



**REFORMATTED CROSS COUNTRY STANDARDS |
10.14.2014 (WITH 12.09.2014 REV)**



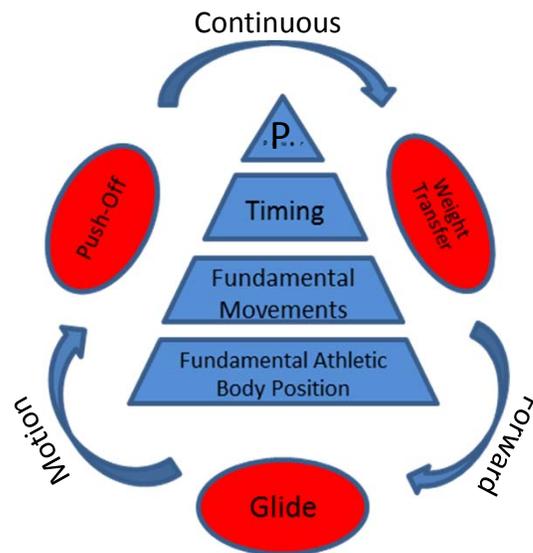


We went out and did some uphill skiing this week.....



Cross Country Certification Standards

- compatible with PSIA technical model
- compatible with USSA sports performance triangle
 - easy to use
- divides cross country disciplines (skate, classic and downhill)



SKATE STANDARDS



PUSH-OFF	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
Power	Generate power through leg flexion and extension. Pole with the arms.	Generate power through active leg flexion and extension. Pole with the arms and abs showing follow-through and pole release.	Generate power explosive leg flexion and extension. Pole with core compression, arms and lower body showing follow through and pole release.
Timing	Engage poles then core muscles. Demonstrate double poles, V1, diagonal skate.	Engage core muscles and pole simultaneously. Demonstrate timing of and transitions between all techniques.	Engage core muscles before poles engage. Demonstrate timing for all techniques at all speeds and transitions with complete efficiency.
Fundamental Movements	Adequately edge the ski with extension and abduction. Ski with core compression/extension with some control of tipping, hinging, and twisting.	Progressively and adequately edge the ski with extension and abduction. Ski with core compression/extension with more control of tipping, hinging & twisting.	Progressively and adequately edge a constantly gliding ski with extension and abduction. Ski with core compression/extension with minimal tipping, hinging & twisting.



WEIGHT TRANSFER

Level 1

Level 2

Level 3



WEIGHT TRANSFER	Level 1	Level 2	Level 3
Power	Ski at a slow speed and one intensity.	Ski at varying speeds and intensities in all techniques through intermediate terrain.	Ski at varying speeds and intensities in all techniques in all terrain.
Timing	Show coordination of flexing and extending movements in the arms and lower body.	Show coordinated flexing and extending movements in the legs, core and arms.	Show coordinated flexing and extending in all joints during all techniques when skiing all terrain with minimal inefficiency.
Fundamental Movements	Weight transfer achieved through leg extension.	Transfer weight through arm and leg extension.	Transfer weight through arm, leg and upper body extension.

GLIDE

Level 1

Level 2

Level 3



GLIDE	Level 1	Level 2	Level 3
Power	Use the projection of the core to accelerate the new glide ski.	Coordinate core projection with arm return to accelerate the new glide ski.	Coordinate the projection of core and hips with arm return to accelerate the new glide ski.
Timing	Coordinated leg and arm recovery movements.	Coordinated leg, arm and hip recovery movements.	Coordinated leg, arm, and hip recovery movements demonstrating continuous motion.
Fundamental Movements	Balance and glide on one ski using eversion and inversion on green terrain.	Balance and glide on one ski using eversion, inversion, leg flexion and extension some of the time on different terrain and at different speeds.	Balance and glide on one ski using eversion and inversion, leg and upper body flexion and extension all the time, demonstrating mastery of balance on all terrain, speeds and tasks.

CLASSIC STANDARDS



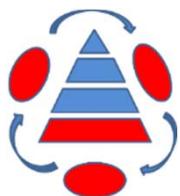
PUSH-OFF	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
Power	Pole with the arm showing follow through. Demonstrate some flexion and extension in the lower body to set the wax pocket.	Pole with arms and abs showing follow through and pole release. Ski with flexion and extension in the lower and upper body to maintain propulsion.	Pole with arms and abs and lower body showing follow through and pole release. Ski with flexion and extension in upper and lower body to enhance propulsion.
Timing	Engage poles then core muscles.	Engage core muscles and poles simultaneously.	Engage core muscles before poles engage.
Fundamental Movements	Compress the ski with body weight to create grip. Ski with core compression/extension with some control of tipping, hinging, and twisting.	Compress the ski with flexion and extension to create grip. Ski with core compression/extension with more control of tipping, hinging & twisting.	Compress the ski with two cycles of flexion and extension to create grip. Ski with core compression/extension with minimal tipping, hinging & twisting.



WEIGHT TRANSFER	Level 1	Level 2	Level 3
Power	Ski at a slow speed and one intensity.	Ski with varying speeds and intensities in some techniques.	Demonstrate mastery of applying power at varying speed and intensities on all terrain and techniques.
Timing	Show some coordination of flexing and extending movements in the arms and lower body.	Show coordinated flexing and extending movements in the legs, core and arms.	Show coordinated flexing and extending in all joints during all techniques when skiing all terrain with minimal inefficiency.
Fundamental Movements	Transfer weight from ski to ski using leg extension, okay to land behind the heel of the gliding foot.	Transfer weight as the feet pass using leg and core extension, okay to land beside the gliding foot.	Transfer weight after the feet pass, using leg extension, core and rear arm extension.

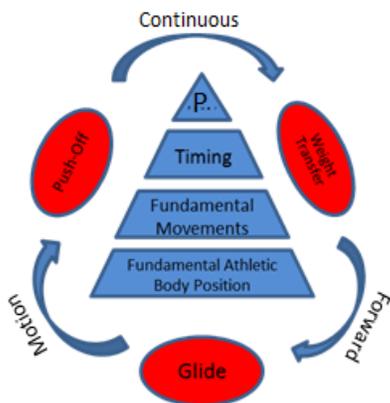


GLIDE	Level 1	Level 2	Level 3
Power	Pendulum (swing) the leg forward at least as far as the heel of the gliding foot.	Pendulum (swing) the leg forward (leg drive) for power as seen by glide on flats and slight uphill.	Pendulum (swing) the leg forward for power as seen by uphill glide.
Timing	Coordinated leg and arm recovery movements.	Coordinated leg, arm and hip recovery movements.	Coordinated leg, arm, and hip recovery movements demonstrating continuous motion.
Fundamental Movements	Balance and glide on one ski using ankle flex on green terrain as indicated by the ski tail off the snow.	Balance and glide on one ski using ankle flex, eversion, inversion, leg flexion and extension some of the time on different terrain and at different speeds as indicated by the ski tail off the snow.	Balance and glide on one ski using ankle flex, eversion and inversion, leg and upper body flexion and extension all the time on any terrain as indicated by the ski tail off the snow.



Push-off, Weight Transfer and Glide Classic AND Skate	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
Fundamental Athletic Body Position	Ski with a rounded back and athletic stance.	Ski with a rounded back. Hips over the base of support, shin and torso angle matching.	Ski with a rounded back, hips in front of, over and behind the base of support depending on the phase, with shin and torso angle matching.

Skiing Maneuver	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
Classic			
Herringbone	Yes	Yes	Yes
Diagonal Stride	Yes	Yes	Yes
Double Pole	Yes	Yes	Yes
Uphill Diagonal Stride		Yes	Yes
Double Pole with Kick		Yes	Yes
Skate			
No Pole	Yes	Yes	Yes
Diagonal Skate	Yes	Yes	Yes
V1	Yes	Yes	Yes
V2		Yes	Yes
V2 Alternate		Yes	Yes



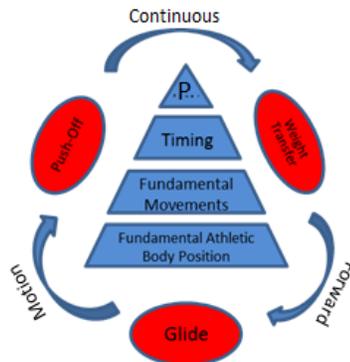
Downhill Maneuver	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
Tuck	Yes	Yes	yes
Wedge	Yes	Yes	yes
½ Wedge	Yes	Yes	Yes
Wedge Turn	Yes	Yes	Yes
Step Turn	Yes	Yes	Yes
Wedge Christie		Yes	Yes
Cornering in Classic Track			Yes
Skate Turn			Yes
Basic Telemark			Examiner's Choice
Parallel Turn			yes



Cross Country Certification Skiing Tasks

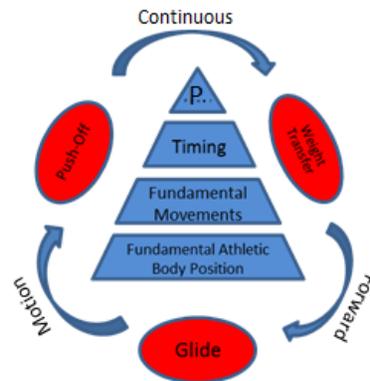
What makes a Quality Task?

1. Aligns with existing curriculum (like USSA)
2. Easily Defined Performance of Skills with Objective Parameters
3. Nice if it forms a logical progression
4. Tasks/Drills – often isolate or mute certain skills
5. Skiing/Downhill Maneuvers as tasks – blended skill application



Cross Country Skiing Tasks

1. Are the choice of the examiners, based on group, conditions and outcomes
2. We present Task options that examiners can choose from
3. This is not a list of mandatory tasks
4. Creating or using tasks from other sources is fine
5. Not all Tasks are detailed by skill descriptions in the Standards



SKATE TASKS – PUSH OFF

PUSH-OFF	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
 Power			
Tin Soldier Low/no power	Fall from ski to ski, without extension	Fall from ski to ski to move, without extension	Fall from ski to ski, enough to glide one ski length
No Poles V2A	Time the arm swing in front with the skate/step to the new ski	Time the forward arm swing with edge set and push-off	Create glide by timing the forward arm swing with the edge set and push-off
Small/Tall Ski 'short', then 'tall'	Can show a difference between 'small' and 'tall'	Can utilize moderate flexion and extension to increase glide when 'small'	Can utilize maximum flexion and extension to increase glide when 'small'
 Timing			
No poles, uphill (wax set/push-off)	No poles Diagonal stride on flat terrain	No Poles Uphill Diagonal stride (no slip)	No Poles uphill Diagonal Stride with glide
No poles skiing with arm swing	Can swing arms in a V2A to enhance power	Can swing arms in V2A and V1 timing	Can swing arms in Diagonal V Skate, V2, V2A and V1 timing
 Fundamental Movements			
No poles Skating	Can balance on one ski with minimal ankle flex	Can balance on one ski with moderate ankle flex	Can balance on one ski with maximal ankle flex
Tunnel of Power	Can skate in a 'low' position	Can flex ankles to achieve a lower position	Can flex ankles and maximize extension in a low position

SKATE TASKS – WEIGHT TRANSFER

WEIGHT TRANSFER	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
 Power			
Weight Transfer without push-off	Can transfer balance from ski to ski without push-off	Can move forward by rocking from ski to ski without push-off	Can generate glide without push-off
 Timing			
No poles skate Edge/Push-off Timing	Can push-off with occasional slipping	Can push-off without slipping	Can utilize push-off to optimize glide without edge slip
 Fundamental Movements			
Iron Cross (poles across shoulders)	Can skate	Can skate with limited twisting, tilting and hinging	Can skate without twisting, tilting and hinging



SKATE TASKS – GLIDE

GLIDE	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
 Power			
Restful Skating	Can glide	Can glide and relax	Can glide and use relaxed fluid movements to complement low intensity skiing
 Timing			
Glide'n'hop Hop, while gliding on one ski	Don't have to leave the ground	Hop, with ski coming off of the snow, poles optional	Hop with skis coming off the snow, no poles
Sprint Skate	Can skate and hop (like skipping)	Can skate and hop the new glide ski to a wider angle	Skate, hopping the gliding ski to a new angle and applying power (dynamic Sprint Skate)
 Fundamental Movements			
Double Double Balance on one ski	Double pole in a classic track	Double pole balanced on one ski out of the track	Double pole twice on each side in a V2 (Double Double)

CLASSIC TASKS – PUSH-OFF

PUSH-OFF	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
 Power			
Double Pole	Can Double pole going downhill	Can Double pole on the flats	Can Double pole uphill
Moose Hoofs Ski bounding on a slight uphill	Can jog/shuffle on skis	Can jog on skis	Can bound on skis (explosive push-off utilizing full range of motion in the legs)
No Poles DPK (Double Pole Kick)	Time the arm extension in front with the leg extension in back	Time the forward arm swing with wax set and push-off	Create glide by timing the forward arm swing with the wax set and push-off
 Timing			
No poles striding On a slight uphill	Can push-off with occasional slipping using poles	Can push-off without slipping using poles	Can utilize push-off without slipping without poles
 Fundamental Movements			
Harness pull Pull another skier with a harness or rope around the waist of the puller	Using poles and skis, pull another skier on the flats	Using only skis, pull another skier on the flats	Using only skis, pull another skier up a very slight hill

CLASSIC TASKS – WEIGHT TRANSFER

WEIGHT TRANSFER	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
 Power			
Locked'n'Loaded Lock elbows to the sides and use short, sharp double poling	Transfer weight to the poles to create and maintain forward momentum	Transfer weight to the poles with minimal hinging (forward bend at the waist) to create and maintain forward momentum	Transfer weight to the poles without hinging (forward bend at the waist) to create and maintain forward momentum
 Timing			
Dead Stop Diagonal Swing your leg forward to generate glide from a stop	Can swing the trailing foot forward and land it next to the other	Can swing the trailing foot forward and land it next to the other, generating forward momentum	Can swing the trailing foot forward and land it in front of the other, generating forward momentum (keeping feet together)
 Fundamental Movements			
Weight Transfer w/o push-off	Can transfer balance from ski to ski without pushing off	Can move forward by falling from ski to ski	Can generate glide without push-off
Hot Feet (Stutter step)	In place, shift weight quickly from one foot to the other	Take short strides shifting weight quickly from one foot to the other	Shift from a series of longer strides to short strides and back to long strides

CLASSIC TASKS – GLIDE

GLIDE	Level 1 The candidate is able to...	Level 2 The candidate is able to...	Level 3 The candidate is able to...
 Power			
Restful Diagonal Striding Low/no power	Can glide	Can glide and relax	Can glide and use relaxed fluid movements to complement low intensity skiing
Small/Tall Ski 'short', then 'tall'	Can show a difference between 'small' and 'tall'	Can utilize moderate flexion and extension to increase glide when 'small'	Can utilize maximum flexion and extension to increase glide when 'small'
 Timing			
Kick, Kick, Glide Two quick steps and one stride (no poles)	Can pause in a striding position	Can kick, kick and glide in a striding position	Can link a series of kick, kick, glides
 Fundamental Movements			
Flex and Extend While gliding on one ski	Balance on one ski and vary your height by flexing and extending ankles and knees	Glide on one ski and vary your height by flexing and extending ankles and knees (poles can be used for balance)	Glide on one ski and vary your height by flexing and extending ankles and knees (no pole touches)



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