



ROCKY MOUNTAIN

Cross Country Level 2 & Beyond

Discipline: Cross Country

Duration: 2 days (12 CEUs)

Setting: Groomed Cross Country Ski trails

Learning Connection Highlight: Technical Skills (primary), Teaching Skills, People Skills

Course Description:

This clinic is designed for instructors who have a PSIA Level II or higher XC certification or are Intermediate to Advanced skiers. In this clinic, we will tune into our own skiing and identify skill development areas for ourselves. In doing so we'll explore technical skills, teaching skills, and people skills that can be effective in instructing/coaching intermediate to advanced skiers.

Prerequisites Courses and Skills:

- PSIA XC Level 2 certification OR Intermediate and above skier in both classic and skate technique

Course Objectives:

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

- Assess our own skiing and discover opportunities for improvement in our own skiing through the lens of the PSIA XC Fundamentals
- Apply the PSIA Cross Country Fundamentals and Technical Model to Intermediate and advanced skiers
- Learn effective ways to coach and teach intermediate to advanced skiers

Sample Activities:

- No pole skiing uphill to tune into body position
- Explore variations in V1 as terrain changes
- Kick double pole without poles to check in on lower body push off

Equipment Needed:

- Classic skis (preferably wax-able or a performance skin), boots, poles, and appropriate wax if skiing on waxable skis
- Skate skis, boots, and poles



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- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- *Note: Equipment rental may be available*