



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

# **Cross Country Dryland Training and Introduction to Roller Skiing Clinic**

**Half Day**

Course Description: Step up your XC summer training plan with the introduction to XC specific dryland exercises and rollerskiing. We'll 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: 3

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
- Roller ski on grass
- Roller ski on gentle downhill and learn ways to control speed
- Roller ski agility and skills development exercises
- Roller ski tour on bike path (optional and time permitting)

Tentative Schedule:

Morning Group: 8:45-9:00AM: Check-in

Afternoon Group: 1:00-1:15PM: Check-in

Morning group 9:00AM: Warm up and ski-specific dryland exercises and skills

Afternoon Group: 1:15PM: Warm up and ski-specific dryland exercises and skills

Morning Group 10:00am – 12:00/ Afternoon Group 2:00PM – 4:00PM: 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.

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.

To practice what you've learned, we may take a fun free skate on a nearby bike path and clinic summation.

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### What you need to bring

- Gym shoes for Dryland session
- Skate boots 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, snack, sunscreen, hat.
- Notebook and pen for taking notes.

### What you need to know

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