



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Transitions in Skate Skiing

Discipline: XC Skate Skiing

1 day clinic

Setting: Cross country ski area with groomed trails for skate skiing

Course Description:

Merriam Webster dictionary defines transition as: a change or shift from one state, subject, place, etc. to another.

In ideal skiing we are always in motion moving from one place to another whether from ski to ski, from the inside to the outside of our feet to stay in balance, or from a downhill to an uphill on the trail. Being efficient through transitions can greatly enhance the ability to have “Continuous forward motion” while skiing.

In this clinic, we will explore all the types of transitions that we can think of; foot to foot, downhill to uphill, sidehill to flat, hard snow to soft snow, etc as we move towards our goal of efficient and fun skiing.

Recommended Prerequisite Courses: none

Prerequisite skills: Intermediate skate skiing skills

Course Objectives

- Participants will improve transitions to be able to achieve more continuous forward movement in their skiing
- Participants will have an External Focus for their ski improvement.

Sample Activities:

Explore transitions while skating around cones. Explore maintaining speed going from downhill to the flats and up. Analyze technique to feel when a transition is happening. Watch each other. Work in pairs. Discuss as a group. Work with external cues. Video.

Materials:

- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- Classic equipment suitable for groomed tracks. Rentals will be available at the Telluride Nordic Center.
- Optional: Small notebook and pencils for notes