

Name _____
XC level 1 candidates on hill scorecard



**ROCKY MOUNTAIN
DIVISION**

Your personal scorecard is yours to keep and is designed to help you monitor your progress and log your current understanding. Use this scorecard to write notes on feedback you have received from your clinic leaders/verifiers. At the end of the assessment you will receive little to no feedback on the scorecard....since we hope you have written down feedback as you receive it!!!! Please remember the Learner's Responsibility Code; I am responsible for my own learning!

Skiing

Diagonal Stride
Herringbone
*Double Pole
Step Turn
Marathon Skate
V2 or V2A
V 1 Skate
Wedge Turn
½ Wedge
*Must attain a score of 4 in each critical maneuver to pass

Technical / MA

Demonstrates basic application of XC technical model
Understands waxing (glide/kick/waxable/fishscale/skins)
Recognizes Kick double pole
Perform M.A. on Beginner X-C Skier using RM MA format:
Describes Body Position and Fund Movement in one phase
Determines Cause and Effect
Prescribes effective Change

XC Level 1 candidates On Hill scorecard

Teaching Topic 1 is:

Addresses Individual Student Motivations

Lesson Technically Accurate

Develops Rapport/ Engages Group/ Appropriate Pace

Moves Group in a Safe Manner

Provides Feedback

Wrap Up

Professionalism

Teaching Topic 2 is:

Addresses Individual Student Motivations

Lesson Technically Accurate

Develops Rapport/ Engages Group/ Appropriate Pace

Moves Group in a Safe Manner

Provides Feedback

Wrap Up

Professionalism