

STAR 2 - PROGRAM		
	Skaters will skate a program to music as per the requirements in the current technical package for STAR 2.	
	<p>Must include the following jumps: 1S, 1T, 1Lo, 1F or 1Lz, 1W+1T+C</p> <p>Must include the following spins: BUSp, SSp or CSp (Forward entry)</p> <p>Must include the following additional elements: SpSq (Forward Spirals), TrSq (FO Turn Sequence from STAR 2 Skills)</p>	All elements must be attempted in the program.
Skating Skills	<p>At STAR 2, skaters should be at the entry level of the “Moderate Stage of Development” for a SILVER assessment:</p> <ul style="list-style-type: none"> - Generally, pushes from the side of the blade - One dominant thrust may be evident - Some knee bend evident - Demonstrates reasonable maintenance of speed - Edges of moderate quality - Some body lean demonstrated - Generally balanced 	<p>Technique:* Reasonable (for level)</p> <ul style="list-style-type: none"> - Turns and blade pushes for 75% of program <p>Acceleration & knee action</p> <p>Generally stable, demonstrating some body lean</p>
Performance	<p>At STAR 2, skaters should be at the entry level of the “Moderate Stage of Development” for a SILVER assessment:</p> <ul style="list-style-type: none"> - The skater has reasonable form and generally upright carriage - Moderate core strength - Body positions have moderate extension - The skater’s level of commitment to the movements varies during the performance - The skater’s level of confidence is moderate. 	<p>Carriage:* Reasonable (for level)</p> <ul style="list-style-type: none"> - Form, core strength, body line <p>Confidence and commitment to movements</p>