



PSIA-Rocky Mountain-AASI



XC 401 Workshop

Revised 8/2//18

Prerequisite: *XC Level 3 certification*

Course Description:

This is a high-level Classic/Skate workshop for all XC level 3 instructors who may want to pursue Rocky Mountain Trainer (RMT) as well as for those level 3 instructors who want to improve and fine-tune their personal skiing, upper level teaching progressions, advanced training and clinicing methodology. Emphasis is on fun and sharing ideas. This clinic satisfies the prerequisite requirement for RMT. This clinic may also cover the RMT Workbook, which can be found and downloaded from:

<http://www.psia-rm.org/education/cross-country/reference-materials>

Please download, print, and bring the RMT Workbook to this event.

Learning Outcomes: *Outcomes will be determined by the collective objectives of the group. Possible learning outcomes include:*

- Improve personal skiing, teaching skills and MA with feedback and video.
- Develop new ideas for ski teaching, clinic delivery, and training programs.
- Observe examples of teaching, technical, and skiing knowledge and ability levels required for Rocky Mountain Trainer.
- Have fun skiing and sharing ideas with peers who have similar skills, experience, and have a passion for Nordic.
- Learn and improve skiing techniques, clinicing and technical knowledge listed under XC RMT checklist in the RMT Workbook.

Learning Activities:

Possible Learning Activities include:

- Participants demonstrate maneuvers listed in the RMT Workbook Skiing Checklist.
- Video analysis
- Use the XC technical model to practice giving and receiving feedback on any of the maneuvers listed on the XC RMT
- Participate in a variety of peer teaching and coaching presentations and scenarios to and with the group, with feedback from group and clinic
- Participants complete the Movement Analysis format for XC RMT.



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Materials Needed:

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks
- RMT workbook