



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

Cross Country Skate Ski Improvement Clinic

Edited 7/23

Discipline: Cross Country

Time: One day clinic

Setting: Groomed Cross Country Ski trails

Course Description: This one day clinic is designed to help participants improve their skate skiing. Participants will get personal feedback on push off, weight transfer, glide and downhill techniques while solidifying their knowledge of various skate ski maneuvers.

Prerequisite Skills:

- Novice XC Skate Skiing skills & above (this clinic is not for first time skate skiers)

Learning Outcomes:

- Improve personal skiing on skate equipment.
- Build confidence and efficiency and learn tactics for varying terrain.
- Work on Technical, People, and Teaching skills as applicable to group goals.

Learning Activities:

- Address participant questions for proper technique
- Explore the XC fundamentals utilized and involved in skate skiing
- Ski specific drills for technique improvement
- Learn and explore the various skating maneuvers
- Ski various skate maneuvers and explore tactics for differing terrain and conditions
- Address waxing for maximum glide in skate skiing
- Video analysis will be available

Materials Needed: Appropriate skate equipment for groomed trails.
Rental equipment may be available