



# PSIA-Rocky Mountain-AASI



## ***Cross Country Skills Improvement***

Edited 7/7/18

### ***Course Description:***

Hone your X-C skiing skills and update your Nordic knowledge. This one or two-day clinic is designed to help participants improve their skate and/or classic skiing and teaching skills. Get personal feedback on your push off, weight transfer and glide, while solidifying your knowledge of various Skate and Classic maneuvers.

*\*If you choose this course a prerequisite for a Level 2 or 3 exam you must get prior approval from the XC Chairperson. Please contact the RM office for more info.*

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

- Improve personal skiing on skate and classic equipment.
- Build confidence and efficiency and learn tactics on varying terrain.
- Work on Movement Analysis skills and teaching skills if applicable to group needs.
- Help in preparation for level 2/3 exams

### ***Learning Activities:***

- Emphasis on participant centered questions for proper technique
- Ski specific drills for technique improvement
- Variations of double poling
- Tactics for various terrain and conditions
- Waxing clinic
- Video analysis

### ***Materials Needed:***

- Classic and/or skate skis with appropriate wax, boots and poles for groomed tracks