



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Cross Country Rocky Mountain Trainer (RMT) Prep Clinic

Clinic Description:

This clinic is designed to help you improve and fine-tune your XC Teaching Skills, People skills, and Skiing/Technical Skills as well as technical knowledge in both classic and skate skiing techniques. This clinic will help prepare you for and is the prerequisite course for RMT selection.

Prerequisites:

- Current PSIA Membership
- Cross Country Level 3 certification
- Candidate is comfortable teaching classic skiing and skate skiing in any terrain.

Please become familiar with the following PSIA education materials:

- Cross Country Certification Process Flow available on <https://www.psia-rm.org/education/cross-country>
- [PSIA-RM Cross Country RMT Workbook](https://www.psia-rm.org/education/cross-country) is available on <https://www.psia-rm.org/education/cross-country>. Please fill out answer sheet as much as possible before event
- Online Courses: The below E-Learning Courses will help you prepare for the on-snow course. They are available on <https://lms.thesnowpros.org>
 - [Delivering the Beginner Experience – Cross Country E-Learning Course](#)
 - [New Instructor E-Learning Course](#)
 - [Cross Country Level 1 E-Learning Course](#)
 - [Cross Country Level 2 E-Learning Course](#)
 - [Level 3 Workbook Learning Course](#)

The following resources and tools can help candidates prepare:

- [PSIA Level 3 Cross Country National Standards](#) - identify the fundamentals of People, Teaching and Skiing/Technical skills and define the assessment criteria within PSIA-AASI's certification process.
- [PSIA-RM RMT Assessment Form](#) – outlines assessment criteria you will demonstrate during the on-snow course. To pass the RMT assessment candidates must score an average of 5 or above for all Learning Outcomes.
- [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – give examples of “successful contributors” and “unsuccessful contributors” to all assessment criteria on the Assessment Form
- [Matrix videos](#): Select “Exam Task” and then “Cross Country” to show videoed demonstrations of Level 3 tasks and assessment activities or see videos under the new Digital Learning Hub at <https://lms.thesnowpros.org/>

PSIA



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Learning Outcomes: *On successful completion of this course the students will:*

- Improve implementation of Teaching Skills and People Skills to create clinics for cross country ski instructors.
- Improve implementation of the PSIA XC Skiing Fundamentals and Technical Model while coaching cross country ski instructors.
- Improve personal skiing through the XC Skiing Skills and Fundamentals to demonstrate skiing while coaching cross country ski instructors.
- Improve use of the Movement Analysis Model in teaching cross country ski instructors.

Learning Activities:

- Participants will demonstrate assessment criteria of teaching, people, technical, and skiing skills as described on the RMT assessment form.
- Participants will demonstrate their knowledge of the XC Technical Model and Skiing/Technical Fundamentals in classic and skate skiing techniques.
- Participants will demonstrate their knowledge of Movement Analysis for Cross Country RMT.
- Participants will be videoed and practice movement analysis on themselves.
- Participants will practice teaching to other participants.

Materials Needed:

Classic skis (waxable recommended), skate skis, boots, poles and appropriate wax if skiing on wax-able skis.