



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

**Learn to Classic Ski/
Teaching Beginner Classic Skiers**
Edited 7/23

Discipline: Cross Country

Time: 1 day clinic

Setting: Outdoors: Cross Country groomed green trails
Indoors – (if available) large table for viewing video

Course Description: This is a clinic for both beginner 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. Participants and Clinicians will work together to learn and develop progressions that foster learning in a welcoming learning/teaching environment.

Recommended Prerequisite Courses: None

Prerequisite Skills: None

Learning Outcomes:

- Learn the basics of classic skiing thru the PSIA Cross Country Skiing Fundamentals and PSIA Technical model
- Learn how to teach a classic beginner skier utilizing effective people, teaching and technical/skiing skills
- Learn how to build progressions for beginner students
- Have fun skiing and sharing ideas with peers
- Build confidence and efficiency

Learning Activities:

- Ski Specific drills such as skiing without poles
- Build a progression for push-off, weight shift and one ski balance
- Practice on easy varying terrain
- Encourage and answer participant questions
- Discussion of basic cross country ski function and waxing
- video analysis will be available

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

