



ROCKY MOUNTAIN

(Classic or Skate) Skier Improvement

Discipline: Cross Country - (Classic or Skate) Skiing

Duration: 1 day (6 CEUs)

Setting: Groomed Cross Country Ski trails

Learning Connection Highlight: Technical Skills

Note: This clinic will focus on *either* classic *or* skate skiing. Please double check the [events calendar](#) for the technique (classic or skate) that will be used in a given clinic.

Course Description:

Hone and update your XC skiing skills and knowledge! This one day clinic is designed to help participants improve their (classic or skate) skiing. Participants will get personal feedback on their push off, weight transfer, glide, and downhill techniques while solidifying their knowledge of various (classic or skate) techniques. Participants will be split into groups based on skiing abilities and goals, and video analysis of participant's skiing will be available.

Prerequisites Courses and Skills:

- Beginner/Intermediate (classic or skate) XC Skiing skills & above.
- Must be adept at (classic or skate) technique on green trails (this clinic is not for first-time (classic or skate) skiers).

Course Objectives:

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

- Feel more confident and efficient in their personal (classic or skate) skiing
- Build knowledge of (classic or skate) tactics for varying terrain
- Work on Technical, People, and Teaching skills, as guided by the group's goals

Learning Activities

- Address participant questions regarding proper technique
- Explore the XC fundamentals utilized and involved in (classic or skate) skiing
- Ski specific drills for technique improvement
- Explore various (classic or skate) maneuvers
- Discover tactics for various terrain and conditions
- Discuss effective waxing techniques for (classic or skate) skiing



ROCKY MOUNTAIN

- Review and analyze participant's skiing videos

Equipment Needed:

- Appropriate (classic or skate) equipment for groomed trails.
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- *Note: Equipment rental may be available*