



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

Cross Country Ski Improvement Clinic

Edited 8/22

Discipline: XC skiing

Time: One or two day clinic

Setting: Groomed trails at a XC Center

Course Description:

Hone and update your X-C skiing skills and knowledge. This one or two-day clinic is designed to help participants improve their skate and/or classic skiing and teaching skills. Get personal feedback on your push off, weight transfer, and glide while solidifying your knowledge of various Skate and Classic techniques. Participants will be split into groups based on skiing abilities and goals and focus on one discipline (skate or classic) each day.

Prerequisite Skills:

- Novice XC Skiing skills & above (not for never evers)

Course Objectives:

- Improve personal skiing on skate and classic equipment.
- Build confidence and efficiency and learn tactics on varying terrain.
- Work on Technical, People, and Teaching skills as applicable to group goals.
- Video analysis will be available

Sample Activities:

- Emphasize participant centered questions for proper technique
- Exploring the XC fundamentals
- Ski specific drills for technique improvement
- Variations of double poling
- Tactics for various terrain and conditions
- Waxing clinic
- Video analysis

Materials Needed: Appropriate classic/skate equipment for groomed trails.