



Raw Meat Vancouver *WFTDA Basic Skills* Report Card

Person Being Tested: _____

Tester: _____

Date: _____

Instructions for Tester:

Observe the Testee perform the various skills. Grade them according to the following scale:

0 = Did not attempt skill

1 = Needs improvement

2 = Pass (performed the skill well, this person is safe to skate according to WFTDA criteria)

3 = Holy shizznit! That's some damn fine skating.

At the end of the test, you will be asked to assess whether this skater:

1. Is OK to skate at a Raw Meat Advanced Scrimmage
2. Can attend advanced sessions, but needs to improve a bit before scrimmaging
3. Should improve mastery of basic skills before joining the advanced group

Our scrimmages are non-contact, noncompetitive learning opportunities for advanced beginners. A skater does not need to pass every skill on this test in order to be safe to scrimmage at a Raw Meat advanced session. She must, however:

- » Be confident and stable on skates (no flailing or grabbing)
- » Show a good sense of her own limitations (a skater that knows how fast she can safely skate is preferable to one that goes all out and takes out herself and other skaters)
- » Show good awareness of skaters around her, and does not pose a risk to herself or others through unsafe/unstable skating

It may also be the case that a skater can do all of the basic skills, but exhibits poor judgement, instability, flailiness, or other faults that may make her a safety risk, and is therefore not safe to scrimmage.

In the comment sections throughout this test, please offer honest feedback on what skaters are doing well, and what they may need to improve on. Everyone taking this test is a hard worker, who wants to get better! They value your suggestions.

1 Basic Skating Skills

The skater must demonstrate proficiency in the following areas:

1.1 Skating Posture

- » 1.1.1 Bends at knees and hips with shoulders back
- » 1.1.2 Swings arms fluidly
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Brian Boytano! That's awesome.

1.2 Stride

- » 1.2.1 Has steady, confident, fluid strides
- » 1.2.2 Uses both feet to push forward on straightaways
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Wow. That looked good!

1.3 Crossovers

- » 1.3.1 Performs smooth crossovers while skating at a brisk pace going into and coming out of turns
- » 1.3.2 Uses both feet to push during crossovers
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Sweeeeeeeet!

1.4 Speed and Endurance

- » 1.4.1 Skates 25 Laps around regulation track within five minutes (based on WFTDA regulation track)

Number of Laps completed: _____

15-19 laps: may be at Raw Meat advanced level, depending on other skills; 20+ laps: Raw Meat advanced level; 25+ laps: Zippedy-Do-Da!

Comments on posture, stride and crossovers:

1.5 Stops

Skater must come to a complete stop from a brisk pace, using proper form and without losing her balance. Must be able to complete both stops effectively.

- » 1.5.1 T-Stop
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Brakes like a Lexus

» 1.5.2 Plow Stop

- 0: Did not attempt 1: Needs improvement 2: Pass 3: Call me Mr. Plow.

Comments on plow and t-stops:

1.6 Other skills

» 1.6.1 Performs one-foot glides with each foot for the length of the straightaway with good balance.

» 1.6.1.1 Skater must be in derby stance with one foot completely off the floor

» 1.6.1.2 Skater maintains sufficient speed and does not flail limbs

- 0: Did not attempt 1: Needs improvement 2: Pass 3: Even the Russian judge liked it.

» 1.6.2 Has the ability to propel self while keeping all eight wheels on the floor

- 0: Did not attempt 1: Needs improvement 2: Pass 3: A perpetual motion machine!

Comments on glides, self-propel:

2 Falls

Skater must perform the following falls safely, correctly, and naturally.

2.1 Single Knee Falls

» 2.1.1 Left

» 2.1.2 Right

» 2.1.3 Recovers from each fall without using hands to get up

» 2.1.4 Skater is able to return to active skating within two seconds

Left:

- 0: Did not attempt 1: Needs improvement 2: Pass 3: Excellent

Right:

- 0: Did not attempt 1: Needs improvement 2: Pass 3: Niiiiiiice

2.2 Double Knee Falls

» 2.2.1 Skater is able to return to active skating within two seconds

- 0: Did not attempt 1: Needs improvement 2: Pass 3: Bonus points for air guitar solo

2.3 Figure 4/Baseball Slide

» 2.3.1 Both legs stay on or near the ground during the fall

» 2.3.2 Skater is able to return to active skating within three seconds

- 0: Did not attempt 1: Needs improvement 2: Pass 3: Home run!

2.4 180 Degree Turn Single Knee Fall

» 2.4.1 Exhibits control to complete the fall in exact opposite direction

» 2.4.2 Skater is able to return to active skating within two seconds

- 0: Did not attempt 1: Needs improvement 2: Pass 3: Euclid would be proud.

Comments on falls:

3 Balance/Agility

Skater must demonstrate the ability to perform the following tasks without losing her balance or falling.

3.1 Stepping from a standstill

» 3.1.1 Forward and Backward

» 3.1.2 Side to side in both directions

- 0: Did not attempt 1: Needs improvement 2: Pass 3: I'd line-dance with you anytime!

3.2 Squatting

Skater achieves a 90 to 120 degree angle at the knee during each squat. Feet and knees are hip width or wider. Eyes look forward, chest is out and back is flat.

- » 3.2.1 Squats and coasts through the entire straightaway and turn
- » 3.2.2 Squats and propels self on straightaways and around turns
- 0: Did not attempt 1: Needs improvement 2: Pass 3: That's an impressive backside.

3.3 Hopping

- » 3.3.1 Hops over an object at least 3 inches in height without touching the object or losing balance while skating at a moderate pace
- » 3.3.1.1 Skater's feet must leave the ground simultaneously, then land simultaneously
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Like the Easter Bunny himself.
- » 3.3.2 Skater hops from one foot to the other while moving forward
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Nicely done.

3.4 Focus

- » 3.4.1 Can look left, right, and behind quickly and unexpectedly while maintaining regular skating stride at a moderate pace
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Just like a bobble head!

3.5 Weaving

- » 3.5.1 Maneuvers through 10 cones placed six feet apart, covering both straightaways and turns
- 0: Did not attempt 1: Needs improvement 2: Pass 3: You powned those cones!

Comments on balance/agility skills:

4 Skating With Others

Skater must demonstrate the ability to perform the following skills legally and safely while skating at a moderate pace.

4.3 Pacing

- » 4.3.1 Skater adjusts to the variable speeds (decrease/increase) of a pace line, while maintaining an arms length distance between herself and the skaters in front of and behind her without falling, tripping, overtaking or running into another skater.
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Sheer artistry, my friend.

4.4 Weaving Around Moving Obstacles

- » 4.4.1 Demonstrates weaving through a single-file line of moving skaters who are each an arm's length apart.
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Du-na-na-na-na: It's Jammer Time!

4.5 Unexpected Obstacles

- » 4.5.1 Skating within a pack of at least four other skaters who fall in front of the skater at various unexpected times. Skater must deal with the fallen skaters by avoiding or safely falling without hurting self or the fallen skater, and without causing an unnecessary hazard for any of the pack skaters.
- 0: Did not attempt 1: Needs improvement 2: Pass 3: Like Luke through the Death Star.

Comments on pack skating skills:

Additional Comments

Please offer any additional comments, compliments and suggestions for improvement:

Overall Assessment

This Skater:

- Is ok to skate at a Raw Meat Advanced Scrimmage
- Can attend advanced sessions, but needs to improve a bit before scrimmaging

Skills to work on:

- Should improve mastery of basic skills before joining the advanced group

Skills to work on:

