



PSIA-Rocky Mountain-AASI



Cross Country Level 1 Prep Clinic

revised 8/2//18

Prerequisite: Please become familiar with the Rocky Mountain Cross Country Handbook, Level 1 XC Scorecards and Level 1 XC Workbook as well as the Level 1 PSIA National Cross-Country Standards. These can be downloaded at

<http://www.psia-rm.org/education/cross-country/reference-materials>

Course Description:

This clinic is designed for instructors who are new to Cross-Country instruction and/or have no prior Cross-Country PSIA certification. Develop teaching methodology while improving technical knowledge and personal skiing skill in both Classic and Skate techniques. Skiing maneuvers will be demonstrated and developed through practice and feedback. This clinic is a prerequisite for Level 1 Certification. The clinic will cover the X-C Level 1 Certification Workbook, which must be downloaded from the PSIA-RM website and completed to the best of your ability prior to attending the clinic: <http://www.psia-rm.org/education/cross-country/reference-materials>

Learning Outcomes:

On successful completion of this course the students will...

- Practice skiing techniques listed under X-C level 1 checklist in XC workbook
- Learn how to teach the X-C skiing public from beginners to low intermediates
- Learn how to apply the XC Technical Model to beginner XC skiers.

Learning Experiences:

- Practice diagonal stride and skating techniques
- Learn the basics of waxing classic and skating skis
- Learn how to communicate efficiently with students
- Learn and apply the ATM Teaching/Learning Cycle and Model
- Learn a basic skating and classic progression for a beginner student
- Learn the skier's responsibility code



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Learning Activities:

- Participants will demonstrate many to all tasks and techniques listed in the Level 1 Workbook Skiing Checklist.
- Participants will teach topics listed in the Level 1 Workbook Teaching Knowledge checklist.
- Participants will demonstrate topics listed in the Level 1 Workbook Technical Knowledge Checklist.
- Participants will complete the Movement Analysis format for XC Level 1. The Movement Analysis format can be found in the XC Handbook under certification.

Materials Needed:

- Classic/skate skis, boots and poles and appropriate wax for groomed tracks
- XC level 1 workbook-completed as much as possible