

SKATER \_\_\_\_\_

PROGRAM \_\_\_\_\_

DATE \_\_\_\_\_

### SKATING SKILLS

Is about the ability of the skater to skate on each foot, on each edge, both forwards and backwards, with the ability to turn both clockwise and counter-clockwise. It is about the ability to skate with power, extension, quickness of blade movement and edge quality.

- \_\_\_\_\_ Balance, rhythmic knee action, precision of foot placement
- \_\_\_\_\_ Flow and effortless glide, extension
- \_\_\_\_\_ Cleanness and sureness of deep edges, steps and turns
  - \_\_\_\_\_ Edge quality and control
  - \_\_\_\_\_ Command of turns and steps
- \_\_\_\_\_ Power, energy and acceleration
  - \_\_\_\_\_ Speed and speed control (variety)
- \_\_\_\_\_ Mastery of multi-directional skating
  - \_\_\_\_\_ Ability to skate forwards and backwards on each foot
  - \_\_\_\_\_ Ability to skate and turn clockwise and counterclockwise
- \_\_\_\_\_ Mastery of one foot skating
- \_\_\_\_\_ Equal mastery of technique by both partners shown in unison. (P)

### TRANSITIONS

Is about the quantity, difficulty, variety and quality of the steps and movements that link the elements (other than crossovers and stroking).

- \_\_\_\_\_ Quantity
- \_\_\_\_\_ Variety
- \_\_\_\_\_ Difficulty
- \_\_\_\_\_ Intricacy
- \_\_\_\_\_ Quality
- \_\_\_\_\_ Balanced contribution from both partners (P/D)
- \_\_\_\_\_ Variety of dance holds (D)
- \_\_\_\_\_ Conformance to pattern and stop requirements (D)

## PERFORMANCE

Is about the ability of the skater to relate to the purpose of the program, to connect with the audience and to communicate the purpose to the audience. It is about the variety, quality and control of the positions and movements executed, performed with a coherent style.

- \_\_\_\_\_ Personal involvement — a self motivated performance that demonstrates the skater grasps the purpose of the program and is doing more than mechanically following their coach’s instructions.
- \_\_\_\_\_ Projection — ability to "connect" with the audience and maintain its interest.
- \_\_\_\_\_ Carriage — good positions that are under control when changing positions.
- \_\_\_\_\_ Clarity of movement — use of finished, complete positions and movements that are clearly identifiable and precisely executed.
- \_\_\_\_\_ Variety and contrast — use of a variety of movements, clearly distinguishable from each other.
- \_\_\_\_\_ Style and individuality/personality — use of movements and positions that together display an identifiable style and personality, consistent with the music.
- \_\_\_\_\_ Unison in motion, positions and technique. (P)
- \_\_\_\_\_ Mutual awareness of the location, motions, positions of the partners. (P/D)
- \_\_\_\_\_ Equal contribute from both partners. (P/D)

## CHOREOGRAPHY

Is about the purpose of the program, the structure of the program (in time and space) used to achieve the purpose of the program (consistent with the structure of the music), and the originality shown in achieving the purpose.

- \_\_\_\_\_ Demonstration of an identifiable purpose (story, theme or concept) to the program.
- \_\_\_\_\_ Proportion - use of all sections of the program equally to “tell the story (theme or concept)”
- \_\_\_\_\_ Unity — all parts together (sections, steps, movements, elements) form a coherent whole in “telling the story”.
- \_\_\_\_\_ Utilization of local and performance space to “tell the story” — use of movements local to the skater AND throughout the performance space to achieve the purpose.
- \_\_\_\_\_ Pattern and ice coverage makes full use of the ice and contributes to “telling the story”
- \_\_\_\_\_ Structure of the movements match the phrasing/structure of the music.
- \_\_\_\_\_ Demonstration of originality in construction of the program, consistent with the music.
- \_\_\_\_\_ Use each partner equally to “tell the story” (P/D)

## INTERPRETATION

Is about skating in time to the music and expressing the style and character of the music.

- \_\_\_\_\_ Effortless movement in time to the music.
- \_\_\_\_\_ Expression of the music’s overall style, character and rhythm.
- \_\_\_\_\_ Expression of the subtle characteristics of the music, through the use of subtle movements and positions.
- \_\_\_\_\_ Demonstration of a clear relationship between the partners that reflects the character of the music. (P/D)
- \_\_\_\_\_ Use each partner equally to interpret the music. (P/D)
- \_\_\_\_\_ Appropriateness of the music (OD, FD)
- \_\_\_\_\_ Skating primarily to the rhythmic beat (OD) and skating to the rhythmic beat (FD).