



Professional Ski Instructors of America

ROCKY MOUNTAIN

American Association of Snowboard Instructors

Cross Country

Rocky Mountain Trainer's

Selection Workbook 2019



Name:
Ski School /Club:
Cell #:

The category of “Trainer” was created to get more high-end coaching and instruction to instructors at the local level. Our goal at XC Trainers selection is to verify that your skiing, teaching, and technical knowledge are at a level above that of Level 3 so that you can help instructors at all levels improve their skills. This Workbook has some ideas and questions to stimulate your thinking and maybe inspire some experimentation. The Trainer Workbook is also designed to help you monitor the development of your skiing ability, technical knowledge, and teaching performance on your path to become a Rocky Mountain Trainer.

Please answer all of your questions in the workbook to the best of your knowledge before attending a 401 Workshop. During the workshop, we will be going over any questions you may have, as well as reviewing the answers to the workbook. You will be asked to turn in the completed RMT workbook on the first day of the RMT selection.

Booklets: At the 401 workshop and/or selection you will be issued a user-friendly on hill version of the RMT scorecard (<https://www.psia-rm.org/education/cross-country/>) called a booklet. This booklet is a copy of the RMT scorecard used by the examiners at the selection. In these Booklets you will write developmental suggestions for each item on the scorecards based on verbal comments from the Cross-Country Education Staff Members during the prep clinic and/or during the selection. XC Education Staff Members may review your written comments as well.

You will probably also find it helpful to download the Cross-country Level 1,2 and 3 Workbooks. Since one of the possible outcomes of obtaining a Trainer’s certificate is to help prepare ski instructors at your local ski area for certification, you should be able to answer all the questions in the workbooks that they will be using. Going through those workbooks may also stimulate your thinking on skiing, movement analysis and teaching, leading to creative breakthroughs you can share with all of us at the Trainers Workshop.

Other useful references for inspiration and ideas include; the *PSIA Cross country Technical Manual*, *PSIA Teaching Snowspots Manual*, *PSIA-RM XC Guidebook*, *PSIA Core Concepts Manual*, *The Complete Encyclopedia of Skiing* (Bob Barnes), the PSIA-RM and PSIA web sites (www.psia-rm.org and www.psia.org) and your fellow instructors. *The Master Skier* magazine, and the web-sites: www.fasterskier.com , www.du.edu/skiteam, and www.ussa.org provide articles and discussions on the latest racing techniques and are of special interest to advanced skiers

Please keep in mind the Learner’s Responsibility Code; ***I am responsible for my own learning!***
Be an active learner!

6. An instructor you know to be a fast classic racer and an accomplished waxer tells you she tends to slip a lot when diagonal striding up hills. What are possible causes, and how would you help her to change?

7. When fellow instructors ask you for help to improve their skiing, how do you proceed?

8. What is the advantage of using leg steering in wedge turns instead of just pressuring the outside ski?

Skiing

9. What do you think the advantages are of completely flexing the ankle, knee, and hip joints before the weight shift?

10. When double poling what is the "cause" of the heels coming off the ski? When could this be advantageous? When could it not?

11. A. What key feelings, thoughts or mental images most help you with your diagonal stride?

11. B. What key mental images, feelings or thoughts most help you with your skating?

Clinicing Part 1:

Write a plan for a 2 hour classic clinic for your co worker, a XC instructor named Bianca. The steps of the Teaching/Learning Cycle are listed below. Please develop your clinic through these 7 steps based on your knowledge of Bianca and how she skis.

Bianca is a 30 year old woman instructor going for her level 3 certification. Bianca is taking this clinic to help herself understand what she needs to improve in her classic skiing to pass level 3.


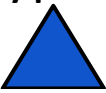
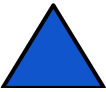
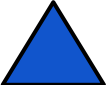
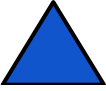
You can watch a video of Bianca skiing at: psia-rm.org> Education> Cross country> Cross Country Movement Analysis Videos > Trainer Level classic student -Bianca

1. Welcome and Introduce the clinic. How do you develop Bianca's trust? What questions will you ask her to get more information? List the important background information that you learned, as well what are her goals in taking this clinic with you.

2. Assess the student and her movements.

After watching Bianca’s video, describe Bianca’s “real” skiing by completing all of the boxes in the Movement Analysis grid below.

Movement Analysis Grid-Bianca

Elements ↓	Push off	Weight Transfer	Glide
Bianca’s Skis/poles 			
Fundamental Body position 			
Fundamental Movements 			
Timing 			
Power 			

Please Note: For the RMT selection, the candidate should be able to complete the entire MA grid, focusing on the elements that especially increase the efficiency of a fellow instructor. Once this description is completed on the MA Grid, the candidate will be asked to determine cause and effect relationships and then the prescription for change.

3. Determine goals and plan experiences:

A. Determine goals: State below in a cause and effect relationship the 2-3 most important elements you would like to change in Bianca's skiing in all 3 phases.

B. How will the above changes cause the skis to move differently/more efficiently?

c. Explain how your cause and effect relationship from above will help Bianca reach her goal.

D. Plan experiences: Plan the clinic content by filling in the box below. Under Focus, choose your lesson objective i.e. Body Position, Movement, Timing and Power and Phase/ Skill.

Focus	Drill / Explanation / Maneuver	Terrain description	Time (i.e. 10 min.)

4. Create experience for learning. How will you present information for Bianca's optimum learning?

5. Guide practice.

- What will determine your choice of terrain, practice intensity, and practice time?









- Check for understanding. How will you know that Bianca understands? What questions will you ask?

6. Debrief the Learning Experience. How will you review with Bianca, as well as get Bianca back to ski with you again?

For additional MA practice, review and analyze a video of Fred skate skiing at: psia-rm.org> Education> Cross country> Cross Country Movement Analysis Videos > Trainer Level skate student -Fred

Then fill out each box for Fred in the Movement Analysis grid below..

Movement Analysis Grid-Fred

Elements ↓			
Fred's Skis/poles 			
Fundamental Body position 			
Fundamental Movements 			
Timing 			
Power 			

Clinicing Part 2: On a separate sheet of paper, write up a general training plan for your ski area staff of Cross Country Instructors. The plan should be designed to last for 12 weeks, with one 2 hour training session per week. The general training plan should include: personal skill improvement, teaching improvement, technical understanding as well as certification preparation, and motivational maintenance. Please include: instructor profiles, certification levels and instructor goals

Thank you for participating in the PSIA Rocky Mountain Trainer Selection. It is our hope that this process has stimulated your thinking and your desire to be the best instructor you can be. Similarly, we are constantly striving to improve our educational programs and materials. Please feel free to contact the email address below with your feedback and suggestions.

For comments or questions regarding PSIA RM cross country education program or this document contact: Patti Banks, XC Chairperson; patebanks@yahoo.com