



**ROCKY MOUNTAIN**

## **Movement Analysis for Cross Country Skiing Performance**

**Discipline:** Cross Country

**Duration:** 1 day (6 CEUs) OR 2 days (12 CEUs)

**Setting:** Groomed Cross Country Ski trails & Indoors, with access to a large screen

**Learning Connection Highlight:** Technical Skills/Movement Analysis

### **Course Description:**

Great XC skiers spend hours working toward desired outcomes in their skiing. Knowing what to look for leads to understanding cause and effect relationships between body mechanics and ski performance. We're diving into PSIA XC Fundamentals to crack the code of stellar ski performance. Then, we'll uncover how your body mechanics can make or break your skiing goals.

One day will be classic, one day skate: Participants can sign up for classic day or skate day or both days.

### **Prerequisites Courses and Skills:**

- Participants should be comfortable skiing in intermediate terrain, on both skate and classic equipment

### **Course Objectives:**

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

- Tune into XC ski desired outcomes by looking at the PSIA-AASI XC Fundamentals (Body position, weight transfer, propulsion, glide/momentum)
- Learn how their body mechanics are affecting their skiing performance and execution of XC Fundamentals
- Come away with drills and exercises they can use to learn new movement patterns and over time optimize their skiing performance

### **Sample Activities:**

- Shoot and review videos of our own skiing
- Experiment with how "high hands" in V2 affects the pole push off and ski performance.
- Diagonal stride with one pole to tune into arm swing rhythm and ski push off timing.



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### Equipment Needed:

- Classic skis (preferably wax-able or a performance skin), boots, poles, and appropriate wax if skiing on waxable skis
- Skate skis, boots, and poles
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- *Note: Equipment rental may be available*