



ROCKY MOUNTAIN

Cross Country Dryland Training and Introduction to Roller Skiing

Discipline: Cross Country - Roller Skiing

Duration: Half day (3 CEUs)

Setting: Spacious Indoor space for dryland & Outdoors on new/smooth pavement with flat, grassy areas within proximity

Learning Connection Highlight: Technical Skills

Course Description:

Step up your XC summer training plan with the introduction to XC specific dryland exercises, followed by an experience in roller skiing. We'll practice exercises on-foot during a dryland session and then progress to rollerskis to learn and practice basic skills. This clinic is geared towards people who are new to roller skiing and want to give it a try.

Prerequisites Courses and Skills:

- None
- Experience on skate skis is recommended, but not required.

Course Objectives:

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

- Learn Dryland activities to develop and strengthen XC fundamentals skills and overall strength
- Gain understanding about how to use roller skiing as an effective dry land activity to improve your skiing skills and fitness
- Feel comfortable and safe on gentle, downhill grades on rollerskis

Learning Activities

- Dryland agility, balance and coordination activities on foot
- Roller ski on grass
- Roller ski on gentle downhill and learn ways to control speed
- Roller ski agility and skills development exercises
- Roller ski tour on bike path (optional and time permitting)
- Experiment with balance, weight transfer, push off and glide in a series of movements on rollerskis



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Equipment Needed:

- Gym shoes for Dryland session
- Skate boots with NNN bindings
- YOU MUST BRING AND WEAR A HELMET. A bike helmet is fine.
- Skate Ski poles – with ferrules, if you have them (pointy tip without a basket).
- Water, snacks, sunscreen, and hat.
- Notebook and pen for taking notes.
- Rollerskis will be available for all participants. They are mounted with NNN bindings.