



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Cross-country Skiing Fun for All - Beth Fox Bfoxblizzard@gmail.com

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!
 - B. Use rollers under a sit ski and rubber nubs on ski pole tips
4. Understand ski orientation, stance, dynamic balance, and weight transfer (in or out of skis)
 - A. Play games requiring movement in all planes and complete weight transfer from one ski/leg to the other.
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. Use skis, but not poles, indoors if there is no snow and always thoroughly vacuum carpet before skiing on this surface. If skiing on grass, find smooth rock/dirt-free lawn and use old skis. Try carpet squares under each foot if "skiing" on a hard smooth surfaced floor.
9. 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.
10. Short rest breaks, just right challenges, and goofy activities meant to cause laughter out loud help to keep everyone engaged!