



ROCKY MOUNTAIN

Cross Country Spring Fling

Discipline: Cross Country - (Classic or Skate) Skiing

Duration: 1 day (6 CEUs) or 2 day (12 CEUs)

Setting: Groomed Cross Country Ski trails with spring crust snow in the area

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

Wrap up your winter with an awesome day of skiing with fellow instructors of all snowsports disciplines! Participants will explore the XC skiing fundamentals as they expand their own (classic or skate) skiing and teaching skills. Clinic leaders will highlight how to improve students' learning environments through modeling exemplary teaching and people skills. Plus, enjoy the thrill of crust skiing on Colorado's legendary spring snow (conditions permitting)!

Typically, one day of Spring Fling will be classic skiing, the other will be skate skiing. Participants are encouraged, but not required, to attend both days of Spring Fling. Registration will be separate for both days.

Prerequisites Courses and Skills:

- Minimum of intermediate cross country (classic or skate) skiing ability

Course Objectives:

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

- Improve (classic or skate) skiing skills and technical knowledge
- Expand personal knowledge and ideas for teaching
- Meet, build rapport, and clinic with fellow cross-country skiers and snow sport instructors from around the Rocky Mountain Division
- Have fun, ski, and experience the unique setting of the Colorado Rocky Mountain spring snowpack and weather



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Learning Activities

- Ski specific drills and activities for warm up and technique development
- Group and paired (classic or skate) skiing for skills development
- Agility courses and skills focused drills and games
- Video Analysis

Equipment Needed:

- (Classic or Skate) skiing equipment for groomed trails
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks