glide-spiral (all on one foot)</li> <li>- Spin classes that challenge skaters to train different aspects of the spin in a fun way</li> <li>- Video work to show skater's their position, as well as videos or in person examples of good positions.</li> <li>- Examining the print left on the ice after the spin to assess spinning circle size, edge and centering</li> </ul>
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### STAR 3 FREESKATE - PROGRAM

STAR 3 Freeskate - PROGRAM	Rationale/progression:	Strategies to train this skill include:
<b>STAR 3 Freeskate - Program</b>	<p>This is the second program or routine assessed in the STAR 1-5 program. The mission of this program is to allow skaters the opportunity to experience program events while maintaining focus on quality skill performance. The program will be assessed on the following:</p> <ul style="list-style-type: none"> <li>- All required content is attempted in program</li> <li>- Program components: <b>Skating Skills</b> (proper skating technique), <b>Performance</b> (carriage, form &amp; body line) and <b>Interpretation</b> (timing and character)</li> </ul> <p>This program is designed to be complimentary to development. It is not the main focus. The focus is on improving the skill development to prepare for upcoming levels.</p>	<ul style="list-style-type: none"> <li>- Use the same piece of music for a group or multiple skaters. This will allow for a more efficient use of coach directed time at this level. Focus at this level is on skill execution in program as well as individual skating skill, performance and ability to highlight the timing. Choreography and routine layout is not assessed at this level.</li> </ul>