



ROCKY MOUNTAIN

Cross Country Trainer (XCT) 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 Clinicing Skills, People Skills and Skiing/Technical Skills, as well as technical knowledge, in both classic and skate skiing techniques. The XCT Prep Clinic will help prepare you for, and is a prerequisite for, the XCT On-Snow Assessment. This clinic will also review PSIA-AASI resources to help you be successful in finding, translating, and communicating those to other instructors.

Prerequisites Courses and Skills:

- Level 3 Cross Country Certification
- Participants must be comfortable classic skiing, skate skiing, and teaching in any terrain.
- Be familiar with the [Cross Country Certification Pathway](#).
- View the [PSIA-AASI Rocky Mountain XCT Assessment Outline](#) for what to expect on Assessment Day.
- The following online courses are *strongly recommended* before the Prep: They are available at <https://lms.thesnowpros.org/>.
 - [Cross Country Trainer \(XCT\) 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](#)
 - [Cross Country Level 3 Workbook](#)

Helpful Resources and Tools to Help Candidates Prepare:

- [Cross Country Trainer Assessment Form](#) – outlines assessment criteria you will demonstrate during the on-snow assessment.
- [PSIA Cross Country National Certification Standards](#) – identifies the fundamentals of People, Teaching and Skiing/Technical skills and defines Level 1, 2, and 3 assessment criteria within PSIA-AASI's certification process.



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- [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – gives examples of “successful contributors” and “unsuccessful contributors” to all assessment criteria on the Level 1, 2, and 3 Assessment Forms.
- [Matrix videos](#) – Select “Exam Task” and then “Cross Country” to show videoed demonstrations of Level 1, 2, and 3 skiing that may be beneficial when developing clinics. 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 creating clinics for all levels of cross country instructors.
- Feel comfortable implementing the PSIA XC Skiing Fundamentals and Technical Model while coaching cross country ski instructors.
- Have working knowledge of the Cross Country Certification Standards and the Performance Guide.
- Improve personal skiing through the XC Skiing Skills and Fundamentals to demonstrate skiing while coaching cross country ski instructors.
- Use the Movement Analysis model in teaching cross country ski instructors.

Sample Activities:

- Participants will practice demonstrating assessment criteria of clinicing, people, technical, and skiing skills as described on the XCT assessment form.
- Participants will practice demonstrating their knowledge of the XC Technical Model and Skiing/Technical Fundamentals.
- Participants will practice Movement Analysis, as applied to teaching other instructors how to use the tool.
- Participants will be videoed and practice Movement Analysis on themselves.
- Participants will practice creating and leading clinics for other participants.
- Discussion (and practice if candidates desire) on waxing for both grip and glide.



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Equipment Needed:

- Classic skis, boots, poles, and appropriate wax
 - Candidates are *highly* recommended to ski on waxable classic skis to pass their XCT.
 - XCT candidates are expected to choose and prepare equipment that will highlight versatile 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
- *Note: Equipment rental may be available*