

PSIA-AASI WEST CROSS COUNTRY - LEVEL I - IN HOUSE TRAINING

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*The Cross Country Education Committee of PSIA/AASI Western Division would like to express our thanks to the PSIA/AASI Rocky Mountain Division and Dale Drennan for sharing their Level 1 manual and permission to borrow freely as we revised this document. For your spirit of collaboration and generosity we are grateful

PSIA/AASI - West Cross Country – Level 1 - In House Training

Please register me for the PSIA-West Cross Country Level 1 In-House Training Program

I am a member of PSIA-W I enclose a Membership application

Date: _____

Ski School: _____

Name of Trainer: _____

Name: _____

Address: _____

Phone: _____

Email: _____

I enclose \$40 to register for the program

Check

Visa / Mastercard _____

Expiration _____ Security Code _____



PSIA/AASI WESTERN DIVISION
NEW MEMBERSHIP & DUES FORM

Please type-in your information and then print, to complete the form below.

Mail or fax the completed form with your payment to:

Professional Ski Instructors of America/American Association of Snowboard Instructors
 Western Division

9709 Highway 267 — Truckee, CA 96161
 Voice: 530.587.7642 — Fax: 530.587.4273

Name:	<input style="width: 95%;" type="text"/>
Address:	<input style="width: 95%;" type="text"/>
City, State, Zip:	<input style="width: 95%;" type="text"/>
Work Phone:	<input style="width: 95%;" type="text"/>
Ski School for which you work:	<input style="width: 95%;" type="text"/>
National ID# if you are already a member:	<input style="width: 95%;" type="text"/>
Email address:	<input style="width: 95%;" type="text"/>
Birth Date / Sex:	<input style="width: 40%;" type="text"/> <input type="checkbox"/> M <input type="checkbox"/> F

Check (x) Membership type (choose one)	Fee
Registered <input type="checkbox"/> NEW MEMBERS WORKING TOWARD LEVEL 1 CERTIFICATION. AFFILIATION WITH A SNOWSPORTS SCHOOL NOT REQUIRED.	<input type="checkbox"/> \$107
Payment: Checks or money orders	Please make payable to PSIA-W and mail.

Payment: Credit Card (Visa or Mastercard Only)



May be faxed or mailed.

Charge VISA Mastercard

Acct. #

Exp.date:

Billing Zip Code:

Security Code:

Amount:

PSIA-West

Cross Country – In-House Level 1 Certification Program Description

The In-House level 1 Certification is available to candidates who are working for a ski school which has an approved, Level 3 Cross Country Trainer. It allows a candidate to bypass the usual Level 1 exam process by engaging in a season long mentoring program, which includes the coaching and training needed to become a PSIA AASI XC instructor. Contact your ski school to see if it has a trainer on staff. If your ski area does not have an approved PSIA AASI Trainer, you will be required to take a Level 1 Cross Country Prep Course and Exam in order to earn Cross Country Level 1 Certification. Course dates are published on www.psia-w.org.

Attending the Prep Course and Exam are optional to those enrolled in the In-House Program, but are recommended to further enhance your learning.

To participate in the In House program the candidate must

1. Be a member of PSIA (\$114)*
2. Register with PSIA-W for the In-House Level 1 Cross Country Program by Feb 1. (\$40)*
3. Work with an approved PSIA-W Trainer to complete the program.

SKIING – Demos: Skiing skills will be marked as pass or no pass. Examiners will assess the following:

- Overall form
- Appropriateness for the level being taught
- Clarity
- Ability of the candidate to meet their national Standards for XC Level 1

SKIING – Tasks: The examiner may select tasks from the provided list to further assess the candidate. Tasks are marked either pass / fail. Each task reviewed must receive a pass score in order to pass level 1.

TEACHING: A minimum of two lessons will be shadowed by a Trainer. (Preferably these would be different types of groups in order for maximum feedback opportunity for the candidate.)

Each of the following TEACHING skills will be assessed.

- Presentation (balancing students' enjoyment, learning & practice)
- Class Handling and Safety (reaching all members of the group, adaptation to groups needs)
- Progressions (whole lesson & individual skills)
- Demonstrations (including appropriateness to level & skill being taught)
- Movement Analysis (describing movements, determining cause and effect relationships, and prescribing changes for improvement where appropriate)
- Alternatives (bag of tricks)

TECHNICAL UNDERSTANDING: The completion of the enclosed Take Home Study Guide Worksheet, Level 1 Workbook, the E-Learning Courses The New Instructor and The Beginner Experience - Cross Country, along with discussions with the Trainer will be the basis for validation of technical understanding.

Be an active learner!

You are expected to take responsibility for your own learning. Make sure you learn what you need to learn and ask the questions to get the answers you need

You are advised to download & read the PSIA–W Cross Country Handbook (free publication), and to purchase a copy of PSIA Core Concepts and the Cross Country Technical Manual – available at www.psia-w.org. You should also download the Level 1 Cross Country Checklist Booklet to make observations, record your feedback from your trainer and to journal what you need to work on.

The Trainer will work with you on an ongoing basis, checking off demonstrations, tasks, technical knowledge, which includes the Level 1 XC Study Guide, and teaching scenarios as they are completed to a satisfactory Level I standard. When all the requirements for the XC Level 1 standard have been met, the Trainer will send in the enclosed Notice of Satisfactory Completion form to the office who will issue the certificate and the bronze pin.

Please note that not all ski schools are able to compensate trainers for their mentoring of this program. Please respect their time and show your appreciation by being an active, enthusiastic learner.

Thank you for participating in the PSIA Level 1 Cross Country certification program. It is our hope that this process has stimulated your thinking and desire to be the best instructor you can be. In a like manner, we are constantly striving to improve our educational programs and materials. Please feel free to contact the email addresses below with your feedback and suggestions.

For comments or questions regarding PSIA-W Cross Country education program contact The PSIA-W Cross Country Director: Val Licon. "vlicon54@gmail.com" (775) 240-1818.

Useful references include:

- The PSIA Cross Country Technical Manual: Skiing and Teaching Skills
- PSIA American Teaching System: Nordic Skiing (Though old, this manual still has valuable information*)
- PSIA Core Concepts Manual, Alpine Technical Manual
- PSIA-W web pages: (www.psia-w.org)
- PSIA E-Learning Courses, "Course For New Instructors", AND "Delivering the Beginner Experience-Cross Country". These courses are FREE, but you must be a PSIA member to view them. <https://lms.thesnowpros.org/lms-courses/#top>
- Your fellow instructors!

Certification

PSIA-WEST

Level 1 Cross Country

Certified Level I members demonstrate a solid foundation of information and training necessary to be an effective ski teacher for beginner/novice skiers in both classic and skate. The Certified Level I instructor possesses an understanding of basic skiing skills, teaching skills, and professional knowledge. It is not expected that Level I candidates will have in-depth knowledge and experience in each of the areas of competence listed in these Standards. It is expected, however, that candidates will be able to show basic competence and knowledge in all of these areas. In addition, it is expected that candidates will be able to demonstrate a significant level of competency with the skiing and teaching tasks listed specifically for assessment at a Level I event.

Pre-requisites:

A candidate for Level 1 Cross Country certification

- Is a current Registered member in PSIA-W.
- Has attended a Level 1 Cross Country Prep clinic or In-House Program. Prep should be taken the same season as the Exam (unless approved by the chief examiner).

A Level 1 Cross Country candidate is an entry level instructor who teaches primarily novice and beginner lessons. The candidate is responsible for all of the information on the following Level 1 Standards checklist. Candidates will be evaluated on their ability to apply the Cross Country Technical Model to these Level 1 maneuvers.

Level 1 Cross Country Standards Checklist

Equipment:

Because the majority of our students in the West learn on waxless skis, Level 1 tasks and demonstrations for classic technique may be performed on "waxless" skis at the exam. Skating skis will be used for all skating tasks and demonstrations.

Skiing and Demonstrations

Level I certified teachers must be able to ski all green and groomed blue terrain demonstrating consistent balance, coordination and control of speed. Demonstrations must display an "understandable picture" of the technical elements of Beginner/Novice zone skiing. Skiing dynamics are limited by the speeds and terrain appropriate for Beginner/Novice zone skiing and tasks.

A Certified Level 1 Cross Country Track instructor is able to ski and demonstrate good basic body position, correct timing, and demonstrate a blending of the skiing skills, (Push-off, Weight Transfer, and Glide,) in the following techniques:

- Diagonal Stride, Uphill Stride, Double Pole, Herringbone, Side Step,
- Diagonal Skate, V1 Skate.
- Half Wedge, Wedge, Wedge Turn, Step Turn
- A candidate's "free skiing" will also be assessed using the same criteria.

Skiing Tasks

In addition a level 1 instructor is able to:

- Demonstrate Step – Step – Glide drill showing basic weight transfer and balance.
- Ski a transition of diagonal stride from flat to uphill terrain.
- Ski a transition from diagonal stride to herringbone.

- Show basic movements and timing of: No-pole skate, Marathon Skate, Show the Telemark stance.

Teaching

Level I Certified teachers demonstrate a solid foundation of information, and experience necessary to be an effective teacher of Beginner/Novice zone skiers for both classic and skate. A basic understanding of how to manage the learning environment for different age and gender situations is required.

A Certified Level 1 Cross Country Track instructor is able to:

- Teach the skiing public through the beginner and low intermediate level. (Diagonal Stride, Uphill Stride, Double Pole, V-1 Skate, Diagonal Skate, Herringbone, Side Step, Half Wedge, Wedge, Wedge Turn, Step Turn)
- Provide a safe, positive, friendly environment to enhance the learning experience.
- Manage a class appropriate to the abilities and energies of the students.
- Assist a student's skill acquisition through simple explanations and progressions appropriate to this level.
- Recognize and demonstrate the ability to effectively communicate with different VAK (visual, auditory, kinesthetic) sensory preferences.
- Give informed advice about home ski area such as recommended trails, skier services, further learning opportunities.

Movement Analysis

A Certified Level 1 Cross Country Track instructor is able to:

- Describe the basic movement patterns of beginning skiers in terms of the Cross Country Skills; Push-off, Weight Transfer, and Glide with reference to one of the 4 elements or blocks of the Performance Pyramid (Body Position, Fundamental Movements, Timing, Power)
- Identify and prioritize skill needs for the beginner and low intermediate skier.
- Draw on a "bag of tricks" (exercises, drills etc), which target a skiers needs and assist with skill improvement at this level.

Technical

Professional knowledge requirements for Level I Certified teachers reflect a practical awareness of general terms and concepts, and an ability to use these concepts in basic lesson situations for Beginner/Novice zone students. Decision making and lesson content will most likely follow preplanned options, with consideration for different skill development emphasis.

A Certified Level 1 Cross Country Track instructor is able to:

- Understand the fundamentals of efficient technique, and how this relates to a beginner skier.
- Define and explain the Cross Country Skiing Skills and the XC Skiing Cycle as described in the PSIA-W handbook.
- Understand the American Teaching System (student centered, outcome based, experiential, guest service driven) and know the factors which influence student outcome.
- Identify the 5 different teaching styles, and the benefits and limitations of each when relating to a beginner skier.
- Be able to identify equipment needs for skiers at the beginning level.
- Know the skier responsibility code and the importance of teaching safety.
- Be able to recognize the timing and know when to use the following techniques:
 - Kick double pole, V2 and V2 alternate skate, skate turn
 - Wedge Christie and wedge telemark, parallel and telemark turns.

Beginner Lesson Guide for New Instructors

The following is a guide for teaching the skills which should be introduced in a beginner lesson. There is no set order for these skills, but this lesson plan will be a valuable starting point for your lessons. There is a lot to cover! You should tailor your lesson to the needs of your students and the terrain they will be skiing after the lesson. For example:

- If you have nervous, older or unfit students - go slowly!
- If you teach at an area that has limited flat terrain, you should put your primary focus on speed control rather than spending too much time perfecting maneuvers in the tracks.

INTRODUCTIONS

- Get to know your students. make them feel welcome & comfortable
- Assess their previous experience with levels of activity & gliding
- Select terrain & modify plan according to group & conditions

FAMILIARITY OF EQUIPMENT

- How to put on & take off skis
- How to hold poles
- Explain fish scales or wax for grip
- Athletic Stance
- Step forwards, backwards, sideways, turn in a circle (star turns), lift one leg off the snow and balance, kick turn, hop, jump.
- Falling & getting back up: Scramble to front and kneel on the skis. Push one foot forward and you can stand up easily.

STEP AND GLIDE

- Athletic Stance (safety position) knees & ankles flexed, hands in front.
- Walking on skis on the flat. (one ski only for less confident beginners)
- Slide between each step (try without the poles)
- Weight transfer to front ski for more glide
- Try a relaxed short step with glide
- Explore one ski glide, extended gliding (stride, stride, glide)
- Arm swing (throwing cup of water, pulling on a rope) aids momentum
- Rhythm: try different tempos, counting. saying "step glide, step, glide"

Common Problems

- Shuffling, stiff legs, leaning back, no glide: Uncertain of balance, more time needed to become comfortable with glide. Balance & single ski drills may help (See Fundamental Skills.)
- Long, heavy stride & or slipping: pushing back; stiff legs; little weight shift. Try shortening step & step forward not back. More ankle flex & quicker tempo for up hills.

POLES

- Arm swing helps momentum (throwing cup of water, pulling on a rope)
- Strap adjustment & relaxed pole grip
- Relaxed -swing from shoulders, pendulum. pole angles back. Not too much push.
- Explore double poling

Common Problems

- Same arm same leg: common if thinking about the coordination. Try jogging on skis. Ski up a hill & correct timing should occur naturally.

- Poles angled forwards: afraid of glide & can cause a skier to lean back & fall
- Overworking arms: practice a light push as the arm swings back

UPHILL TECHNIQUES

- Shortening of stride, jogging, push textured base into the snow. -Sink lower through the knees; step forward not back
- More ankle flex, quicker tempo for uphill
- Herringbone - V shape
- Edging
- Poles planted behind the feet
- Diagonal pole timing.
- Sidestep
- Angle of skis to slope

SPEED CONTROL - Full wedge & "in track" (half) wedge

- Survival - safety position (driving the bus)
- Straight run on gentle hill with natural run out
- Brush skis into wedge in static position (Buttering a piece of bread; shave the snow)
- Explore edging (Try no edge; a little edge; too much edge)
- Straight run down gentle hill brushing both skis into wedge full wedge (or 1 ski while in track)
- Explore pressuring for more friction

Common problems

- Falling backwards: review survival position. Bend ankles; hands low & forward.
- Inability to hold wedge position: push out equally with both feet, equally weight & edge both skis
- Correct ski position but little control: review flexing knees & ankles & pressuring, explore edge angles and wedge size

WEDGE TURN

- Explore turning skis in air, on glove or snowball
- Survival position (driving the bus)
- Wedge
- Look in the direction you want to go & steer both skis

Common problems

- Falling backwards: Review survival position. Bent knees & ankles, hands low & forward. - Inability to make or hold wedge: review wedging
- Good wedge shape but no turning: check-& review - edging & turning skills
- Wide wedge shape hinders turn: makes turning harder, explore narrow wedge

THE SKI AREA

- Explain difficulty rating of trails & distances
- Recommend trails to ski after the lesson - Describe benefits of further lessons



LEVEL 1 PSIA-AASI W IN HOUSE CHECKLIST

_____ Become a member of PSIA-AASI

_____ Print out the Level 1 XC Assessment form. This form is to be completed by your approved in-house trainer.

<https://www.thesnowpros.org/download/PSIA-Certified-Level-I-Cross-Country-Assessment-Form.pdf>

_____ View E-Learning Course, “Course for New Instructors” Print Certificate of Completion

<https://lms.thesnowpros.org/product/new-instructor-course/>

_____ View E-Learning Course, “Delivering the Beginner Experience-Cross Country”. Print Certificate of Completion

<https://lms.thesnowpros.org/product/delivering-the-beginner-experience-cross-country/>

_____ Complete the Level 1 E-Learning Course and Print Certificate of Completion

https://lms.thesnowpros.org/product/cross-country-level-i-e-learning-course/#_top

_____ Compile your

completed assessment form,

the certificate of completion from Course for New Instructors

the certificate of completion from Delivering the Beginner Experience - Cross County”

the certificate of completion for level 1 E-Learning Course

_____ Submit all completed work to your approved trainer who will then assist you in completing the In House Training Program Notice of Satisfactory Completion. Which will then be forwarded to the division office along with all pertinent fees.

PSIA-West Cross Country – Level 1 In House Training Program

Notice of Satisfactory Completion

This is to certify that

Name: _____

Address: _____

Phone: _____

Email: _____

Has passed the requirements to be awarded The Level 1 Cross Country Track Instructor Certification

Signed _____

Name of Trainer: _____

Ski School: _____

Date: _____

Phone: _____

Email: _____

