

SOUTH AFRICAN FIGURE SKATING ASSOCIATION

LEVEL 1 SKATING SKILLS TEST EVALUATION SHEET

Province holding test: _____ Coach: _____

Candidate: _____ Evaluator Name: _____

SAFSA Number: _____ Evaluator Signature: _____

D	D	M	M	Y	Y
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 Test Date

Level 1 Skating Skills Test Result: **Pass** or **Retry**

LEVEL 1 SKATING SKILLS TEST EVALUATION SHEET

Candidate: _____ Evaluator: _____ Date: D D M M Y Y

Exercise 1a	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Forward and backward crossover with outside edges				
Comments:				
Exercise 1a	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Forward and backward crossovers with inside edges				
Comments:				
Exercise 1b	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Forward and backward crossovers with Mo-Hawks and cross overs				
Comments:				
Exercise 1c	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Spiral with lean/Hydroblading				
Comments:				
Exercise 1d	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
3 Turns in a figure 8				
Comments:				
Exercise 1e	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Choreograph sequence. Include 5 of the following, using the full ice surface: <i>Inside spread eagles, inside ina bawers, ballet jumps, teapots, forward pivots, toe runs, Step Sequence, Spiral with variation for 3 seconds on an edge.</i> 4 of the 5 must be passed.				
Comments:				

Total Pass after the re-skates: ____/5

NB

Only 2 exercises allowed to be re-skated. All 5 elements must be passed

