



# PSIA-RM CROSS COUNTRY TRAINER ASSESSMENT FORM

Meets Standard    Does Not Meet Standard

Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Candidate Name \_\_\_\_\_

Location \_\_\_\_\_

Examiners \_\_\_\_\_

Candidate's Workbook Completed: \_\_\_ Yes \_\_\_ No

**Scoring Criteria for Cross Country Trainer**

**1:** Essential elements were not observed or not present.  
**2:** Essential elements are beginning to appear.  
**3:** Essential elements appear, but not with consistency.  
**4:** Essential elements appear regularly at a satisfactory level.  
**5:** Essential elements appear frequently, above required level.  
**6:** Essential elements appear continuously, at a superior level.

**Skating**                       Attained Level     Did Not Attain Level

	COMMENT	SCORE
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- \*Diagonal Stride \_\_\_\_\_
  - \*Double Pole \_\_\_\_\_
  - \*Kick Double Pole \_\_\_\_\_
  - Transitions \_\_\_\_\_
  - \*V 1 Skate \_\_\_\_\_
  - \*V 2 Skate \_\_\_\_\_
  - \*V 2 Alternate Skate \_\_\_\_\_
  - \*Skate turn \_\_\_\_\_
  - Parrallel turn/hockey stop \_\_\_\_\_
- \*must attain a score of 4 for each critical maneuver**

**Comment:** \_\_\_\_\_

**Clinicing**                       Attained Level     Did Not Attain Level

**CLINIC TOPIC IS:** \_\_\_\_\_

	COMMENT	SCORE
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- Mastery application of the Teaching/learning cycle \_\_\_\_\_
- Customizes clinic to all individual motivations \_\_\_\_\_
- Facilitates Instructor Development at Peer Level \_\_\_\_\_
- Environmentally/emotionally safe lesson \_\_\_\_\_
- Provides feedback which facilitates in-depth understanding \_\_\_\_\_
- Creates highly stimulating learning environment \_\_\_\_\_
- Clinic is technically accurate \_\_\_\_\_
- Professionalism \_\_\_\_\_

**Comments:** \_\_\_\_\_

**Technical/ MA**                       Attained Level     Did Not Attain Level

	COMMENT	SCORE
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- Advanced Ski Prep / Wax for Classic/ Skate Skis \_\_\_\_\_
- Mastery application of XC technical model \_\_\_\_\_
- Perform M.A. on Expert X-C Skier using RM Ma format:**
- Describes all elements within all phases \_\_\_\_\_
- Cause and Effect \_\_\_\_\_
- Prescribes ideal change \_\_\_\_\_

**Comments:** \_\_\_\_\_

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