

## ***Cross-Country Rocky Mountain Trainer (RMT) Prep Clinic***

Edited 8/22

### ***Prerequisite:***

- XC Level 3 certification
- XC Level 1 E-Learning course highly recommended

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

This course is designed to help you improve and fine-tune your clinicing skills, people skills, personal skiing and technical knowledge for both Classic and Skate technique. The course will help prepare you for and is the prerequisite courses for RMT Selection. The PSIA Cross Country Standards and Performance Guide will be covered. This clinic will also cover the XC RMT Workbook. Please download the workbook from the PSIA-RM website, complete as much as possible and bring it to the clinic. The workbook can be found online and downloaded at:

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

Please be familiar with the PSIA-Rocky Mountain XC Education Materials: *All below documents can be viewed/downloaded at:* <https://www.psia-rm.org/education/cross-country/>

- XC Certification Guidebook
- XC RMT Assessment outline /What to expect on assessment day.
- XC Level 1 E-Learning course and XC level 2 and 3 Workbooks
- XC RMT Assessment form
- XC Level 3 PSIA National Certification Cross-Country Standards and the Level 3 Performance Guide
- XC E-learning courses: "Delivering the beginner experience – Cross Country" You can access the course at: <https://lms.thesnowpros.org/> (You need to be a PSIA member, then log in using your username and password)

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

*At this Clinic the participants will...*

- Improve personal skiing thru the XC skiing skills and fundamentals to be able to demonstrate skiing while coaching other XC instructors.
- Improved implementation of people and teaching skills to create clinics for XC instructors
- Improved implementation of the XC technical model and Skiing fundamentals while coaching XC Instructors
- Improve the use the movement analysis model to meet the skiing goals other XC Instructors

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

- Candidates will teach to other participants.
- Candidates will demonstrate assessment criteria of teaching, people technical, and skiing listed found on the RMT Assessment form. The Assessment forms can be found online at: <https://www.psia-rm.org/education/cross-country/>
- Participants will demonstrate their knowledge of the XC skiing fundamentals
- Participants will demonstrate their knowledge of Movement Analysis for XC RMT
- Participants will be videoed and will do their own movement analysis on themselves

### ***Materials Needed:***

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks
- RMT workbook completed as much as possible