



ROCKY MOUNTAIN

Cross Country Educational Event Catalog



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Introduction:

Supporting snowsports instructors in their professional development qualifies the skill sets outlined for great instruction outlined in the PSIA-AASI National Standards. These skill sets are grouped into the following assessment modules with Learning Outcomes defining attainable milestones in professional development.

- Teaching & People Skills
- Movement Analysis & Technical Understanding Skills
- Technical Performance Skills

At educational events, participants can expect a supportive, engaging environment focused on skill improvement, teaching methodology, and movement analysis. Educational events are designed to align with national standards, offering personalized feedback and hands-on experience to help instructors grow and succeed on their certification path.

Members must meet the minimum certification level required to participate in an event. For further questions or concerns, please contact the office at events@psia-rm.org or (970)-879-8335.

Materials and Equipment Needed for All Educational Events:

- Appropriate ski gear to be on-snow in all weather



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Cross Country Educational Events



Movement Analysis for Cross Country Skiing Performance

Duration: 1 day (6 CEUs) OR 2 days (12 CEUs)

Setting: Groomed Cross Country Ski trails & Indoors, with access to a screen

Learning Connection Highlight: Technical Skills/Movement Analysis

Course Description:

Great XC skiers spend hours working toward desired outcomes in their skiing. Knowing what to look for leads to understanding cause and effect relationships between body mechanics and ski performance. We're diving into PSIA XC Fundamentals to crack the code of stellar ski performance. Then, we'll uncover how your body mechanics can make or break your skiing goals.

One day will be classic, one day skate.

Prerequisites Courses and Skills:

- Participants should be comfortable skiing in intermediate terrain, on both skate and classic equipment.

Course Objectives:

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

- Tune into XC ski desired outcomes by looking at the PSIA-AASI XC Fundamentals (Body position, weight transfer, propulsion, glide/momentum).
- Learn how their body mechanics are affecting their skiing performance and execution of XC Fundamentals.
- Come away with drills and exercises they can use to learn new movement patterns and over time optimize their skiing performance.

Sample Activities:

- Record and review videos of our own skiing
- Experiment with how "high hands" in V2 affects the pole push-off and ski performance
- Diagonal stride with one pole to tune into arm swing rhythm and ski push-off timing



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



Learn to (Classic or Skate) Ski / Teaching Beginner (Classic or Skate) Skiers

Discipline: Cross Country - (Classic or Skate) Skiing

Duration: 1 day (6 CEUs)

Setting: Groomed Cross Country Ski Trails & Indoor Spaces for Movement Analysis

Learning Connection Highlight: Teaching Skills (primary), 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:

This is a combined clinic for both beginner skiers looking to learn how to (classic or skate) ski for the first time, and ski instructors wanting to learn new ways to develop effective beginner teaching progressions. Participants and clinicians will work together to learn and develop progressions that foster learning in a welcoming learning/teaching environment.

Prerequisites Courses and Skills:

- None required, though participants with (classic or skate) skiing experience will get plenty of practice opportunities to develop and deliver beginner (classic or skate) skiing instruction.

Course Objectives:

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

- Learn the basics of (classic or skate) skiing through the PSIA Cross Country Skiing Fundamentals and PSIA Technical model.
- Learn how to teach a (classic or skate) beginner skier utilizing effective people, teaching, and technical/skiing skills.
- Learn how to build progressions for beginner students.
- Practice delivering beginner (classic or skate) skiing progressions on other clinic participants.
- Have fun skiing and sharing ideas with peers.
- Build confidence and efficiency in (classic or skate) skiing.

Learning Activities

- Ski Specific drills such as skiing without poles



- Build a progression for push-off, weight transfer, and one ski balance
- Practice on easy and varying terrain
- Encourage and answer participant questions
- Learn about basic cross country ski function and waxing
- Review and analyze videos

Equipment Needed:

- (Classic or Skate) equipment suitable for groomed tracks
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- Optional: small notebook and pencil for outside; paper and pen for indoors
- *Note: Equipment rental may be available*



(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 participants' 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
- 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*



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, likely with crust opportunities

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 Region.
- Have fun, ski, and experience the unique setting of the Colorado Rocky Mountain spring snowpack and weather.

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



Early Season Training Event for Experienced XC Ski Educators (Resort Trainer Session)

Discipline: Cross Country

Duration: 2 days (12 CEUs)

Setting: Groomed Cross Country Ski trails & Indoors

Learning Connection Highlight: Technical Skills/People Skills/Teaching Skills

Course Description:

This course is for experienced cross-country ski instructors and coaches to kick off the season with early training among peers. Centered on collaborative learning, it offers opportunities to exchange ideas, participate in exploratory workshops, and refine technical, teaching, and interpersonal skills. Sharpen your skiing and fill your teaching and training toolkit.

Prerequisites Courses and Skills:

- Participants should be comfortable skiing intermediate through advanced terrain and teaching beginner through advanced lessons on both skate and classic equipment.
- Riding, loading, and unloading chairlifts will be a part of this clinic, due to the location it's being hosted. Participants must be comfortable with loading, unloading, and riding a chairlift.

Course Objectives:

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

- Deliver coaching cues, progressions and skill development activities to help make changes in a student or athlete's skiing.
- Deliver staff training that develops instructors' and coaches' skills in movement analysis and effective teaching.
- Provide high quality feedback to colleagues using the SBI model.

Sample Activities:

- Identify, share and practice drill(s), progressions and coaching cues that lead to specific performance outcomes for advanced skiers.
- Use a movement analysis model to reflect on your own and others' skiing.
- Build and deliver teaching segments to create learning and exploration.
- Practice using the SBI model as an effective way to give feedback to colleagues.



Discussion Topics:

- Identify and assess new trends in XC Skiing and how they relate to XC Fundamentals.
- How do we continue to support and inspire the PSIA-AASI XC education pathway towards RMT?
- How can we best support Member Schools?

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
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks



Interdisciplinary Teaching Deep Dive

Discipline: Cross Country (though other discipline instructors are invited)

Duration: 1 day (6 CEUs)

Setting: Groomed Cross Country Ski trails & Indoors

Learning Connection Highlight: Teaching Skills/People Skills

Course Description:

Refine your instructional approach in this dynamic, on-snow teaching clinic. Led by National Team member Justin Arndt, this session focuses on connecting your unique interpersonal skills to your individual teaching style. Participants will explore practical techniques designed to elevate their instruction. While open to certified instructors of all disciplines, the clinic will take place on classic or skate cross-country skis. Justin's diverse expertise--with certifications in XC, Alpine, and Telemark--makes this a valuable opportunity for professional growth.

Prerequisites Courses and Skills:

- Participants should have experience teaching some kind of sliding sport (could be XC or another discipline - it doesn't matter what).
- Participants should be comfortable on classic or skate skis on beginner and intermediate terrain.
- Note that this clinic will occur with participants on BOTH classic and skate skis.
- Note that there is also no need to be certified in XC to participate in this clinic.

Course Objectives:

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

- Have a better understanding of their own teaching preferences and strengths.
- Build their personal toolbox of teaching and group-handling tactics.
- Heighten their awareness of their own communication strengths and opportunities for growth.
- Provide high quality feedback to students using the SBI model.
- Apply learned People Skill and Teaching Skill Assessment Criteria to their own lessons, making for lessons that are more effective in achieving student's goals.

Sample Activities:

- Practice teaching other clinic participants in 5-10min "practice teaches," while our peers focus (and subsequently provide observations using SBI) on aspects of our communication, delivery, group handling, etc.



- Assign “mystery behaviors” that can be “challenging” to address in lessons to all participants and go through a “mock lesson” while exhibiting these traits. Reflect and debrief on the impacts of these traits and how we might move forward to keep an effective lesson going.
- Practice using SBI as a tool for feedback delivery.
- Experiment with ways that can both build and break down trust with students. Learn about verbal and nonverbal behaviors that might add to or detract from your lessons.

Equipment Needed:

- Classic or skate skis, boots, poles, and appropriate wax if skiing on waxable skis
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- A willingness to engage, be open to feedback, and be playful!



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

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.



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Cross Country Assessment Prep Events



Cross Country Level 1 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 for instructors who are new to cross country ski instruction and/or have no prior PSIA cross country certification. Candidates will develop Teaching Skills, People Skills, and Skiing/Technical Skills, as well as technical knowledge in both classic and skate skiing techniques. This clinic is a prerequisite for the Level 1 On-Snow Assessment Course.

Prerequisites Courses and Skills:

- Participants must be comfortable classic skiing and skate skiing in intermediate terrain. *Note: if a participant's skiing ability is not at an intermediate level, they may be asked to leave the clinic.*
- Be familiar with the [Cross Country Certification Pathway](#).
- View the [PSIA-AASI Rocky Mountain Cross Country Level 1 Assessment Outline](#) for what to expect on Assessment Day.
- The following online courses are *recommended* before the Prep and *required* to be completed at least 72 hours prior to the Assessment: They are available at <https://lms.thesnowpros.org/>.
 - [New Instructor E-Learning Course](#)
 - [Delivering the Beginner Experience Cross Country E-Learning Course](#)
 - [Cross Country Level 1 E-Learning Course](#)

Helpful Resources and Tools to Help Candidates Prepare:

- [PSIA Level 1 Cross Country National Certification Standards](#) – identifies the fundamentals of People, Teaching, and Skiing/Technical skills and defines the assessment criteria within PSIA-AASI's certification process.
- [Cross Country Level 1 Assessment Form](#) – outlines assessment criteria you will demonstrate during the on-snow assessment.
- [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – gives examples of “successful contributors” and “unsuccessful contributors” to all assessment criteria on the Assessment Form.



- [Matrix videos](#) – Select “Exam Task” and then “Cross Country” to show videoed demonstrations of Level 1 tasks and assessment activities you may be asked to demonstrate during the on-snow assessment. 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 teaching beginner cross country skiers.
- Apply the PSIA Cross Country Fundamentals and Technical Model to beginner skiers.
- Have working knowledge of the Level 1 Cross Country Certification Standards and the Performance Guide.
- Use the Movement Analysis model in teaching beginner skiers.

Sample Activities:

- Participants will practice skiing fundamentals and apply them in classic and skate skiing techniques
- Participants will practice using their knowledge of the XC Technical Model and Skiing/Technical Fundamentals
- Participants will practice Movement Analysis
- Participants will practice beginner level teaching scenarios, including refinement of Teaching and People Skills
- Discussion (and practice if candidates desire) on waxing for both grip and glide

Equipment Needed:

- Classic skis (scales, skin, or waxable), boots, poles, and appropriate wax if skiing on waxable skis
- Skate skis, boots, and poles
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- *Note: Equipment rental may be available*



Cross Country Level 2 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 Teaching Skills, People Skills, and Skiing/Technical Skills, as well as technical knowledge, in both classic and skate skiing techniques. The Level 2 Prep Clinic will help prepare you for, and is a prerequisite for, the Level 2 On-Snow Assessment. This clinic will also review material in the XC Level 2 E-Learning Course.

Prerequisites Courses and Skills:

- Cross Country Level 1 Certification OR Level 2 certification in another discipline OR otherwise [satisfy eligible bypass requirements](#).
- Participants must be comfortable classic skiing and skate skiing in intermediate terrain.
- Be familiar with the [Cross Country Certification Pathway](#).
- View the [PSIA-AASI Rocky Mountain Cross Country Level 2 Assessment Outline](#) for what to expect on Assessment Day.
- The following online courses are *recommended* before the Prep: They are available at <https://lms.thesnowpros.org/>.
 - [Cross Country Level 2 E-Learning Course](#)
 - [New Instructor E-Learning Course](#)
 - [Delivering the Beginner Experience Cross Country E-Learning Course](#)
 - [Cross Country Level 1 E-Learning Course](#)

Helpful Resources and Tools to Help Candidates Prepare:

- [PSIA Level 2 Cross Country National Certification Standards](#) – identifies the fundamentals of People, Teaching and Skiing/Technical skills and defines the assessment criteria within PSIA-AASI's certification process.
- [Cross Country Level 2 Assessment Form](#) – outlines assessment criteria you will demonstrate during the on-snow assessment.
- [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – gives examples of “successful contributors” and “unsuccessful contributors” to all assessment criteria on the Assessment Form.



- [Matrix videos](#) – Select “Exam Task” and then “Cross Country” to show videoed demonstrations of Level 1 tasks and assessment activities you may be asked to demonstrate during the on-snow assessment. 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 teaching intermediate cross country skiers.
- Apply the PSIA Cross Country Fundamentals and Technical Model to intermediate skiers.
- Have working knowledge of the Level 2 Cross Country Certification Standards and the Performance Guide.
- Use the Movement Analysis model in teaching intermediate skiers.

Sample Activities:

- Participants will practice skiing fundamentals and apply them in classic and skate skiing techniques
- Participants will practice using their knowledge of the XC Technical Model and Skiing/Technical Fundamentals
- Participants will practice Movement Analysis
- Participants will be videoed and practice Movement Analysis on themselves
- Participants will practice intermediate level teaching scenarios, including refinement of Teaching and People Skills
- Discussion (and practice if candidates desire) on waxing for both grip and glide

Equipment Needed:

- Classic skis (ideally waxable, but scales and skins are acceptable if necessary), boots, poles, and appropriate wax if skiing on waxable skis
- Skate skis, boots, and poles
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- *Note: Equipment rental may be available*



Cross Country Level 3 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 further improve and fine-tune your XC Teaching Skills, People Skills and Skiing/Technical Skills, as well as technical knowledge, in both classic and skate skiing techniques. The Level 3 Prep Clinic will help prepare you for, and is a prerequisite for, the Level 3 On-Snow Assessment. This clinic will also review material in the XC Level 3 Workbook.

Prerequisites Courses and Skills:

- Cross Country Level 2 Certification OR Level 3 certification in another discipline
- Participants must be comfortable classic skiing and skate skiing in advanced terrain.
- Be familiar with the [Cross Country Certification Pathway](#).
- View the [PSIA-AASI Rocky Mountain Cross Country Level 3 Assessment Outline](#) for what to expect on Assessment Day.
- The following online courses are *recommended* before the Prep: They are available at <https://lms.thesnowpros.org/>.
 - [Cross Country Level 3 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](#)

Helpful Resources and Tools to Help Candidates Prepare:

- [PSIA Level 3 Cross Country National Certification Standards](#) – identifies the fundamentals of People, Teaching and Skiing/Technical skills and defines the assessment criteria within PSIA-AASI's certification process.
- [Cross Country Level 3 Assessment Form](#) – outlines assessment criteria you will demonstrate during the on-snow assessment.
- [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – gives examples of “successful contributors” and “unsuccessful contributors” to all assessment criteria on the Assessment Form.



- [Matrix videos](#) – Select “Exam Task” and then “Cross Country” to show videoed demonstrations of Level 1 tasks and assessment activities you may be asked to demonstrate during the on-snow assessment. 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 teaching advanced cross country skiers.
- Apply the PSIA Cross Country Fundamentals and Technical Model to advanced skiers.
- Have working knowledge of the Level 3 Cross Country Certification Standards and the Performance Guide.
- Use the Movement Analysis model in teaching advanced skiers.

Sample Activities:

- Participants will practice skiing fundamentals and apply them in classic and skate skiing techniques
- Participants will practice using their knowledge of the XC Technical Model and Skiing/Technical Fundamentals
- Participants will practice Movement Analysis, as applied to advanced cross country skiers
- Participants will be videoed and practice Movement Analysis on themselves
- Participants will practice advanced level teaching scenarios, including refinement of Teaching and People Skills
- Discussion (and practice if candidates desire) on waxing for both grip and glide

Equipment Needed:

- Classic skis, boots, poles, and appropriate wax if skiing on waxable skis
 - Candidates are highly recommended (but not required) to ski on waxable classic skis to prepare for a Level 3 Assessment.
 - At Level 3 candidates are expected to choose and prepare equipment that will optimize 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*



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.



- [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

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 for the conditions that allow them to do so.



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



Level 2, Level 3, XC Trainer Assessment Prep Policy

Rocky Mountain PSIA's current policy is that Prep Courses for Level 2, 3, and Trainer Assessments will occur every other year, alternating with the Assessments themselves. Level 2/3/T assessments will occur in the 25/26, 27/28, and 29/30 seasons. Formal prep courses will occur in the 26/27, 28/29, and 30/31 seasons.

There may be times that a member may wish to substitute another 2-day clinic for the prep course. **The policy for that scenario is as follows:**

Substituting a 2 day clinic for a L2/3/T Prep course could be necessary for one of the following reasons:

If the dates of the Prep course, which is offered at least every other year, conflicts with your schedule

Or

You wish to progress through certification faster than our current process allows and you feel that you have solid skills for proceeding with your certification

In these cases candidates can substitute another 2-day clinic for the L2/3/T Prep Course by following the procedure below:

1. Contact the XC chair (Justin Arndt at crosscountry@psia-rm.org) directly to discuss your current strengths and determine that you have the necessary resources to prepare you for the L2/3/T assessment.
2. Be prepared to send the chair a video of your skiing that illustrates your skiing level.
3. If approved, when you attend the education clinic, inform your clinician that you're using the clinic as an assessment prep so that your clinician can give you relevant instruction and feedback. Note that your clinician will not significantly change the topic of the education clinic to accommodate your individual learning needs if those needs largely fall outside of the scope of the clinic.



Additional Resources and FAQs

How to Register for an Event?

There are a few ways to register. You can register online through the Rocky Mountain website under the 'Events' tab, or you can download an application form from the "Events" tab and email it to events@psia-rm.org. We do not accept phone registrations as you need to sign the waiver for the event and cannot complete that over the phone.

If online registration is closed, can I still register for an event?

Yes, you can still register for an event after online registration is closed, please download a form fillable PDF Event application from the "Events" tab and email it to events@psia-rm.org.

Resources:

The event calendar is available at: <http://www.psia-rm.org>

[View the event cancellation policy on the PSIA-RM website](#)

[View the waitlist policy on the PSIA-RM website](#)

[View the CEU education requirement policy on the PSIA-RM website](#)

For additional questions or concerns, please email events@psia-rm.org