



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Cross-country Skiing for Fun, Fitness, or Foundations - Beth Fox
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1. Enjoy cross-country skiing fun and success indoors on carpet, outside on grass, or, on the snow! Remember to pass all activities and locations through your "safety filter" before using them.
2. The positives: Usually occurs in a quiet and peaceful location, fun at any speed, supports independence, easily taught in classes or stations, leaning via various games and activities, success for everyone. Use for fun, fitness, or to build skills to transfer to alpine skiing or snowboarding.
3. Introducing stance, dynamic balance, and weight transfer (in shoes or in socks):
 - A. Jump and land in flexed position
 - B. Forward hop from one foot to the other and stick each landing
 - C. Forward hop as above with nose over toes and arms in opposition
 - D. Paper plate skate in socks and then in Nordic ski boots (cheap paper plates & duct tape)
4. Understanding ski orientation, stance, dynamic balance, and weight transfer (in or out of skis)
 - A. Shuffling fore and aft
 - B. Walking in large circles both directions
 - C. Daisy turns
 - D. Jump and land in flexed position
 - E. Forward hop from one foot to the other and stick each landing
 - F. Forward hop as above with nose over toes and arms in opposition
 - G. Volleyball with balloons or Nerf balls to self or partner while stationary or moving slowly
5. Moving (in or out of skis):
 - A. Jog with deliberate weight shift and appropriate pressure along length of ski
 - B. Run, run, glide
 - C. Slalom course around Frisbees or cones, pick up object, return to start line
 - D. Classic stride
 - E. Stride with arms in opposition
 - F. Stride with differing tempos
6. Gamify anything for skill development:
 - A. Nord ball (jog, jog, glide and then must toss ball to team mate), baseball, disc golf
 - B. Synchro stride (follow partner)
 - C. Leap frog, zoo animals (out of or in skis), it's fun!

7. Teamwork activities:

- A. Tandem ski with double bindings (use old long alpine skis or Nordic jumping skis)
- B. Three-legged ski with surveyor tape leg ties

8. Resources:

- A. Click [here](#) for free digital access to the PSIA-AASI Cross-Country Technical Manual.
- B. Click [here](#) to access PSIA-AASI cross-country eLearning.
- C. Access PSIA-AASI Tip of the Day cards [here](#).