



ROCKY MOUNTAIN

Learn to (Classic or Skate) Ski / Teaching Beginner (Classic or Skate) Skiers

Discipline: Cross Country - (Classic or Skate) Skiing

Duration: 1 day (6 CEUs)

Setting: Groomed Cross Country Ski Trails & Indoor Spaces for Movement Analysis

Learning Connection Highlight: Teaching Skills (primary), Technical Skills

Note: This clinic will focus on *either* classic *or* skate skiing. Please double check the [events calendar](#) for the technique (classic or skate) that will be used in a given clinic.

Course Description:

This is a combined clinic for both beginner skiers looking to learn how to (classic or skate) ski for the first time and ski instructors wanting to learn new ways to develop effective beginner teaching progressions. Participants and Clinicians will work together to learn and develop progressions that foster learning in a welcoming learning/teaching environment.

Prerequisites Courses and Skills:

- None required, though participants with (classic or skate) skiing experience will get heightened opportunities to develop and deliver beginner (classic or skate) skiing instruction.

Course Objectives:

By the end of this clinic, successful participants will be able to:

- Learn the basics of (classic or skate) skiing thru the PSIA Cross Country Skiing Fundamentals and PSIA Technical model
- Learn how to teach a (classic or skate) beginner skier utilizing effective people, teaching and technical/skiing skills
- Learn how to build progressions for beginner students
- Practice delivering beginner (classic or skate) skiing progressions on other clinic participants
- Have fun skiing and sharing ideas with peers
- Build confidence and efficiency in (classic or skate) skiing

Learning Activities

- Ski Specific drills such as skiing without poles



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- Build a progression for push-off, weight transfer, and one ski balance
- Practice on easy and varying terrain
- Encourage and answer participant questions
- Learn about basic cross country ski function and waxing
- Review and analyze videos

Equipment Needed:

- (Classic or Skate) equipment suitable for groomed tracks
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- Optional: small notebook and pencil for outside; paper and pen for indoors
- *Note: Equipment rental may be available*