



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

Cross Country Level 1 Prep Clinic Outline

Clinic Description:

This clinic is designed for instructors who are new to cross country ski instruction and/or have no prior PSIA cross country certification. Candidates will develop Teaching Skills, People Skills, and Skiing/Technical skills, as well as technical knowledge in both classic and skate skiing techniques. This clinic is a prerequisite for Level 1 On Snow Assessment Course.

Prerequisites:

- Current PSIA-AASI Membership
- Candidate is comfortable classic skiing and skate skiing in intermediate terrain.

Note: if a participant's skiing ability is not at an intermediate level they may be asked to leave the clinic

Please become familiar with:

- Cross Country Certification Process Flow
<https://www.psia-rm.org/education/cross-country/>.
- PSIA-Rocky Mountain Cross Country Level 1 Assessment Outline and What to Expect on Assessment Day <https://www.psia-rm.org/education/cross-country/>.
- Online Courses: The below E-Learning Courses will help you prepare for the on-snow course.
 - [Delivering the Beginner Experience – Cross Country](#)
 - [Cross Country Level 1 E-Learning Course](#)
 - [New Instructor E-Learning Course](#)
- Educational Resources and Tools (click on links):
 - [PSIA Level 1 Cross Country National Standards](#) - identify the fundamentals of People, Teaching and Skiing/Technical skills and define the assessment criteria within PSIA-AASI's certification process.
 - [Cross Country Level 1 Assessment Form](#) – outlines assessment criteria you will demonstrate during the on-snow course.
 - [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – give examples of “successful contributors” and “unsuccessful contributors” to all assessment criteria on the Assessment Form
 - [Matrix videos](#) Select “Exam Task and then Cross Country” to show video demonstrations of Level 1 tasks and assessment activities you may be asked to demonstrate during the on-snow course or see videos under the new Digital Learning Hub at <https://lms.thesnowpros.org/>

PSIA



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

- Improve Teaching Skills, People Skills, and Skiing/Technical Skills within the context of teaching beginner cross country skiers.
- Learn how to apply the PSIA Cross Country Fundamentals and Technical Model to beginner skiers.
- Learn about Level 1 Cross Country Certification Standards and the Performance Guide.
- Learn how to use the Movement Analysis model in teaching beginner skiers.

Learning Activities:

- Participants will practice skiing fundamentals and apply them in classic and skate skiing techniques.
- Participants will practice using their knowledge of the XC Technical Model and Skiing/Technical Fundamentals.
- Participants will practice movement analysis.
- Participants will practice beginner level teaching scenarios including refinement of Teaching and People Skills.
- Discussion (and practice if candidates desire) on waxing for both grip and glide.

Materials Needed:

Classic skis (no wax or waxable) Skate skis, boots, poles and appropriate wax if skiing on wax-able skis. (Equipment rental may be available at event)



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