

XC Rocky Mountain Trainer Selection Outline

Edited July 2020

Prerequisite:

- XC Level 3 certification
- XC 401 workshop/RMT Prep or attend a RM Education Staff Training in the fall (must contact RM XC Chairperson to choose this option)

Selection Description:

This selection process will verify your clinicing, personal skiing and technical knowledge for both Classic and Skate techniques at the Rocky Mountain Trainer level. Please complete the RMT workbook and turn in the first morning of the selection. The RMT Workbook can be downloaded at: <https://www.psia-rm.org/education/cross-country/>

Assessment Criteria

- Assessment is based on the PSIA RMT Assessment Form. The RMT Assessment Form can be downloaded at: <https://www.psia-rm.org/education/cross-country/>

Assessment Activities:

- Candidates will demonstrate many to all tasks and techniques listed in the RMT Scorecard.
- Candidates will present clinics to fellow instructors applying the criteria listed under clinicing on the RMT Assessment Form. Candidates will incorporate the skiers' responsibility code in their teaching.
- Candidates will demonstrate technical knowledge, including Movement Analysis on video and possibly outside on other skiers. Candidates will be asked to do their MA following the process described in the "MA format for XC RMT selection" Document. This Document can be downloaded at: <https://www.psia-rm.org/education/cross-country/>

Materials Needed:

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks
- Completed RMT Workbook by first morning of selection