



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

XC Rocky Mountain Trainer Selection Outline and What to Expect on Selection Day

Edited Sept /2021

Outline:

Prerequisites:

- XC Level 3 certification
 - XC RMT Prep course (highly recommended) or attend an RM Education Staff Training in the fall (must contact RM XC Chairperson to choose this option and write a letter of intention of becoming a RMT)
 - Complete RMT Workbook and turn in first morning of selection
- Highly Recommended to review/complete** the XC 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 XC workbooks that instructors will be completing. Completing all the workbooks will also help familiarize you with the New XC Certification National Standards of 2021.
- Complete the XC E-learning module "Delivering the beginner experience – Cross Country" at least 72 hours before the assessment. You can access the course at: <https://lms.thesnowpros.org/> (then log in using your username and password).

Selection Description:

This selection process will verify your clinicing, skiing, people, and technical skills 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. All Levels of workbooks and RMT Workbook can be downloaded at psia-rm.org

You will receive a copy of the RMT Assessment Form at the beginning of the event. This assessment form is for you to keep, to write down your personal feedback, notes, thoughts, fresh insights, new cool teaching ideas, etc. Expect little written feedback on your assessment form that is filled out by your verifiers, since it is your responsibility to write down your personal feedback throughout the assessment.

Assessment Criteria:

- Assessment Criteria outline the performance details required to show that the learning outcomes have been met. The Assessment criteria are included in the PSIA Cross Country Certification Standards/Performance Guide and are listed on the RMT Assessment Form. PSIA Cross Country Certification Standards/Performance Guide can be found on the PSIA National Website at: <https://www.psia-rm.org/download/resources/cross-country-documents/xc-level-1/national-standards.html>
- **Pending finalization of the assessment criteria please refer to the RMT Assessment Form for the most up to date version, which can be downloaded at:** <https://www.psia-rm.org/education/cross-country/>
- To be successful at the RMT selection: Scores on the essential elements of assessment criteria need to appear frequently/continuously above the level 3 requirement which is equivalent to scoring a 5 or 6.

Assessment Activities:

These are the activities or tasks a candidate performs to demonstrate that learning has occurred. For details, refer to the associated PSIA L3 Performance Guide for People, Teaching and Technical.

Materials Needed:

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks

What to Expect on Selection Day

Information, Thoughts, Things to consider:

- **Your Evaluators are here to help you succeed and learn.**
- Our greatest strength and learning opportunity is the group. Let's create the most fun and rewarding certification event ever, together.
- Please be an active learner: contribute, share, listen, be open-minded, be sensitive to group needs, tell us your needs so you get what you want.
- Evaluators will be as transparent as possible and will meet with each of you individually during the process to go over your feedback notes, and if you wish, go over how you are doing.

Tentative Agenda

8:30-8:45 Check-in and collect the XC Rocky Mountain Trainer Workbooks

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After check-in: introduction, overview of the 2 days, personal goals, and answer questions. There is a possibility of an evening zoom meeting prior to the assessment, to replace the first morning's introduction/overview session. We are usually on Classic skis in the AM and Skate skis in the PM for both days.

The following will be accomplished during the 2 days:

Clinicing: You will lead at least two 15-40-minute clinics to the group or to the Level 2/3 candidates, appropriate for their motivations, level, and movement needs. While you are warming up with your group on the first morning, start getting to know your peers. Find out your peers' goals which can then guide how you plan your clinic sessions.

- 1st clinic topic will be your choice, **and** in consideration of the goals of your peers.
- 2nd clinic topic will be chosen for you by your evaluators
- If additional clinic scenarios are assigned, evaluators will inform you how the topics will be determined.
- Candidates will practice giving each other feedback according to the Teaching Learning Outcomes (Assess, implement and reflect/review)
- After you clinic, your peers and evaluators will review your session with you.

People: You will be evaluated on the Learning Outcomes of Professionalism and Self Management for the 2021-22 season. These two learning outcomes are found in the PSIA Cross Country Level 3 Certification Standards/Performance Guide. People skills will be assessed during your teaching segments and throughout the assessment.

Skiing: You will ski through a variety of assessment activities (XC skiing techniques and tasks) to verify you demonstrate the assessment criteria of the PSIA Cross Country Certification Standards at the Level 3. Some tasks/maneuvers may be videoed and reviewed. Receiving personal feedback on your performance of the skiing activities is an essential part of the verification process. Please help us by communicating when and how we can best provide your feedback. **Please remember to write your personal feedback on your assessment form given to you at the beginning of the assessment.**

Technical /Movement Analysis: MA will be verified according to the Level 3 PSIA Cross Country Certification Standards/Performance Guide. Assessment activities for MA may include watching a video of skiing, a video of yourself and/or performing MA on skiers on snow. You may be asked technical questions during your teaching segment and throughout the event related to MA.

The MA video session should look something like the following:

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In a quiet location the educator(s) will choose a videoed skier to observe. The video will run at regular speed for 1-2 minutes of skiing time and in slow motion if needed. The candidate will have a couple of minutes to write notes if needed, and then give his or her analysis. The educator(s) may ask questions to clarify the information the candidate offers. The process should take about 15 minutes per candidate.

Additional:

Feedback/Evaluation forms can be completed online (online forms will automatically be sent out).

Your Workbooks will be returned to you at the end of the event.

We plan to be done by 4:30ish each day (as long Mother nature cooperates)