

# SKILLS

Skill	Description	Minimum Performance Standard
<b>STAR 3</b>		
STAR 3 Stroking (Power)	<p>Starting from forwards skating, the skater will complete a large circle of forward crosscuts at one end of the ice (between blue line and goal line) in either clockwise or counter-clockwise direction. The crosscuts will be performed using the “tempo” pacing of 2 crosscuts with 4 – 2 beat pushes and 4 crosscuts using 8 – 1 beat pushes. The skater repeats this tempo of crosscuts for an entire circle and continues until they have reached the corner of the ice to start their X pattern. The 1<sup>st</sup> part of the X is executed by performing a 2-foot forward slalom to the mid line (red line) of the ice. At the mid line, the skater will then shift the slalom to 1 foot for the remaining of the X which will proceed diagonally to the opposite corner. At this corner the skater will perform a 3-turn or FI Mohawk to turn backwards. The skater will repeat this exercise with a backward tempo crosscut circle and a backward 2-foot slalom to 1-foot slalom across this ice diagonally. Skaters must practice this in both starting directions (CW and CCW).</p> <p>The 1-foot slalom part of this exercise should be trained on both feet in both directions. For the assessment, the skater may choose their foot for both forwards and backwards.</p>	<p>One full pattern must be performed. Skater may choose starting direction</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> <li>- *Acceleration and knee action</li> <li>- 75% of exercise demonstrating proper pushing technique (fwd and bwd)</li> <li>- Stable for 75% or more of the exercise</li> </ul>
Forward spiral circles	<p>As in STAR 1, skaters may start in clockwise or counter clockwise direction. Skating on a large circle forwards, skaters will gain enough speed to execute a forward spiral on their leg of choice. After holding the spiral for as long as they can, they may skate around the same circle with as many steps as they like and perform another forward spiral on the opposite foot. This exercise must then be repeated in the opposite direction.</p>	<p>All 4 forward spirals must be performed. (RFO, LFO, RFI, LFI)</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> <li>- *Body line, 1 spiral per foot hip level or higher</li> <li>- 1 spiral must be held 3 seconds or more and other spiral must be held for no less than 2 seconds</li> <li>- Reasonable control and edge quality (no straight lines)</li> </ul>

<p>Field move of choice</p>	<p>Backward 1-foot sit glide: See description in STAR 1 (Fwd 1-foot sit glide)</p> <ul style="list-style-type: none"> <li>- Skater must demonstrate a 90-degree angle or more</li> </ul> <p>Forward Y Spiral: Skater holds free leg by the skate or blade to side to create a Y stance.</p> <ul style="list-style-type: none"> <li>- Free foot to reach shoulder height or higher</li> </ul> <p>Spread eagle: See description in STAR 1</p> <ul style="list-style-type: none"> <li>- May be performed on an inside or outside curve with straight legs.</li> </ul> <p>Ina Bauer: See description in STAR 1</p> <ul style="list-style-type: none"> <li>- Performed on a straight line or a curve facing outside</li> </ul>	<p>Only 1 field move to be performed</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> <li>- *Body line</li> <li>- Position held for 2 seconds or more</li> <li>- Reasonable balance &amp; control</li> </ul>
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