



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

# Cross Country Skiing, Classic

Spring Fling

**Discipline: Cross Country Skiing, Classic**

**Time: 1 Day**

**Setting: Groomed trails, spring corn, and possible crust cruising on Grand Mesa in western Colorado**

## **Course Description:**

Grand Mesa, renowned for its spring skiing, is the location for the annual PSIA-RM XC Spring Fling. This one-day clinic is a great way to wrap up your winter and is focused on classic skiing skills improvement, sharing, reflection, and learning in a group setting. We will explore the skiing fundamentals as we develop our own classic skiing skills while sharing ideas about how to apply them when teaching students. Clinic leaders will exemplify the teaching and people skills fundamentals throughout the day and highlight how to effectively improve your students' learning environment next season. Hone your existing skills, improve your skiing, and learn something new from fellow instructors from all disciplines of snow-sports.

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

## **Recommended prerequisite courses:**

- No prerequisites required

## **Prerequisite skills:**

- Minimum of intermediate cross country classic skiing ability
- PSIA/AASI membership
- Equipment: classic equipment for groomed trails

## **Course objectives:**

- Improve classic skiing skills and technical knowledge
- Expand personal knowledge and ideas for teaching
- Meet, build rapport, and clinic with fellow cross-country skiers and instructors from around the Rocky Mountain Division
- Have fun, ski, and experience the unique setting of Grand Mesa in the spring snowpack and weather.

## **Sample activities:**

- Ski specific drills and activities for warm up and technique development
- Group and paired classic skiing for skills development

- Practice teaching scenarios
- Agility courses and skills focused drills and games

**Materials:**

- Classic skis with appropriate wax (or skin skis), boots, and poles for groomed tracks
- Optional: Cross Country Technical Manual