

Name _____
XC Level 3 candidates On I



**ROCKY MOUNTAIN
DIVISION**

Your personal scorecard is yours to keep and is designed to help you monitor your progress and log your current understanding. Use this scorecard to write notes on feedback you have received from your clinic leaders/verifiers. At the end of the assessment you will receive little to no feedback on the scorecard....since we hope you have written down feedback as you receive it!!!! Please remember the Learner's Responsibility Code; I am responsible for my own learning!

Skiing

*Diagonal Stride
*Double Pole
*Kick Double Pole
*Skate Turn
Transitions
*V1 Skate
*V 2 Skate
*V 2 Alternate Skate
Basic Parallel Turns/Hockey Stops

Technical / MA

Advanced Ski Prep / Wax for Classic/ Skate Skis
Mastery application of XC technical model

Perform M.A. on Advanced X-C Skier using RM MA format:

Describes all elements within all phases
Determines Cause and Effect
Prescribes effective Change

XC Level 3 candidates On Hill scorecard

Teaching Topic 1 is

Masters application of the Teaching/learning cycle

Customizes lesson to all Individual Motivations

Provides environmentally/emotionally safe lesson

Provides feedback which facilitates in-depth understanding

Creates a highly engaging learning environment

Lesson technically accurate

Professionalism

Teaching Topic 2 is

Masters application of the Teaching/learning cycle

Customizes lesson to all Individual Motivations

Provides environmentally/emotionally safe lesson

Provides feedback which facilitates in-depth understanding

Creates a highly engaging learning environment

Lesson technically accurate

Professionalism