



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

Learn to Classic Ski / Creating a Positive Learning Environment for Beginner Classic Skiers

Discipline: Cross Country

Time: 1 day clinic

Setting: Outdoors: Cross Country groomed green trails

Indoors – (if allowed) large table for viewing video monitor

Course Description:

This is a combined clinic for both novice skiers looking to learn how to classic ski for the first time and for ski instructors wanting to learn new ways to develop effective beginner teaching progressions. We will develop progressions foster learning in a welcoming learning/teaching environment for everyone.

Recommended Prerequisite Courses: None

Prerequisite skills: None

Course Objectives:

- Learn the basics of classic skiing thru the Cross Country Technical model
- Learn how to teach a classic beginner with good people skills and teaching skills
- Learn how to build progressions for beginner students
- Have fun skiing and sharing ideas with peers
- Build confidence and efficiency

Sample Activities:

- Ski Specific drills such as skiing without poles
- Build a progression for weight shift
- Practice on easy varying terrain
- Encourage and answer participant questions
- Discussion of basic waxing

Materials:

- Classic equipment suitable for groomed tracks (rentals available)
- Proper clothing for extended periods outdoors, sunscreen, water & snacks
- Optional: small notebook and pencil for outside; paper and pen for indoors