

STAR 5 – PROGRAM

	Skaters will skate a program to music as per the requirements in the current technical package for STAR 5.	
	<p>Must include the following jump content:</p> <p>1A (must be landed), and 4 other jump elements (max 2 doubles, max 2 jump combos)</p> <p>Must include the following spin content:</p> <p>SSp or CS and CoSp or CCoSp</p> <p>Must include the following additional elements:</p> <p>SpSq (as per Technical Package)</p>	Skaters will be required to land the 1A at < (under-rotated), or better.
Skating Skills	<p>Skaters at the STAR 5 level should be in the “Advanced Stage of Development” for a SILVER assessment.</p> <ul style="list-style-type: none"> - Pushes from the side of the blade - Equal thrust on both feet in crosscuts - Correct knee action - Demonstrates ability to accelerate and maintain speed - Skates on true edges - Strong body lean demonstrated - Skater has consistent balance 	<p>Technique:* Reasonable (for level)</p> <ul style="list-style-type: none"> - Turns and blade pushes for 75% of program - <p>Reasonable (for level) acceleration & knee action</p> <p>Generally stable, demonstrating some body lean</p>
Performance	<p>Skaters at the STAR 5 level should be in the “Advanced Stage of Development” for a SILVER assessment.</p> <ul style="list-style-type: none"> - The skater has comfortable upright carriage and good form - Demonstrates strong core - Body positions are generally pleasing - The skater is committed to all movements - The skater appears confident during the performance 	<p>Carriage:* Reasonable (for level)</p> <ul style="list-style-type: none"> - Form, core strength, body line <p>Reasonable (for level) confidence and commitment to movements</p>

<p>Interpretation</p>	<p>Skaters at the STAR 5 level should be in the “Advanced Stage of Development” for a SILVER assessment.</p> <p>The skater matches his/her pace of the music</p> <ul style="list-style-type: none"> - The skater matches his/her pace to the pace of the music - The skater demonstrates multiple movements that match the timing of the music - The skater includes multiple movements that relate to the character of the music 	<p>Timing:* A few movements match musical pace/timing.</p> <p>Very basic interpretation: limited understanding of music and its character.</p>
<p>Transitions</p>	<p>Skaters at the STAR 5 level should be in the “Advanced Stage of Development” for a SILVER assessment.</p>	<p>Quality:* Reasonable ease of movement and maintenance of speed</p> <p>Includes simple turns and steps to link elements together.</p>