



PSIA-Rocky Mountain-AASI

WHAT TO EXPECT ON SELECTION DAY

PSIA-RM XC Rocky Mountain Trainer

Edited 8/2/18

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.
- You will receive a Rocky Mountain Trainer booklet at the beginning of your event. This booklet is for you to write down your personal feedback, as well as notes, thoughts, fresh insights, new cool teaching ideas, etc. It is for you to keep. Expect no written feedback on your scorecards.
- Evaluators will be as transparent as possible and will meet with each of you individually during the process to go over your booklets, and if you wish, go over how you are doing.

Tentative Agenda

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

After check-in: introduction, overview of the 2 days, personal goals, and answer questions. 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:

TEACHING:

You will lead at least two 15-30-minute mini-clinics to the group or to the Level 2/3 candidates, appropriate to their levels/movement needs. After you lead your clinics, your evaluators will review your session with you.

- 1st clinic topic will be your choice.
- 2nd clinic topic will be chosen for you by your certification event leaders.
- If additional clinicing scenarios are assigned, evaluators will inform you how the topics will be determined.

SKIING:

- We will ski through most or all of the skiing maneuvers and tasks listed in the XC Rocky Mountain Trainer Workbook.
- Movement criteria for scoring are based on the National XC Skiing Standards Matrix found in the PSIA-RM Nordic Handbook.
- Candidates should be able to demonstrate level 3+ skiing.
- Some tasks/maneuvers may be videoed and reviewed inside. Receiving personal feedback on your performance of the skiing maneuvers is an essential part of the process. Please help us by communicating when and how we can best provide your feedback. Please remember to write your personal feedback in your certification booklet.

MOVEMENT ANALYSIS/TECHNICAL:

- Candidates will demonstrate technical knowledge, including Movement Analysis, incorporating the criteria listed in the RMT scorecard, and in the format described in the RMT workbook (page 7) and RM XC Handbook, both of which can be downloaded at <http://www.psia-rm.org/education/cross-country/reference-materials>
- Movement analysis will be done inside using a video and may also be done outside on other skiers.
- You may be asked technical questions during your teaching segment and throughout the event.
- Feedback Evaluation forms will be handed out and can be completed at the event or 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 as Mother Nature cooperates).