

Program Components – Solo Pattern Dance

Component	0.25 – 0.75	1.00 – 1.75	2.00 – 2.75	3.00 – 3.75	4.00 +
Skating Skills	<ul style="list-style-type: none"> • off balance • struggle with steps/turns • lack of speed and flow • poor basic skills 	<ul style="list-style-type: none"> • little power – toe pushing more than 75% of the time or wide stepping • at ease only on simple turns • variable skills 	<ul style="list-style-type: none"> • variable knee action • average skill on steps and turns • consistent speed and flow 50% of the time 	<ul style="list-style-type: none"> • strong, flexible knee action • polished and clean steps/turns • reasonable speed & strong stroking 	<ul style="list-style-type: none"> • Beyond highest expectations of STARSkate program
Performance/ Execution	<ul style="list-style-type: none"> • unstable • very poor line of body and limbs/carriage/extensions • projection skills lacking – laboured 	<ul style="list-style-type: none"> • inconsistent stability • weak line of body and limbs/carriage/extensions • limited projection skills – cautious 	<ul style="list-style-type: none"> • carriage/lines variable, mostly pleasing posture • reasonable line of body and limbs • only projects 50% of the time 	<ul style="list-style-type: none"> • move with ease • very good carriage/lines • project most of time 	<ul style="list-style-type: none"> • Beyond highest expectations of STARSkate program
Interpretation	<ul style="list-style-type: none"> • no meaningful movement related to the character and expression of the rhythm 	<ul style="list-style-type: none"> • some steps express the character and rhythm • weak use of accents and nuances 	<ul style="list-style-type: none"> • correct expression of rhythm • some motivated moves 	<ul style="list-style-type: none"> • skating/music integrated • skater stays in character with rhythm for most of the dance 	<ul style="list-style-type: none"> • Beyond highest expectations of STARSkate program
Timing	<ul style="list-style-type: none"> • timing less than 25% correct OR on strong beat less than 25% 	<ul style="list-style-type: none"> • timing only 50 % correct OR on strong beat: only 50% • most body movements off time 	<ul style="list-style-type: none"> • timing at least 50% correct • some minor timing errors but mainly on time • on strong beat • many body movements do not reflect rhythms 	<ul style="list-style-type: none"> • timing correct • timing of footwork very good • on strong beat • general relation of body movements to rhythm 	<ul style="list-style-type: none"> • Beyond highest expectations of STARSkate program