



# PSIA-Rocky Mountain-AASI



## ***Cross-Country Level 2/3 Prep Clinic***

Edited 8/1/18

### ***Prerequisite:***

- XC Level 1 certification or
- Level 2 certification in another discipline or
- Eligible bypass requirements (please see Bypassing Certification Courses Policy doc under XC Reference Materials)

### ***Course Description:***

This course is designed to help you improve and fine-tune your XC teaching skill, personal skiing and technical knowledge for both Classic and Skate technique. The course will help prepare you for your Level 2/3 Certification.

This clinic is one of the prerequisite courses for Level 2/3 Certification. This clinic will also cover the XC Level 2/3 Certification Workbook. Please download the workbook from the PSIA-RM website and bring it to the clinic.

The workbook can be found online and downloaded at:

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

### ***Learning Outcomes:***

*At this Clinic the students will...*

- Learn and improve skiing techniques listed under XC level 2/3 checklist in the Cross Country 2/3 Workbook
- Learn how to teach the XC skiing public from low intermediates through experts
- Learn the XC technical model as it relates to intermediate/advanced skiers
- Learn how to use the movement analysis model to help meet the skiing goals of intermediate-expert skiers

### ***Learning Activities:***

- Candidates will demonstrate many to all tasks and techniques listed in the Level 2/3 Workbook Skiing Checklist.
- Candidates will teach topics listed in the Level 2/3 Workbook Teaching Knowledge checklist.
- Candidates will demonstrate topics listed in the Level 2/3 Workbook Technical Knowledge Checklist.
- Participants will complete the Movement Analysis format for XC Level 2/3 found in the XC Handbook and XC Level 2/3 workbook.



# PSIA-Rocky Mountain-AASI



## ***Materials Needed:***

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks
- Level 2/3 workbook