



ROCKY MOUNTAIN

Cross Country Level 3 Prep Clinic

Discipline: Cross Country

Duration: 2 days (12 CEUs)

Setting: Groomed Cross Country Ski trails & Indoor Spaces for Movement Analysis

Clinic Description:

This clinic is designed to help you improve and fine-tune your XC Teaching Skills, People Skills and Skiing/Technical Skills, as well as technical knowledge, in both classic and skate skiing techniques. The Level 3 Prep Clinic will help prepare you for, and is a prerequisite for, the Level 3 On-Snow Assessment. This clinic will also review material in the XC Level 3 Workbook.

Prerequisites Courses and Skills:

- Cross Country Level 2 Certification OR Level 3 certification in another discipline
- Participants must be comfortable classic skiing and skate skiing in advanced terrain.
- Be familiar with the [Cross Country Certification Pathway](#).
- View the [PSIA-AASI Rocky Mountain Cross Country Level 3 Assessment Outline](#) for what to expect on Assessment Day.
- The following online courses are *recommended* before the Prep: They are available at <https://lms.thesnowpros.org/>.
 - [Cross Country Level 3 Workbook](#)
 - [New Instructor E-Learning Course](#)
 - [Delivering the Beginner Experience Cross Country E-Learning Course](#)
 - [Cross Country Level 1 E-Learning Course](#)
 - [Cross Country Level 2 E-Learning Course](#)

Helpful Resources and Tools to Help Candidates Prepare:

- [PSIA Level 3 Cross Country National Certification Standards](#) – identifies the fundamentals of People, Teaching and Skiing/Technical skills and defines the assessment criteria within PSIA-AASI’s certification process.
- [Cross Country Level 3 Assessment Form](#) – outlines assessment criteria you will demonstrate during the on-snow assessment.
- [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – gives examples of “successful contributors” and “unsuccessful contributors” to all assessment criteria on the Assessment Form.



ROCKY MOUNTAIN

- [Matrix videos](#) – Select “Exam Task” and then “Cross Country” to show videoed demonstrations of Level 1 tasks and assessment activities you may be asked to demonstrate during the on-snow assessment. Note that The Matrix is being updated over the next couple of years, so refer to the Performance Guide for the most updated written descriptions of ski performance.

Course Objectives:

By the end of this clinic, successful participants will be able to:

- Improve Teaching Skills, People Skills, and Skiing/Technical Skills within the context of teaching advanced cross country skiers.
- Apply the PSIA Cross Country Fundamentals and Technical Model to advanced skiers.
- Have working knowledge of the Level 3 Cross Country Certification Standards and the Performance Guide.
- Use the Movement Analysis model in teaching advanced skiers.

Sample Activities:

- Participants will practice skiing fundamentals and apply them in classic and skate skiing techniques.
- Participants will practice using their knowledge of the XC Technical Model and Skiing/Technical Fundamentals.
- Participants will practice Movement Analysis, as applied to advanced cross country skiers.
- Participants will be videoed and practice Movement Analysis on themselves.
- Participants will practice advanced level teaching scenarios, including refinement of Teaching and People Skills.
- Discussion (and practice if candidates desire) on waxing for both grip and glide.

Equipment Needed:

- Classic skis, boots, poles, and appropriate wax if skiing on waxable skis
 - Candidates are highly recommended (but not required) to ski on waxable classic skis to prepare for a Level 3 Assessment.
 - At Level 3 candidates are expected to choose and prepare equipment that will optimize performance by choosing equipment for the conditions that allow them to do so.
- Skate skis, boots, and poles
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks



ROCKY MOUNTAIN

- *Note: Equipment rental may be available*