

SKILLS

| Skill | Description | Minimum Performance Standard |
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| STAR 5 | | |
| <p>STAR 5 stroking 1** (quick edges) (insert pic)</p> | <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 with power. Once the skater has completed 1 full circle, they will continue doing crosscuts to reach the corner of the ice where they will begin the 1st exercise of the X pattern. The 1st exercise of the X pattern is a series of quick FI edges executed by the skater transferring their weight by sliding the free foot to the front of their body. There is no “push” in this manoeuvre, as the skater generates the power by using their knee bend and unweighting during each weight transfer. Once at the opposite end of the rink, the skater will perform a 3 turn or Mohawk to repeat the exercise backwards. For the backward inside edges, the skater will transfer their weight by unweighting and taking their free leg off the ice towards the back of their body. Again, the push is generated by the depth and pressure on the edge and the unweighting action during the weight transfer from foot to foot.</p> | <p>One full pattern must be performed. **Skater draw for starting direction</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *75% of exercise demonstrating proper pushing technique (fwd and bwds) - *Acceleration and knee action - Stable for 75% or more of the exercise |
| <p>STAR 5 stroking 2 (backward slalom) (insert pic)</p> | <p>Using the X & O pattern and starting from forwards skating, the skater will start the circle portion of this exercise with a FI Mohawk and execute a step-push sequence consisting of:</p> <p>FI Mohawk, backward crosscut, BO 3-turn, FI Mohawk, backward crosscut, BO 3-turn. The skater will continue this sequence until they reach the exit point to start the diagonal pattern of the X consisting of a backward 1-foot slalom on their foot of choice. At the opposite end of the rink, the skater will perform the FI Mohawk, backward crosscut, BO 3-turn exercise in the opposite direction for a full circle, exiting at the opposite corner to perform a backward 1-foot slalom on the opposite foot.</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"> - *75% of exercise demonstrating proper pushing technique (fwd and bwds) - *Acceleration and knee action - Stable for 75% or more of the exercise |
| <p>Spiral sequence</p> | <p>As defined in the STAR 5 Technical Package for the current year.</p> | <p>Two spirals must be performed</p> <p>Reasonable for level:</p> |

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| | | <ul style="list-style-type: none">- *Body line, 1 spiral per foot hip level or higher- *1 spiral must be held 3 seconds or more and other spiral must be held for no less than 2 seconds- Reasonable control and edge quality (no straight lines) |
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