



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

Cross Country Classic Ski Improvement Clinic

Edited 7/23

Discipline: XC Classic Skiing

Time: One day clinic

Setting: Groomed trails at a XC Center

Course Description: This one day clinic is designed to help participants improve their classic skiing. Participants will get personal feedback on their push off, weight transfer, glide and downhill techniques while solidifying their knowledge of various classic techniques.

Prerequisite Skills:

- Novice classic XC Skiing skills & above, Must be adept at skate technique on green trails (this clinic is not for first time classic skiers.)

Learning Outcomes:

- Improve personal skiing on classic equipment
- Build confidence and efficiency and learn tactics on varying terrain.
- Work on Technical, People, and Teaching skills as applicable to group goals.
- Video analysis will be available

Learning Activities:

- Emphasize participant centered questions for proper technique
- Explore the XC Technical Model and the XC Skiing Fundamentals
- Ski specific drills for technique improvement
- Explore different classic techniques
- Explore tactics for various terrain and conditions
- Waxing clinic
- Video analysis

Materials Needed: Appropriate classic equipment for groomed trails.
Rental equipment may also be available