



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

XC Classic Skiing Spring Fling

Discipline: Cross Country

Time: One day clinic

Setting: Groomed trails at a Cross Country Center and spring corn crust snow in the area of the trail system.

Course Description:

The annual PSIA-RM XC Spring Fling consists of two separate one-day clinics that may be taken individually or together. The first day is a Classic technique clinic. The second day is a Skate technique clinic. This event is a great way to wrap up the winter and is focused on classic skiing skills improvement, sharing, reflection, and learning in a group setting. Participants will explore the skiing fundamentals as they develop their own classic skiing skills while sharing ideas about how to apply them when teaching students. Clinic leaders will model and exemplify effective teaching and people skills fundamentals throughout the day and highlight how to improve students' learning environments. Participants will hone their existing skills, improve their skiing, and build rapport as well as share and learn from fellow instructors of all snow sports disciplines.

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

Learning Outcomes:

- 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 snow sport instructors from around the Rocky Mountain Division
- Have fun, ski, and experience the unique setting of the Colorado Rocky Mountain spring snowpack and weather.

Learning Activities:

- Ski specific drills and activities for warm up and technique development
- Group and partnered classic skiing for skills development
- Agility courses and skills focused drills and games
- Video

Materials:

- Classic skis with appropriate wax, waxless base, or "skin" base, XC ski boots, and poles for groomed trails.

