

EGSC TEST DAYS

WHAT TO EXPECT AT A TEST DAY

At EGSC Test Days are held only 3 or 4 times per year. We schedule Low and High Tests together on the same day. Sometimes the test day can be as long as 8 – 10 hours for the club. This could mean taking some time off of school, depending on the scheduled time of your test. Test days are scheduled according to available ice time and Skate Canada evaluators/judges.

When a coach determines that a skater is ready to try a Skate Canada test, he or she will discuss it with their skater.

Skaters will be informed of the date of the Test Day, and an envelope will be given to the skater to be filled out and returned with the proper information and appropriate test fees.

These envelopes are to be given back to your Test Chair or Coach by the date stated on the envelope. No skater will be allowed to test on Test Day if their fees have not been received by the Test Chair. Skaters must also be a member in good standing with EGSC.

The Test Day Schedule will be posted on the bulletin board at the arena and on the web-site approximately 3 days to 1 week prior to test day.

Skaters are to arrive 1 hour prior to their on ice warm up time. This is to ensure that the skater has time for off ice warm up and to get ready without being rushed and stressed. Test Days are also known to get ahead or behind in schedule depending on the evaluator and how the day is going.

Your coach will advise you of what you should wear. Generally girls wear a skating dress, or skating skirt with a sweater, tights (no holes), clean skates, and hair tied back in a bun or ponytail. Boys wear dark pants and a shirt. No jeans!

At your scheduled time skaters will go on the ice for a short warm up with a small group and/or dance partner depending on what the skater is testing. Following the warm up the skater will perform for the evaluator. The evaluator will fill out the test sheet and make comments. Once the Test Chair has recorded the results, the test sheet will be handed to the skaters' coach and then your coach will bring it to you.

Test Days are run under the strict Rules and Regulations set by Skate Canada. Your Test Chair does their best to run an efficient Test Day, factoring in ice time, floods, evaluators availability and dance partner availability. Please understand that it is impossible to also factor in perfect timing for each skater. Flexibility is vital! Patience on Test Day with skate times, and receiving results is also critical. Arriving on time will make the difference between a stressful, rushed, tense skate and a pleasant relaxed skate!

TEST DAY SKATER TIPS

Participate in club solo or test day simulation (if the club holds one). Get enough sleep the night before test day. Eat a light, easily digested meal. Arrive at the arena ONE HOUR prior to on ice warm up. Warm up and stretch off ice prior to putting on your skates. Ask questions or discuss any concerns with your Coach or Test Chair. Wear something you are comfortable skating in.

WHAT'S AN EVALUATOR AND WHAT DO THEY DO?

A Skate Canada Evaluator:

- Is a volunteer
- Is trained by Skate Canada
- Assesses skater's ability to perform to a pre-determined national standard
- Identifies areas that need improvement
- Provides feedback
- Helps skaters progress as easily as possible by ensuring skaters have the necessary skills to move up to a higher level.

A portion of the evaluator training clinics include managing test days, emphasizing the need to make decisions in the best interests of the skater while maintaining the national passing standards. An evaluator's decision regarding the test outcome is final.

The evaluator may be approached by your coach with questions and requests for clarifications once a test is complete and the appropriate test summary sheets have been signed and distributed to the coach and skater. Choose a mutually convenient time to have any discussion like a break or at the end of the Test Day. Test Days are on a tight schedule and can be very hectic. The evaluator will have a very full schedule.

HOW ARE SKATING ABILITIES ASSESSED? WHAT IS THE EVALUATOR LOOKING FOR?

Tests are assessed based on pre-determined criteria.

EVALUATORS SCALE: excellent, good, satisfactory and needs improvement

Dance:

- Rhythm including timing, expression, unison
- Execution including accuracy/flow, style/form, pattern/placement

Skating Skills:

- Edge quality/Balance
- Ice coverage
- Ease of motion
- Correctness of steps
- Power/Agility
- Posture

Free Skate:

- Use of ice, carriage/line/form
- Speed, use of music
- Sureness of skills, program composition
- Connecting steps/field movements
- Jumps, jump sequences, jump combinations
- Spins, spin combinations

Interpretive: (formerly Artistic)

- Skating skills
- Use of ice, expression, innovativeness
- Style, moves, unison with music
- Presentation, interpretation of program

SKATE CANADA TESTS

DANCE

Each level consists of a group of 3 or 4 dances. Each dance is a separate test. One group must be completed before moving on to the next level. A skater can be partnered by anyone recommended by the coach up until Senior Bronze. At that time a Female must be partnered by a Male. A Male must be partnered by a Female.

The levels are:

Low tests: Preliminary, Junior Bronze and Senior Bronze

High Tests: Junior Silver, Senior Silver and Gold

Dance Tests:

Preliminary - Dutch Waltz, Canasta Tango, Baby Blues

Junior Bronze - Swing Dance, Fiesta Tango, Willow Waltz

Senior Bronze - Ten-Fox, Fourteenstep, European

Junior Silver - Keats' Foxtrot, Harris Tango, American Waltz, Rocker Foxtrot

Senior Silver - Paso Doble, Starlight Waltz, Blues, Kilian, Cha-cha

Congelado

Gold - Viennese Waltz, Westminster Waltz, Quickstep, Argentine Tango,
Silver Samba

Diamond - Ravensburger Waltz, Austrian Waltz, Tango Romantica, Gold
Waltz, Yankee Polka, Rhumba

SKILLS

Each skill consists of 3 parts combined to make up one test.

Usually one skill, possibly two can be ready in a season.

The levels are:

Low tests: Preliminary, Junior Bronze and Senior Bronze

High Tests: Junior Silver, Senior Silver and Gold

FREESKATE

Each level is split into 2 separate tests. PART ONE (the set of elements) and PART TWO (the actual program).

The levels are:

Low tests: Preliminary, Junior Bronze and Senior Bronze

High Tests: Junior Silver, Senior Silver and Gold

A skater will usually test a free skate level every one or two years.

INTERPRETIVE (Formerly known as Artistic)

Skaters get a chance to explore their artistic ability with their coaches.

This is a program where jumps and spins are not the focal point. All

interpretive tests are considered High Tests. There are four levels: Preliminary, Bronze, Silver and Gold.

SKATERS ARE NOT RESTRICTED TO THE NUMBER OF TESTS THEY CAN TRY ON ANY GIVEN TEST DAY. HOWEVER ANY ONE TEST MAY ONLY BE TRIED ONCE ON ANY GIVEN TEST DAY (as per Skate Canada Rules and Regulations).

EGSC TEST POLICIES

The coach makes the final decision if a test is ready. No skater will be allowed on the ice if their test fees have not been received by the Test Chair prior to test time. Skaters must be in good standing with EGSC. The Skate Canada Fee at present is \$10.00 per test. This fee is collected by the club and sent with the proper paperwork directly to the Skate Canada Head Office in Ottawa, where the tests results are recorded. Copies of test day results are also sent to our Central Ontario Section (COS) Office in Concord, Ontario. They are also recorded at our club by the EGSC Test Chair.

A \$10.00 Administration Fee is also charged to each skater once per Test Day to help offset the costs incurred by the club. This money is put towards ice costs, evaluator's mileage, and meals. Ice costs alone can be up to \$1,000 dollars.

PLEASE NOTE: If you are testing in the 'Off Season' (April 1st to October 31st) at another Skating Club please ensure you get the proper 'Permission to Test' paperwork from our Test Chair. Skaters should test at their home club 'In Season' (November 1st to March 31st). Testing at another club 'In Season' requires permission from COS. Permission forms ensure that other clubs know that you are a member in good standing both with our club and Skate Canada. It contains information necessary to get the test results back to EG for recording. It's a good idea to photocopy your test sheet and hand it in to the Test Chair just in case your results are not sent to our club. That sheet is your proof of a pass. Without this information your test records cannot be kept up to date at EGSC.

At EG we are happy to accommodate test requests from other skating clubs. The proper 'Permission to Test' letter must be supplied by their Home Club.

Non EGSC skaters pay an additional ice fee of \$12.00 per test.

**TOGETHER WE MAKE EGSC A SUCCESSFUL
AND FUN PLACE TO SKATE**