

LEVEL 7 Working On Mastered

GOAL: LEARNING SPEED OPTIMIZATION, POWER, AND EFFICIENCY

TERRAIN: ALL TERRAIN

CLASSIC SKIING:

- I understand general concepts of glide and kick waxing skis.
- I can ski with rhythm and varied tempo on a continuous loop (>3km) of advanced terrain using waxable classic skis.
- I can change tracks in a multi-tracked course.
- I can double pole up a moderate hill.

DOWNHILL AND AGILITY:

- I can step turn downhill corners while controlling my speed.
- I can link multiple parallel turns downhill with rhythm and fluidity.
- I can complete a telemark turn while skiing downhill.
- I am ready for Level 8!

NOTES: _____

LEVEL 8 Working On Mastered

GOAL: DEVELOPING SPEED OPTIMIZATION, POWER, EFFICIENCY, AND RACE TACTICS

TERRAIN: ALL TERRAIN

CLASSIC SKIING:

- I can wax my own skis with appropriate kick and glide wax for conditions.
- I can optimize my speed in varying terrain by transitioning smoothly between double pole, kick double pole, diagonal stride, and herringbone techniques.
- I can double pole up a steeper hill.

DOWNHILL AND AGILITY:

- I can skip on classic skis in a diagonal stride.
- I can step turn downhill corners while maintaining speed.
- I can land a jump 360 while moving.
- I am ready for Level 9!

NOTES: _____

LEVEL 9 Working On Mastered

GOAL: REFINING SPEED OPTIMIZATION, POWER, EFFICIENCY, ENDURANCE AND RACE TACTICS

TERRAIN: ALL TERRAIN

CLASSIC SKIING:

- I can accelerate and optimize speed to match the terrain and in all conditions.
- I can start a race with optimum efficiency and power.

DOWNHILL AND AGILITY:

- I can ski steep, narrow, or challenging downhills in difficult conditions.
- I can link telemark turns on any groomed or ungroomed trail in all conditions.

NOTES: _____

STUDENT NAME: _____

AGE: _____

PARENT'S NAME: _____

PARENT'S CELL PHONE: _____

ALLERGIES: _____

COMMENTS: _____

INSTRUCTOR NAME: _____



CROSS COUNTRY
CLASSIC SKIING

PROGRESS CARD

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LEVEL 1 Working On Mastered

GOAL: LEARNING BALANCE, POSTURE, AND WEIGHT TRANSFER
TERRAIN: FLATS

- CLASSIC SKIING:**
- I can walk, run, hop, and jump in my boots.
 - I can put my skis on and take them off.
 - I can side step and in a circle on flat ground with my skis on.
 - I can shuffle/walk forward on my skis.
 - I can balance on one ski.
 - I can swing my arms in coordination with my leg movements.

- DOWNHILL AND AGILITY:**
- I can glide in a straight run on an easy downhill.
 - I can skip in my boots on snow.
 - I can jump up and down with skis on.
 - Safety: I move to the side of trails when stopping.
 - I'm ready for Level 2!

NOTES: _____

LEVEL 2 Working On Mastered

GOAL: LEARNING TO PUSH OFF, GLIDE, AND STOP
TERRAIN: FLATS AND EASIEST HILLS

- CLASSIC SKIING:**
- I can ski in a diagonal stride with some glide while holding poles.
 - I can swing my arms with my poles so the pole tips hit the snow with rhythm.
 - I can double pole with rhythm.
 - I can side step up a hill.

- DOWNHILL AND AGILITY:**
- I can make a wedge to control my speed on an easy downhill.
 - I can change direction while moving (a mini-step turn).
 - I can get up by myself after a fall.
 - I'm ready for Level 3!

NOTES: _____

LEVEL 3 Working On Mastered

GOAL: LEARNING PUSH OFF WITH SKIS AND POLES
TERRAIN: FLATS AND HILLS

- CLASSIC SKIING:**
- I can take diagonal strides using poles with coordination of leg and arm movements in and out of the groomed track.
 - I can double pole using my core and arms in coordination.
 - I can shuffle or run with my skis up a slight hill or hump.

- DOWNHILL AND AGILITY:**
- I can change direction in a wedge on downhill.
 - I can link step turns in both directions together on flat terrain.
 - I can pump my legs so they move up and down (flex/extend) over small rolls/humps.
 - I'm ready for Level 4!

NOTES: _____

LEVEL 4 Working On Mastered

GOAL: LEARNING DYNAMIC BALANCE, COORDINATION, AND TIMING OF MOVEMENTS
TERRAIN: FLATS, LONGER UPHILLS, LONGER AND STEEPER DOWNHILLS, INTERMEDIATE TRAILS

- CLASSIC SKIING:**
- I can transfer my weight completely from ski to ski during my diagonal stride with rhythm.
 - I can move forward doing kick double pole technique on flat terrain.
 - I can herringbone uphill.

- DOWNHILL AND AGILITY:**
- I can step turn on easy downhill.
 - I can do a surface 180.
 - I can ride over small jumps.
 - I'm ready for Level 5!

NOTES: _____

LEVEL 5 Working On Mastered

GOAL: LEARNING TO COORDINATE AND TIME MOVEMENTS AND TRANSITIONS
TERRAIN: FLATS, LONGER UPHILLS, LONGER AND STEEPER DOWNHILLS, INTERMEDIATE TRAILS

- CLASSIC SKIING:**
- I can ski a varied terrain loop with rhythm and my upper and lower body movements are coordinated so I can keep momentum when I move from flat to uphill terrain.
 - I can create forward movement in a "no pole" double pole using body movement.
 - I can single stick using only poles on a groomed track.

- DOWNHILL AND AGILITY:**
- I can glide on one ski (both sides) on an easy downhill.
 - I can hockey stop.
 - I can do a jump 180 while moving.
 - I am ready for Level 6!

NOTES: _____

LEVEL 6 Working On Mastered

GOAL: LEARNING RHYTHMIC, EFFICIENT SKIING, AND TRANSITIONS IN DIFFERENT TERRAIN
TERRAIN: FLATS, LONGER UPHILLS, LONGER AND STEEPER DOWNHILLS, INTERMEDIATE TRAILS

- CLASSIC SKIING:**
- I can maintain forward momentum by changing my tempo/ technique as needed when skiing a continuous loop (3 km) of varying terrain with rhythm.
 - I can double pole up an easy hill.
 - I can adjust body position and my movements to use kick and glide motions when I ski ungroomed trails.

- DOWNHILL AND AGILITY:**
- I can link turns in both directions in a slalom course while maintaining momentum on flat terrain.
 - I can step turn on flat terrain to maintain and control speed.
 - I can do a jump 360 while standing still.
 - I am ready for Level 7!

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