



PSIA-Rocky Mountain-AASI



Beyond Level 2: Skate or Classic Technique

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Prerequisites: PSIA/AASI membership and PSIA X-C Level 2 Certified. **If you choose this course a prerequisite for a Level 3 exam you must get prior approval from the XC Chairperson. Please contact the RM office for further info.

Course Description:

This is a 2-day advanced skate/classic skiing course conducted by top Rocky Mountain coaches. Learn the latest techniques and receive personal feedback from great coaches! Don't miss this exciting opportunity!

Learning Outcomes: *On successful completion of this course the students will*

- Improve personal skate/classic skiing skills
- Build confidence and efficiency and learn tactics on varying terrain.
- Work on Movement Analysis skills and teaching if applicable to group needs
- Learn latest racing techniques
- Be more prepared for a level 3 XC exam.

Learning Activities:

- Emphasis on participant centered questions for proper technique
- Ski specific drills for technique improvement
- Tactics for various terrain and conditions
- Video analysis

Materials Needed:

- Skate or classic skis with appropriate wax, boots and poles for groomed tracks