



## Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular  
December 9-12, 2024

### Clinic Summary Notes

**Clinic Topic:** Cross-country Skiing Activities for Fun, Fitness, and Snowports 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. Introduce stance, dynamic balance, and weight transfer (in shoes or in socks)
  - A. Remember the plate skate!
4. Understand ski orientation, stance, dynamic balance, and weight transfer (in or out of skis)
  - A. Play games that require movement in all planes.
5. Moving (in or out of skis):
  - A. Run, run, glide with arm use and varying tempos.
6. Gamify anything for skill development:
  - A. Nord ball (jog, jog, glide and then must toss ball to teammate), zoo animals, baseball.
7. Teamwork activities:
  - A. 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.
9. Keep it fun by inserting many short rest breaks, just right challenges, and goofy activities meant to cause laughter out loud!