



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Cross Country Level 3 Prep Clinic Outline

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 3 Prep Clinic will help prepare you for and is a prerequisite for the Level 3 On Snow Assessment Course. This clinic will also cover material in the XC Level 3 Workbook.

Prerequisites:

- Current PSIA Membership
- Cross Country Level 2 certification
- Candidate is comfortable classic skiing and skate skiing in advanced terrain.

Please become familiar with the following PSIA education materials:

- Cross Country Certification Process Flow
<https://www.psia-rm.org/education/cross-country/>.
- PSIA-Rocky Mountain Cross Country Level 3 Assessment Outline and What to Expect on Assessment Day
- Online Workbook-complete as much as possible before the clinic: [Cross Country Level 3 Workbook](https://lms.thesnowpros.org/) is available on <https://lms.thesnowpros.org/>
- Online Courses: The below E-Learning Courses will help you prepare for the on-snow course. They are available on <https://lms.thesnowpros.org>
 - [Delivering the Beginner Experience – Cross Country E-Learning Course](#)
 - [Cross Country Level 1 E-Learning Course](#)
 - [New Instructor E-Learning Course](#)
 - [Cross country Level 2 E-Learning Course](#)
- Educational Resources and Tools:
 - [PSIA Level 3 Cross Country National Standards](#) - identify the fundamentals of People, Teaching and Skiing/Technical skills and define 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 course.
 - [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – give 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 video demonstrations of Level 2 tasks and assessment activities you may be asked to demonstrate during the on-snow course see videos under the new Digital Learning Hub at <https://lms.thesnowpros.org/>

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Learning Outcomes: *On successful completion of this course the student will:*

- Improve Teaching Skills, People Skills, and Skiing/Technical Skills within the context of teaching advanced cross country skiers.
- Learn how to apply the PSIA Cross Country Fundamentals and Technical Model to advanced skiers.
- Learn about Level 3 Cross Country Certification Standards and the Performance Guide.
- Learn how to use the Movement Analysis model in teaching advanced skiers.

Learning 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 in classic and skate skiing techniques..
- Participants will practice Movement Analysis applied to advanced cross country skiers.
- Participants will be videoed and practice movement analysis on themselves..
- Participants will practice intermediate level teaching scenarios including refinement of Teaching and People Skills.

Materials Needed:

Classic skis (no wax or waxable) Skate skis, boots, poles and appropriate wax if skiing on wax-able skis. (Equipment rental may be available at event)