

## ***Cross-Country Level 2 and 3 Prep Clinic Outline***

Edited July 2020

### ***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) downloaded at:

<https://www.psia-rm.org/education/cross-country/>

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

This course is designed to help you improve and fine-tune your XC teaching skills, personal skiing and technical knowledge for both Classic and Skate technique. The course will help prepare you for your Level 2 or 3 Certification. This clinic is one of the prerequisite courses for Level 2 and 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:

<https://www.psia-rm.org/education/cross-country/>

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

*At this Clinic the students will...*

Learn and improve skiing techniques listed under XC level 2 or 3 Assessment form. The Assessment forms can be found online at: <https://www.psia-rm.org/education/cross-country/>

- 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 on the Level 2 or 3 scorecard.
- Candidates will teach to other candidates.
- Candidates will demonstrate topics listed in the Level 2 or 3 Workbook Technical Knowledge Checklist.



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- Participants will complete the Movement Analysis format for XC Level 2 or 3. The MA format can be found online and downloaded at:  
<https://www.psia-rm.org/education/cross-country/>

***Materials Needed:***

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks
- Level 2 or 3 workbook completed as much as possible prior to this clinic.