



PSIA-Rocky Mountain-AASI



Bringing the Learning Connection Model to Life XC Track & XC Downhill.

Discipline: Cross Country

Time: 2 Days (1 Day option – first day only)

Setting: On-snow clinic on groomed XC ski trails at Frisco Nordic Center and the beginner downhill ski hill at the Frisco Adventure Park

Course Description:

Improve your personal skiing, technical knowledge, and your teaching and people skills during this 2-day clinic where we'll split our time on snow between XC track skiing skills and XC downhill skiing skills. Frisco Nordic Center XC trails and Frisco Adventure park beginner ski and ride hill is the perfect place to do both.

We'll start each session by tuning into our own personal goals for ski improvement and professional development. Using the Learning Connection Model as our framework, we will use movement analysis tools to come up with one or two areas of focus for each person. Utilizing kinesthetic and skiing technical knowledge we will create action plans for developing new movement patterns. Throughout the entire clinic, we will be highlighting the fundamentals of teaching and people skills that build trust, communication and enhance the learning environment for both students and teachers. Intermediate classic and skate skiing skills & ability and equipment required.

**If you choose this course a prerequisite for a Level 2 or 3 certification you must get prior approval from the XC Chairperson. Please contact the RM office for more info.*

Recommended Prerequisite Courses:

- PSIA Cross Country Level 1 certification and/or some experience teaching lessons

Prerequisite skills:

- Intermediate skiing ability in both Classic and Skate skiing
- Background knowledge of the PSIA-AASI Learning Connection Model
- Familiarity with the process of Movement Analysis
- An open mind to try something new that might challenge you physically, mentally, and question what has always thought is "true". A growth mindset.

Course Objectives:

- Improve personal skiing and develop personal action plans for continued development
- Gain knowledge and understanding of technical skills
- Gain knowledge and understanding of teaching and people skills



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Sample Activities:

- Practice movement analysis on each other working in small groups.
- Identify desired outcomes and experiment with task and drills that help create the desired outcome
- Share feedback and discuss effective teaching and people skills related to clinic activities.

Materials:

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



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