



Chugiak Eagle River Nordic Ski Club

Coaches Manual

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Coaches Quick Tips

- Arrive to practice early.
- Get to know the names of everyone in your group.
- Count your kids, regularly! Always count your skiers before you leave, after every big hill or intersection.
- Bring a charged cell phone and keep it warm in case of emergencies and for communication at Beach Lake.
- Always have 2 adults with your group.
- Consider carrying first aid kits provided or one of your own with at least the minimum items included.
- If you need to administer 1st aid, do only what you are comfortable with. Keep the injured skier warm.
- Get to know parent helpers and regularly express appreciation. Use parent helpers to bring up the rear, stay with stragglers, help with cold hands, zip coats, etc.. Communicate clearly with your helpers.
- Never risk being by yourself with one skier! If a skier needs to go to the bathroom or go back to the chalet, make sure there are at least 3 people. If you are the only adult with the group, have the whole group escort the skier.
- Start practice with a warm-up.
- After warm-up, spend an appropriate amount of time for the age level you are coaching introducing a technique. Teach the same technique throughout practice.
- Have fun!! Switch up the routines, games, and lessons. Plan your route and leave time for games and getting back on time.
- Discuss any concerns with student placement or changes with the Jr Nordic Coordinator.
- When challenging behavior arises, give the skier a verbal warning that you will talk to their parents. On the second offense, talk to the parents with skier present. Explain a third offense will result in sitting sessions out. Consider having site coordinator as a witness to conversation. Keep Jr Nordic coordinator in the loop.

Safety

All CERNSC volunteers are responsible for creating a safe, positive, welcoming environment for all Junior Nordic skiers and their families. The following safety procedures help ensure the lowest likelihood of abuse, misconduct, and bullying; and help minimize injuries, lost skiers, and other potential mishaps along the trails.

Abuse/Misconduct Procedures

- All Coaches must clear a third-party background check.
- Avoid situations with one adult and one child.
- Use ski-along parents to assist you.
- Never send yourself, ski-along parent, or high school student alone to escort a child back to the chalet. Add other children to make a group.
- CERNSC is required to report misconduct within 24 hours to law enforcement.

Injury Procedures

- If there is an injury in your group that warrants emergency response, use your cell phone to contact 911
 - Call Chalet Parent/Site Coordinator and state your current location.
 - Consider whether circumstances warrant moving injured person.
 - Stabilize head and neck injury in-place and protect injured person from cold and shock.
 - Chalet Parent may use TeamSnap to coordinate support with other coaches.
 - A runner to move sled/first aid kit to injury location.
 - A guide to assist first-responders to injured location.
 - A caller to contact the family of injured person.
- If the injury does NOT warrant emergency response coordinate with Chalet Parent/Site Coordinator to move the injured.
 - Brief coordinator with current location
 - Orange emergency sled and first aid kit located in front of the Chalet.
The kit contains:
 - Supplies to stop bleeding
 - Splint
 - Reflective Blanket
 - Insulated Blanket
 - LED Lamp
 - Hand Warmers
- When injury incident is over, fully brief Site Coordinator and/or Program Director on the incident and resolution.

- Program Director may file an incident report.
- Incident report paperwork is located in Site Continuity Binder in the Chalet.
- Head injuries may require “return to play” protocols and clearance from medical professional.

Lost Skier Precautions

- Most lost-skier incidents occur when groups cross or overtake one another and a skier gets “absorbed” in a different group OR at intersections when groups are too spaced out.
- Make map/location awareness a part of your nightly routine.
- Always have a headcount before you leave the chalet and regularly count your skiers throughout the session.
- Make sure your skiers know YOUR name so when they are absorbed or found, they can communicate the group they belong to.
- Utilize a leader/sweeper system.
- Set clear expectations for skiers:
 - Never ski away from the group.
 - Stay between the leader and sweeper at all times.
 - If you think you are lost, stay put and make noise.
- Avoid losing skiers at intersections by stopping and taking a head count.
- For course/timed events, ski the course as a group first AND post spotters at intersections to direct confused skiers.

Lost Skier Procedures

- If you lose a skier:
 - Notify the Chalet Parent
 - Using TeamSnap send an “Alert” to your coaching group (JN Early Coaches, JN M/W Coaches, JN T/TH Coaches) with current trail, skier name and description.
 - Backtrack path since last seen.
 - Recover to Chalet.
- If you pick up a lost skier:
 - Notify Chalet Parent
 - Contact lost skier’s coach with a direct phone call, using TeamSnap contact information
 - Recover to Chalet
- If lost skier has not been found after Recover to Chalet
 - Use Skate Coaches and groups to sweep the trails.
 - Post an adult at parking lot.
 - Contact Director and Parent.

Moose Procedures

- Encountering moose on the trails is the likeliest high-hazard threat to safety.
- Discuss and practice “moose drill” with your group early in the season.
Repeat regularly.
 - “Pop your skis and into the trees”
- Do not attempt to pass a moose on the trail with your group.
- Gather your group if able.
- If an agitated moose pursues your group or is closing distance on the group:
 - Quickly pop off skis and tuck up tight into tree wells, or tree trunks.
 - Do not have skiers ski into the trees and increase an already hazardous situation with added potential injuries.
 - This is why it’s important to practice moose drills!

Planning Your Session

A well-planned session is the first step to accomplishing our CERNC Junior Nordic goal: teaching kids to learn to love to ski. Putting some extra thought and time into planning makes good use of the short session time, ensures you will cover all the skills/instructions needed by the end of the season, AND facilitates some fun!

Basic Session Structure

Meet-up and Warm-up

Meet Up

Greet each skier at your chosen meeting spot. Your parents should have marked availability on Team Snap so you should know who you are expecting. If you have a late skier, extend your warm-up or ski a loop and circle back around. A late skier should be delivered to you by a parent or wait with the parent at the chalet.

Warm-up

This period is to make sure that everybody is ready to get moving! Some kids might arrive from another activity, but others might have been sitting on the couch. Limbering up muscles and joints will limit injury and also help with balance and coordination.

This is also a good time to go over the rules

1. Be safe (spacing and speed).
2. Ski between the leader and the sweeper.
3. All skiers have hats and gloves.
4. High-Five Goodbye

HEAD COUNT - Don't leave the meet up area until you have a good head count for the night and have established leaders and sweepers.

Skill Introduction

Pick at least one new skill each session to work on. Less is more! Use the certificates of completion charts at the back of this manual to help you select skills. You might also review a skill from a previous session.

Demonstrate the skill. Have skiers try the skill. Then move to the next section to pick a fun drill or adventure to help teach and solidify the skill throughout the session.

Skill Drill and/or Adventure

Skill Drill

Selecting a good skill drill or game to reinforce the new skill makes learning a whole lot more fun. This manual provides many ideas but it is not exhaustive. Your fellow coaches are also a rich resource of ideas. Don't hesitate to reach out when you need some extra inspiration.

Adventure/Tour

Incorporating the new skill as you tour around the trails is another good way to reinforce your instruction. Be sure to have a plan for the route you plan to take. You may want to have a plan B in case your first route is clogged with other groups.

Games/Fun

Games

This part of the session is mostly about having fun! Games reinforce the skill you introduced and also naturally increase your skiers' agility, balance, and coordination (the ABCs to any athletic endeavor!). Younger groups play games every session, however, you'd be surprised how much older kids enjoy a game every now and then! Be creative. Keep rules simple. Get to know your group. Avoid competition that might turn smiles to frowns. Encourage parent helpers to participate and participate yourself with flare and gusto.

Fun

Your example of a positive fun experience on skis and outside is the best lesson you can teach!

High Five Goodbyes

Return to your meeting spot on time. Make sure every skier stays with you until you have made positive contact with a parent. Once you and the skier see the parent, release with a high five.

Meet-Up/Warm Up Ideas

Name Game

Have kids go around the circle, say their name and favorite cookie (or ice-cream, candy, superhero, cereal, pizza topping, Alaskan animal, etc) Test yourself to see if you can remember names and cookies throughout the season. Test the skiers!

Creative Questions

As kids arrive, ask a creative question to get to know your group:
If you had to build a house out of one food, what would it be?
Pizza? Burger? Or Tacos?
The internet has an endless supply of these types of questions!

Ski-a- loop

Jumping Jacks on Skis

Gentle Jumps or Springy Legs – hopping on both skis

Progression Jumps

- Start by jumping just using the toes (ankle joint only)
- Then bend the knees and jump (knee joint and ankle joint)
- Giant jumps using all three leg joints (ankle, knee, and hip)

Starfish

Side step or “starfish” step in a full circle.
Variation: Hopping Starfish – add a hop to the mix.

Stork Stances

Balance on ski, standing on one leg.
Count to 10, 20, etc...
Switch legs

Sizzle Jumps

Start slow, springing from one ski to the next
Speed up as the lava snow gets hotter and hotter!
Hiss for effect

Flamingo Hops

Hop on one ski 5 times
Switch to the other ski
Bonus points if you make your arms look like wings.

Teeter-Totter

Skiers rock back and forth from the balls of their feet onto their heels.

Leaping Lizards

Start by seeing how high you can leap into the air with both skis and land in a balanced position.

Then see if you can leap around the clock: Face twelve, leap up, twist and land at 3, 6, 9 and back to twelve.

Graduate to leaping from 12 to 6, and finally a full 360!

Upper Body Stretches

Windmills: arms straight up and parallel, windmill to the left, down to bindings, but up on the right. Circle around 5 times one way then 5 times the other.

Wide-stance Swivels: With skis in a wide v, hold arms straight out to the side, swivel to the right by swinging arms and just rotating upper body.

Shoulder Rolls and Shrugs: Shrug shoulders up to ears then roll to the front, down, to the back and back up to ears.

Arm Circles: Start with small circles to the front, then to the back. Make the circle bigger and bigger. Swallow circles, Magpie circles, Raven circles, Eagle circles, Owl circles

Pole Twists: (pole older groups) Stand upright with good posture and athletic body position. Place poles behind their shoulders and twist side to side.

Eyes Closed?!

You'd be surprised how much your balance is challenged in any of the above activities if your eyes are closed! Occasionally challenge your skiers by asking them to perform the warm-up exercise with their eyes closed.

Drills to Teach Skills/Technique

Basic Skills – Equipment, Falling, Athletic Stance

Moose on the Loose Drill

Warn skiers this is only a DRILL!

Call out “Moose on the Loose!”

Consider picking a parent to be your loose moose.

See how fast skiers can pop off their skis and make it to a tree to hide.

Then time your group to see how quickly everyone can return to ready set ski!

Proper Pole Straps

Rabbit in a Hole: Hold the strap loop out. Hand is the rabbit the pops up through the hole. Then grabs the pole.

Spider up the Tree: Hand is the spider climbing up the tree/pole through the loop, then grasp the pole.

Dead Bug Drill

For new skiers, do this drill often!

Have all adults/parents in the groups join you (remind them to zip coat pockets!)

Call out Dead Bug!

Everyone falls in an exaggerated way

Then run through the technique for getting back up:

Roll on your back like a dead bug.

Untangle gear.

Roll to the side.

Skis point across the trail.

Get on all fours like a cat or dog. (meow and bark for full effect)

Stand back up.

Athletic Position

Sneaky Penguin: posture exaggerates a centered body by squatting low, short sneaky arms, and a sniffing forward nose.

Gorilla: posture exaggerates a centered body, low squat with swinging arms.

Soldier vs. Thief: Soldiers are too stiff and tall, easily toppled with the smallest bump. Thieves are low and springy, sneaky and flexible.

Stuffed Animal Toss/Sock Ball Toss: Pair skiers up have them stand opposite each other with ski tips touching. Give each pair something to toss. Toss and Catch. Take one step back each time. Catching and tossing stances reinforce athletic stance and helps improve balance and agility on skis.

Classic Skills/Technique Drills and Games

Classic Stride

Scooter Races: Use cones, ski poles, or surveyor tape to mark a start and stop. Line skiers up with only one ski. Be sure you stack un-used skis upright in the snow in a common area to easily find again!! They must scooter on one ski, scooting with the booted foot to get to the finish line. Swap skis and try the other side. The winners will be the kids who glide more than those that use their booted foot.

Variation: Team Scooters – pair skiers, link arms, try scooting with just outside ski, then inside ski, then alternate ski as partner.

Kick-Kick-Glide OR Shuffle-Shuffle-Glide: As you ski along your tour or adventure for the night sing-song “shuffle-shuffle-gliiiiiiiiiide”. Demonstrate a right/left shuffle-shuffle and then a long glide on the next ski. This promotes the balance and technique to feel a ski gliding.

Hot Feet: As you ski along, announce HOT FEET!! This is lava snow. Instruct your skiers to shuffle like hot feet to shuffle through the lava until you encounter relief. Ahhhh, glacier ice! Now we can glide, glide, glide. Nothing hot only cool, smooth giding.

Hot Feet Variation for Older Kids: Place a ski pole, pool noodle, old sock or surveyor tape at 10 ft intervals on each side of the trail. Tell skiers to glide on the cool snow until they meet a lava spot (ski pole/sock/etc). They must pick their foot up to hot step over these obstacles and glide on to the next.

What do you Smell: To teach proper athletic stance and body position, accentuate the nose forward position by asking skiers what they smell down the trail. Favorite dessert? Lunch? Or something gross?? Only skiers with noses forward can respond with what they smell!

Kick the Cone (Or ball or sock or stuffed animal!): Place a cone or any object (be creative) ahead on the trail. Skiers will take turns shuffle-shuffle gliding to kick the cone or object. You can add a challenging variation by also marking the last spot a skier is allowed to shuffle, making the glide the priority target to hit the object.

Push Piggies: Divide skiers into teams or pairs, push a ball for a short distance. Turn around a marker and return to start. Tag the skier to go.

Variations: Backwards, Only One Ski

Slo-Mo Races: Have skiers ski slooowww, exaggerating the elements of glide and arm swings.

Glide Count Competition: Mark a start and a finish. Have two skiers ski at the same time. Count their steps as they glide. The lowest number wins.

Thumbs Up and Down the Trail: To integrate arms with glide, have kids swing like a gorilla. Then have all skiers give a thumbs up. As you swing, keep your thumbs up and pointing down the trail.

Toss the Soup!: This helps integrate arms with stride. Have skier's imagine they hold a cup of soup in each hand. As your arms swings forward, really toss that soup into the air and down the trail. "Toss that soup. Toss that soup. Toss that soup," make a great rhythm as you glide down the trail.

Classic Herringbone

Duck Walk: Waddle and quack like a duck with your ski's in a wide V.

Cut-the-Rope: Use real ropes or imaginary ones. Lay the ropes parallel from start to finish about 3 feet apart (or as wide as your skiers V). Have skiers use their wide V to waddle and "cut" the rope as they go from start to finish. Exaggerate cutting with the inside edge.

Classie Snowplow

Pizza Pie: Start in athletic stance with straight skis. When you say, 'Ready, Set, Make a Pie/Pizza' have skiers yell out their favorite pie while they hop to the pie slice position. The bigger the pie slice the better! This helps push heels out and keep tips from crossing. You can use this same game as you prepare to head down hills.

Paint a Picture: To get skiers to practice sliding their whole ski to the side, start by making your "paper" nice and smooth. Slide the right ski to the right, smoothing the snow to a flat, blank surface. Then slide the left ski, smoothing your paper. Once the paper is ready, try sliding both skis out at the same time.

Any Game that Requires Stopping: Red-light/Green-Light, What Time is it Mr. Fox? Sharks and Minnows, Freeze Tag with a Pool Noodle

Bug-in-the-Boot: To teach snowplow turning, have kids imagine there's a bug in one of your boots while you are snowplowing. Keeping your pie slice and you put all your weight on that boot to squish that bug?

The Squeeze: Select a moderate slope. Partway down lay two poles on the ground close enough together your skier's can't go through with a wide wedge. Have skiers start at the top, snowplow to the poles, close their wedge enough to squeeze through, then open and stop on the other side.

Step Turns

Circles: This is easy to have skiers do during warm up or while waiting for kids to catch up or trails to clear out. Simply have kids step turn around one direction, making their own circles. Switch directions. Make circles wider and wider.

Figure Eights: Like circles, but skiers make figure eights instead.

Slalom or Obstacle Course: Set up cones, human, other obstacles for skiers to step turn around.

Molecule: Form skiers into groups of 3, 4, or 5 and have them interlock arms. Set up slalom poles and run groups in a relay format. Molecules must always face forward and move in horizontal patterns. This is a great way to get groups of kids side-stepping.

Molecule Variation: On a flat field with defined borders, select one skier to catch molecules and link on. The skier at the other end of the molecule must leave and find another, and so on.

Poling/Double-Poling

Poling Practice "Arm Races": Ski with your legs together and just use your arms in a diagonal or alternate stride. Don't just pull yourself down the track but apply those stomach muscles, and CRUNCH over the poles down the track/trail.

Gorilla Ski with Ski Shaft: Hold your poles in each hand on the center of the shaft and ski to emphasize parallel arm swing. Grunt like a gorilla if that helps.

Double Pole Challenge: As you ski along, pick certain flat spots to start a double pole challenge. Line kids up and say, Go! The first skier to arrive at the designated spot (who double poles the WHOLE way) get to pick something the coach has to do: act like a certain animal, do 10 jumping jacks, allow winner to throw a snowball at them, etc....

Skate Skill/Techniques Drills and Games

No-pole Skate

U-Skate – Have skiers start in their skate V and then put fists up to eye level, with elbow in line with fists at a 90 degree. Send skiers on a loop drawing “U”s: as the skiers transfer their weight to the left, the hands make the top of the left side of the U. As skiers bend knees and sink down, they draw the leg of the U. The bottom of the U gets drawn when sunk low and weight transfer’s back to the right. Skiers lift at the knees and arms come up, drawing the right side of the U. Repeat!

Relays, obstacles, group games, anything fun to just get kids practicing their skate!

Backwards Hill Stop/Ski – Using a very gradual downhill, have skiers place their skis in a V, “tails” (back tips of skis) down the slope, body facing up the slope. Place “tails” farther apart than tips and glide backwards while pushing off laterally.

Skateboard Push/Glide- Have skiers place one ski in the track and then use the other ski (or boot) at a V angle to propel themselves down the track. At the end mark, switch legs.

V1 Skill

“Sumo” or “Cowboy” Stance: To reinforce the wide skate stance, have skiers imitate a sumo wrestler or a cowboy off his horse. You might also add two sections of rope, the width of the stance for your age group. Have sumos and cowboys make their way down the section by placing the ball or their foot on each rope, back and forth until the end.

Knee Touch Drill: More advanced skiers, can be challenged to use their free arm to touch the knee of their gliding ski at the same time as they plant that ski and their hang pole – this helps develop better weight transfer to the side of the hang pole.

V2 Skill

Double pole into V2: Teach V2 by having the skier start by double poling. As you gain speed, begin to create a ‘V’ with your skis and shift your weight side to side by stepping from ski to ski. Shift more and more creating more of a skate push-off as you go.

V2 Alternate

V Relay: Have skiers move through a relay of all the Vs! Start with V1. Next round, V 2, then finally V Alternate. Variation: Coach calls out the V on the fly for skiers to do on each leg of the relay.

Games

These games all reinforce some skill needed to ski, but they also add an element of fun! Having a set of cones, ski poles with surveyor tape, yard flags, etc... are helpful for establishing field of play and start/finish lines. Enlist parent skiers to help and play.

Freeze Tag with a Pool Noodle

Hokey-Pokey

Sleeping Giant

Limbo

Fox and the Rabbit

Red Light- Green Light

What Time is it Mr. Fox

Sharks and Minnows

Keep-Away

Soccer

Capture the Flag

Relays

Chariot Relays: There are lots of ways to play this game. Start with a pile of stuffed animals at one end. Skiers take turns skiing down with the sled, getting an animal and sled-skiing it back. You can also use a laundry basket and push. Especially for little skiers.

Push and Pull Relay: Pair skiers up. Have partner A push partner B to a determined spot on the trail. Then they switch and ski back.

Caterpillar Relay: Create 2-4 teams and have skiers line up in file formation. Each skier places skis outside the person in front of them. Teams hobble, shuffle, or do whatever it takes to get across the finish line.

Team Relays: Divide group into to teams. Have them race each other to a determined spot and back again: twirling hula hoops, pushing a ball in the snow, juggling snow, wearing "soup" on their head (crown or something). Be creative!

Easter Egg Hunt: Scatter tennis balls, plastic eggs, balled up old socks, pine cones, etc... around the field of play. Have kids race around collecting as many as they can. You can have team buckets or have kids ski back to their own individual piles, or just try to hold all they collect. For a bigger kid challenge, do this on a hill, sending kids one at a time to see how many they can pick up.

Spider: Give each skier a bit of surveyors tape, have them tuck it like a flag partially into a sleeve, pocket, waistband, etc... Have them scatter across the field of play. On your signal, skiers race around trying to grab each other's flags. When a flag is caught, the catcher must throw it on the ground and the skier who lost that flag has to stand on it the rest of the game (becoming a nice obstacle to ski around!). Standing skiers are allowed to snag flags of passersby. The last skier with a flag wins!

Rummy: This is a card game. For younger kids use larger cards with shapes or animals. Find an area with a good loop to ski. Give each skier a card to start. Station yourself or a parent at the start with the rest of the deck. Each loop skiers can gather another card. Once skiers have 4 cards (or 3, or 2 or more, depending on age/group), they can discard and get a new one until they reach the appointed goal: run of four, pairs, etc...

Adventure/Tour Tips

On the go games:

Fartleks – last skier skis to the front, until everyone has had a turn.

Ski like a _____ (pick an animal or thing)

Landmark Scavenger Hunt

Bushwack – there's nothing better than bushwacking than gaining confidence and coordination on skis! From beginners to comp, all ages benefit from bushwacking. Find a new shortcut. Discover and old one.

Riddle Night

Joke Night

20 Questions

Sing!

Where to Go?

Here's a few suggestions for trails to tackle with your particular age/skill group.

Polar Cub

Chalet Loop

North Pasture and Sprint Loop

No-Way to Swamp

North Pasture to Mama's to Corral (first left) to Swamp

Sprint Loop counter-clockwise (short hill at the start, catch up hill in the middle, gradual uphill coming back)

No-Way is a quick, easy loop from Chalet with a quick little up and little hill

White Beginner/Orange

North Pasture to Corral to Swamp

North Pasture to Mama's to Low Rd to Swamp

Meander (good steep, turn to the right hill midway)

Corral Loop counter-clockwise (back half of loop moderate hill climb, long hill, straight runout to Swamp)

White Zoomers/Orange

Pasture to Mama's to Low Rd to Swam

Sprint to Mama's to Bridge counterclockwise to Bridge Cutoff and back to Pasture

Chugiak Stadium loop for games

Swamp to Devil's Corner to 1K or Rock Hill Cutoff to Yo-yos

Meander

Devil's Corner laps (longer climb, good visibility, long curving descent)

Blue, Purple, Comp

Bridge, Yo-Yos and Devils Corner – start to be used midseason by younger skiers

Train-Ride, Executioner, or Christy Loop - rarely younger ski groups, long climbs and fast descents

High school Stadium - provides an open view to observe technique, focused laps, and large field to play

Appendix Loop – nearly a closed circuit (little chance of getting lost)

Half-Pipe – one at a time, call your drop, PLEASE PROTECT OUR SKIERS

Tips for Speedy Kids

Vortex – lots of spots along the trails where trails meet or merge there's opportunities to ski in a vortex circle, around and around until slower skiers catch up.

Bushwack While You Wait -send speedy kids into the wood to retrieve a stick, cranberries, pinecones, etc...

Secret Message to the Sweeper

Quick Stops - Have ski leader stop quickly and unexpectedly. Skiers that pass the leader adult get bumped to the back!

Struggling Skiers or Excelling Skiers?

Skill problem vs. Will problem?

If you need to consider moving a skier down a group collaborate with parents and site director.

Do not make that judgement in a single night, but don't wait weeks either

Possible wording for parent communication:

“Your child's opportunity to have fun on skis is the most important consideration for his/her experience with this program. I think the pace and expectations for this group may be prohibiting that.”

One skier's struggles must not be the whole group's burden

Consider “guest skiing” a kid with another group

Back brief director if a skier needs to be moved

Junior Nordic Trail Etiquette

- Be polite and friendly on the trails. Say hello!
- Do not step on each other's skis! Tail gating is not cool.
- Do not clog or block the trail. Step off to the side of the trail if you stop. Remember, clogs are for the drain not the trail!
- Do not run over or cut in front of other skiers.
- If a skier is coming up behind you quickly, get out of the way.
- Keep the bottom of hills open for skiers. Do not stop at the bottom of a hill. If you fall, quickly get out of the way.
- If you are in a large group, stay on one side of the trail and let other users get by easily.

Certificates of Completion

Polar Cub

Maintains balance on skis	1 2 3
Attempts to balance on one foot while stationary	1 2 3
Able to get up from fall independently	1 2 3
Able to descend small hill	1 2 3
Understands how and can put on/take off skis with help	1 2 3
Can ski/participate for 1-hour session	1 2 3
Listens and responds to instruction	1 2 3
Recommendation for next season:	Polar Cubs / White Beginner
Comments:	

Proficient = capable but developing Effective = degree of mastery beyond proficient
 1 = Rarely 2 = Usually 3 = Almost always

White Beginner

Proficiently maintains balance while using classical stride	1 2 3
Proficiently balances on one ski while stationary	1 2 3
Understands and uses athletic stance most of the time	1 2 3
Proficiently uses a wedge / \ to stop	1 2 3
Proficiently uses a herringbone \ / to ascend	1 2 3
Able to get up from fall on a slope	1 2 3
Listens and responds to instruction	1 2 3
Proficiently puts on and takes off skis independently	1 2 3
Can ski up to 2km during hour session at reasonable pace	1 2 3
Recommendation for next season:	White Beginner / White Zoomer
Comments:	

Proficient = capable but developing Effective = degree of mastery beyond proficient
 1 = Rarely 2 = Usually 3 = Almost always

White Zoomer

Effectively glides while using classical stride	1 2 3
Proficiently glides on one ski	1 2 3
Effectively uses athletic stance	1 2 3
Effectively uses a wedge/ \ to stop and can stop on hills	1 2 3
Effectively uses a herringbone \ /to ascend	1 2 3
Proficiently uses step turns on hills	1 2 3
Understands proper position of hands in poll straps	1 2 3
Proficiently stops without using polls	1 2 3
Proficiently uses polls to compliment classical stride	1 2 3
Proficiently double-polls	1 2 3
Listens and responds to instruction	1 2 3
Can ski up to 3km during hour session at reasonable pace	1 2 3
Recommendation for next season:	White Zoomers / Blue Beginner
Comments:	

Proficient = capable but developing Effective = degree of mastery beyond proficient
 1 = Rarely 2 = Usually 3 = Almost always

Orange

Effectively glides while using classical stride	1 2 3
Proficiently glides on one ski	1 2 3
Effectively uses athletic stance	1 2 3
Effectively uses a wedge/ \ to stop and can stop on hills	1 2 3
Effectively uses a herringbone \ /to ascend	1 2 3
Proficiently uses step turns on hills	1 2 3
Understands proper position of hands in poll straps	1 2 3
Proficiently stops without using polls	1 2 3
Proficiently uses polls to compliment classical stride	1 2 3
Proficiently double-polls	1 2 3
Listens and responds to instruction	1 2 3
Can ski up to 3km during hour session at reasonable pace	1 2 3
Recommendation for next season:	White Zoomers / Blue Beginner
Comments:	

Proficient = capable but developing Effective = degree of mastery beyond proficient
 1 = Rarely 2 = Usually 3 = Almost always

Blue Beginner

Effectively uses athletic stance	1 2 3
Effectively uses a consistent cadence to ski (not running on skis)	1 2 3
Proficiently glides over one ski	1 2 3
Proficiently step turns on hills	1 2 3
Understands difference between V1 and V2 technique	1 2 3
Proficient V1 technique	1 2 3
Attempts V2 technique	1 2 3
Understands proper pole position	1 2 3
Proficient use of poles to compliment skate stride	1 2 3
Can ski up to 3km in V1 without stopping	1 2 3
Can ski 5km over the hour long session	1 2 3
Listens and responds to instruction	1 2 3
Recommendation for next season:	Blue Beginner / Blue Extra
Comments:	

Proficient = capable but developing Effective = degree of mastery beyond proficient
 1 = Rarely 2 = Usually 3 = Almost always

Blue Extra

Effectively uses athletic stance	1 2 3
Effectively glides over one ski	1 2 3
Effectively uses V1 technique	1 2 3
Proficiently uses V2 technique	1 2 3
Understands and attempts V1-offset to ascend hills	1 2 3
Understands when to use and attempts to shift between V1, V2	1 2 3
Effectively step turns on hills	1 2 3
Demonstrates heel-click during glide	1 2 3
Proficiently paces for distance	1 2 3
Can ski up to 3km in V1/V2 at steady pace without stopping	1 2 3
Can ski 5km total over the hour long session	1 2 3
Listens and responds to instruction	1 2 3
Recommendation for next season:	Blue Extra / Purple
Comments:	

Proficient = capable but developing Effective = degree of mastery beyond proficient
 1 = Rarely 2 = Usually 3 = Almost always

Purple/Comp

Demonstrates mastery of athletic stance	1 2 3
Can glide for 5 seconds over each ski	1 2 3
Effectively uses V1 technique	1 2 3
Proficiently uses V1 to ascend hills	1 2 3
Effectively uses V2 technique	1 2 3
Aware of V2 alternate	1 2 3
Understands when to use and shift between V1 and V2	1 2 3
Effectively paces for distance	1 2 3
Can ski +5km	1 2 3
Discussed warmup/cooldown routines, appropriate layering, athletic nutrition	
Listens and responds to instruction	1 2 3
Recommendation for next season:	Purple / ANR / Middle School team
Comments:	

Proficient = capable but developing Effective = degree of mastery beyond proficient
 1 = Rarely 2 = Usually 3 = Almost always

Sources and Resources for Further Reading

<https://nensa.net>

<https://nordicskilab.com/>

www.xcskiacademy.com

<https://www.nscfairbanks.org/wp-content/uploads/2017/09/NSCF-Junior-Programs-Coaches-Manual.pdf>

<https://www.cernsc.org/junior-nordic/coaching-resources/>