



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

Downhill Skills on Cross Country Skis; For all Disciplines

Discipline: Cross Country

Time: Two days-9AM-3PM

Setting: Outdoor setting. Starting on flat terrain and moving to hills (possibly beginner groomed runs on the ski area) Up to 9 participants

Equipment needed: First day will be on Classic skis. At that time we will discuss if we want to use classic or skate skis for the second day.

Course Description:

This clinic is open to cross country, telemark, snowboard and alpine instructors who want to refine their skills on downhill terrain with cross country skis. If you spend most of your time in alpine or snowboard boots, improve the nuance of your skills and understanding of skiing with a lot less equipment to rely on. For Cross Country Skiers: Learn to feel more comfortable skiing and teaching on downhill terrain by adding more skill and understanding to your quiver. The clinic will start on flat terrain for warm up and review of posture/movements/fundamentals and slowing/stopping/turning before we progress to easy short downhills with the goal of skiing down beginner terrain on the local ski resort. Uphill skiing technique will also be addressed.

Recommended Prerequisite Courses:

- L1 Certification in any discipline

Prerequisite skills:

- Participants should be adept at cross country skiing on green trails.

Course Objectives:

- Participants will be able to stop, turn and ascend on hills with more precision and efficiency. They will be able to verbalize the changes in their application of skills and how it affects their efficiency on the hills. They will be able to work with their peers to provide MA on each other. And we will all have fun as we dabble with the edge of our comfort zones.

Sample Activities:

- We'll have fun letting the terrain guide the direction of what we are working on.
- Challenge ourselves with activities for stopping, turning, stepping, skating.
- The approach will be through experimentation and experience, drawing on the collective

knowledge of the group

Materials: Handouts, etc will be provided as needed