



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

Cross Country Dryland Training and Introduction to Roller Skiing Day Camp

Course Description: Step up your XC summer training plan with the introduction to XC specific dryland exercises and rollerskiing. We will practice exercises on foot during a dryland session and then progress to rollerskis to learn and practice basic skills. This clinic is geared towards people who are new to rollerskiing and want to give it a try.

CEU's: 6

Learning Outcomes:

- Learn Dryland activities to develop strengthen XC fundamentals skills and overall strength.
- Gain understanding about how to use roller skiing as an effective dry land activity to improve your skiing skills and fitness.

Learning Activities

- Dryland agility, balance, and coordination activities on foot
- Core activation and strength session
- Roller ski on grass
- Roller ski agility and skills exercises
- Roller ski tour on bike path (optional)

Tentative Schedule:

8:30-9:00AM: Check-in

9:00am: Warm up/stretch, core activation, ski-specific dryland exercises and skills

10:00am – 12:00: Rollerski equipment distribution; safety information. Explore rollerskiing first on grass then progress to pavement and learn ways to slow down and control speed. We want you to feel comfortable and safe on gentle downhill grades.

12:00am - 1:00am: Lunch (OYO)

1:00am – 3:00pm: After lunch, we will warm up by free skiing around our area with an emphasis on socializing with each other and playing a couple agility games to re-energize. Experiment with balance, weight transfer, push off and glide in a series of movements on rollerskis. Practice focuses on improving your own rollerski skills with discussion, exercises, and training to support cross over to snow skiing.

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3:00am - 3:30am: To practice what you have learned, please join us for an optional, fun free skate on a nearby bike path and camp summation.

What you need to bring:

- Gym shoes for Dryland session
- Skate boots compatible with NNN bindings
- YOU MUST BRING AND WEAR A HELMET. A bike helmet is fine.
- Skate Ski poles – with ferrules if you have them (pointy tip without a basket).
- Water, food, sunscreen, hat, a chair.
- Notebook and pen for taking notes.

What you need to know:

- Rollerskis will be available for all participants. They are mounted with NNN bindings.