

For Your Information:

Found & excerpted from the internet. Accuracy in our situation has not been verified.

The Fredericton Figure Skating Club: What Every Parent Needs to Know

TEST DAYS

Tests are what enable the skaters to move ahead, and they spend countless hours perfecting the skills needed to pass the tests. Evaluators from outside the club are brought in to assess the skaters according to national standards that are pre-determined by Skate Canada. There is usually one test day scheduled near the end of each of our schools. When your coach feels that your skater is ready to take a test, his or her name will be forwarded to the test chair. A time will be reserved for your skater to take the test and you will be notified. There is also a fee that must be paid in order for your skater to take the test. Ask your coach to explain the process to you so you'll know what to expect.

What Happens on Test Day

- Your skater should arrive at the rink one hour before their scheduled time (consider winter travel conditions). This will give enough time to warm up properly and prepare mentally without feeling rushed.
- Your coach will advise your skater on what to wear. Some prefer competition clothing (if available), while others say regular practice wear is fine. A warm-up jacket and gloves are acceptable for warming up, but must be removed for the actual test unless the temperature in the arena prohibits it.
- A schedule will be posted by the doors outside the ice surface. When your skater first steps on the ice, it will be for a short warm-up of anywhere from three to 10 minutes.
- For higher level tests, test days may be centralized, with skaters from other clubs in the surrounding area coming to a central location to be tested. This gives everyone equal opportunity and makes it easier for evaluators.
- Following the warm-up, your skater will perform for the evaluator. The evaluator will observe and make comments on the test sheet.
- Periodically, the test sheets will be collected and handed to the skaters. The test sheet will indicate whether your skater has passed or must retry the test. Evaluators are trained by Skate Canada to provide positive feedback to help skaters progress.
- Don't be surprised if your skater does not pass the test. Sometimes it takes two or more attempts to pass a given test.

- Your skater should discuss the evaluator's feedback with your coach as soon as possible.

How Skaters are Evaluated

Each element is evaluated on a four-point scale: Needs Improvement, Satisfactory, Good and Excellent. For every test there are specific requirements that must receive a satisfactory or better evaluation in order to pass. These elements are highlighted on the test sheets. Tests are evaluated according to pre-determined criteria that are specific to each discipline.

Skating skills are assessed on:

- Edge quality
- Ice coverage
- Ease of motion
- Correctness of steps
- Musicality/pacing

Free skating tests are assessed in two parts: Elements and Program. The two parts can be assessed during two different test sessions, or assessed at the same time during one test.

The Elements portion is assessed on:

- Stroking patterns
- Jumps
- Jump combinations
- Jump sequences
- Spins
- Footwork
- Field movements

The Program portion of free skating tests is assessed on:

- Use of ice
- Carriage/line/form
- Speed
- Use of music
- Sureness of skating skills
- Program composition
- Connecting steps/field movements
- Jumps
- Jump sequence
- Jump combinations
- Spins and spin combinations

Dance skills are assessed on:

- Rhythm (timing, expression and unison)
- Execution (accuracy/flow, style/form, pattern/placement)

Criteria for *interpretive tests* are:

- Under the first mark for “Skating”: edge and turn quality; speed, flow and power; creative movement with sureness; carriage and line
- Under the second mark for “Performance”: interpretation of music; communication of theme; use of whole body; use of levels and space; originality/creativity; interaction (couples only)

Test Levels

Primary Level Tests:

Skating Skills: Preliminary, Junior Bronze
Free Skating: Preliminary, Junior Bronze
Dance: Preliminary, Junior Bronze
Interpretive: Introductory

Intermediate Level Tests:

Skating Skills: Senior Bronze, Junior Silver
Free Skating: Senior Bronze, Junior Silver
Dance: Senior Bronze, Junior Silver
Interpretive: Bronze

Senior Level Tests:

Skating Skills: Senior Silver, Gold
Free Skating: Senior Silver, Gold
Dance: Senior Silver, Gold, Diamond
Interpretive: Silver, Gold

For more information and detailed descriptions of all the technical elements of figure skating (different jumps, spins etc.), go to the Skate Canada Web site (www.skatecanada.ca), click on Know Your Skating and select Glossary.