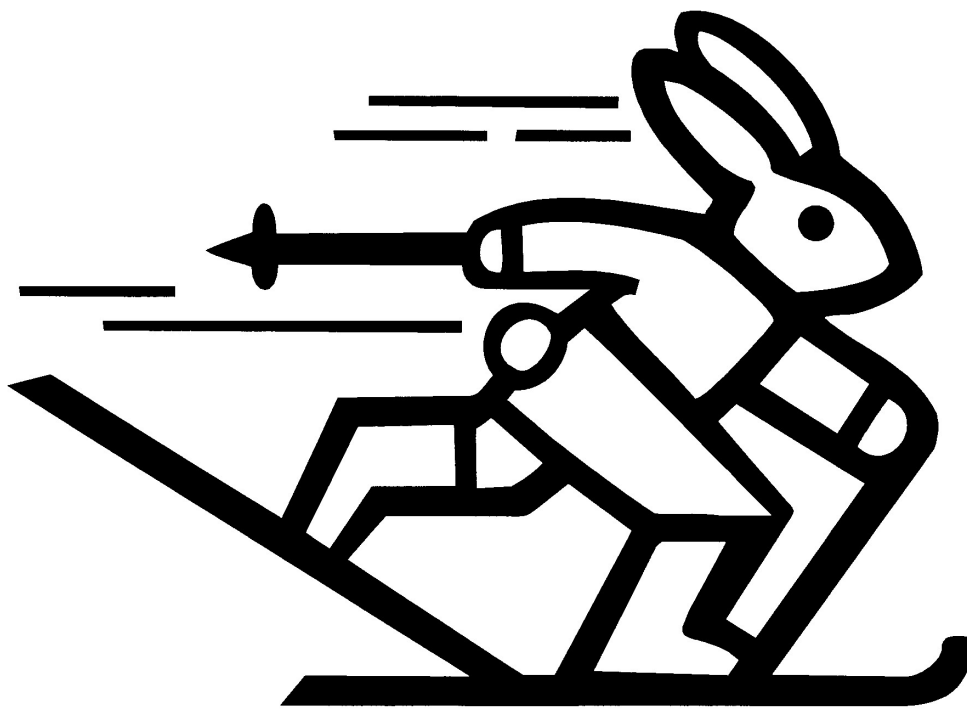


Hollyburn Jackrabbits



Coaches Corner

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Section 1: Schedule of Ski Season

The Jackrabbit season consist of 7 sessions commencing the weekend of January 14/15th.

Jackrabbit Sessions

- Session A Saturdays 9:00 am - 11:30 am Jan 14, 21, 28, Feb 4, 11, 18, 25
- Session B Saturdays 1:00 pm - 3:30 pm Jan 14, 21, 28, Feb 4, 11, 18, 25
- Session C Sundays 9:00 am - 11:30 am Jan 15, 22, 29, Feb 5, 12, 19, 26
- Session D Sundays 1:00 pm - 3:30 pm Jan 15, 22, 29, Feb 5, 12, 19, 26

Jackbunny Sessions

- The morning sessions are 9:15 - 11:15 a.m. & afternoon sessions are 1:15 - 3:15 p.m.

Section 2: First Day Framework

First Day Outline for Jackrabbit Groups

1. Introduce yourselves briefly (leaders and assistants)
2. Move your kids away from other groups (make sure that you know where the badge level group above and below your group will be, in case kids need to be switched). Briefly introduce yourself. Count heads. Teach the group how to stand so that they can all see you and are not obstructing the trail
3. Make the kids feel welcome and give SHORT overview of program goals:
 - have fun and be safe
 - make new friends
 - learn to ski better and faster

Quickly check kids' equipment, clothing and packs – heavy large packs will interfere with the child's balance (leave pack with parent, leave it at the lodge, or leader/shepa can carry it)
-if you are coaching bunnies, green or yellow, then leave their poles at the base under the Jackrabbit canopy

4. Brief plan of the day (as short as possible)
“Ski, play games, hot chocolate and snacks, bathroom break, ski, play games, go home”
Plan an approximate time for the hot choc break, as parents will often want to meet the group and check on their child at that time
Ask kids what they would like to learn or do (you don't have to commit yourself to these ideas, but it will give you good ideas for planning future sessions)
5. If the kids have skied before, then assign a head and a tail to the group and leave the base area as soon as you can. Ski your group to an area where you are away from other groups and you can talk to them.

Groups of brand new skiers will need to work at the bottom for a bit to teach basic skills so that they can herring bone up the hill to other areas.

6. Check that every one is comfortable (not too hot or too cold) Play a game or activity so that everyone in the group knows each other's name and something about each other. Make the kids feel welcome, use their names a lot, smile, learn at least one thing about each kid.

Ideas:

-ask each kid for their name and something they like, "I'm Jack and I like snowball fights"

-each kid could be asked to recite the names of the previous kids and what they like before they introduce themselves. The leaders, of course would go last, and would have to recite everyone's name and what they like.

-pass a beanbag or soft ball around; each person says their own name and the name of the person they are passing to.

-decide on a group name: ask for suggestions, let kids vote, voting often goes best with kids if you tell them to shut their eyes while voting (eyes shut, hands up)

-play zim, zam, zoom. Point to kid in the group and say "zim", "zam" or "zoom". If you say "zim" they have to say the name of the person on their left, "zam" they have to tell their own name, "zoom" they have to say the name of the kid on their right.

7. Establish the procedures you want them to use when skiing as a group:
 - a leader or designated rabbit at the front, adult at the back, skiing single file, leave enough space between skiers so that if someone falls the person behind doesn't run over them (like good drivers leave space between themselves and the car in front)
 - decide who will get to go after the leader, how will this privilege will rotate?
 - for older kids, explain where the bathrooms are and procedure if they need to use them (a leader or assistant needs to ski with them to the bathroom if the child has to go)
 - with the young children, teach them what to do if they think that they will need to go (before it is an emergency), ask parents of bunnies to take the child on a preemptive visit to the bathroom before the session starts
 - let the kids know that you want to know if they are cold, too hot, feeling sick.....in past years we have had children who are fine at the start of class and have a raging fever by hot chocolate time
 - teach trail etiquette. Ski single file, step off track if you need to stop,
8. Now, ski them to an area where they can ski on varied terrain (flat, uphill, downhill) so you can assess them. The two new trails (Sidewinder and Cross Glades) between the Power line and Lower Telemark are good alternatives to the ski school flats. The terrain should make the kids feel comfortable and confident. Some kids may not have been on skis since last year.
9. Establish boundaries (poles stuck in the snow, cones, and packs at the side of the trail.....) Get kids to ski around you in the tracks. **Look for what they are doing correctly. Be encouraging** so the kids feel that you like them and that they can do what you are asking of them. Look at

- previous year's badge criteria and ask kids to demonstrate skills (e.g. for kids who have yellow badge ask them to show you their diagonal stride, free skate. Use a downhill to assess snowplow, straight running, falling and getting up). No matter what badge level, ask kids to ski **without poles** as this is the best way to assess balance and weight shift. Move kids who need to be in other groups ASAP.
10. Play a game or two. Use the kid's names as much as possible to help you learn them. Have fun!!
 11. Head to lodge for hot chocolate around 10:30 AM if doing a morning session, about 2:30 PM if doing an afternoon group. Make sure that your group all put their equipment in the same area so that you can easily match kids with gear when you leave. Get a tray with enough cups of hot chocolate for your group (fill cups less than ½ full for bunnies- less mess when they spill!). Serve kids outside if weather permits. Encourage snacks and bathroom visits. Check kids' mitts to see if child should switch to their extra pair. Head count before you leave.
 12. Review downhill skills and procedures (snow plow, straight running, ½ snow plow, stopping on a hill, single file, turning...) appropriate to their ability level.
 13. Go for a ski, ski at a comfortable pace for all group members, wait at intersections for everyone, check kids for overheating and help them take off layers and unzip jackets.
Ski beside different kids and talk to them. Learn as much as you can about them. **Model good technique**. If the kids are skiing without poles, make sure that you aren't using your poles!
 14. Ski group down to base area, head count!! Closure: Get them excited about coming back next week. Tell them how well they did and how you are looking forward to skiing with them next week. Remind kids to keep track of the distances that they ski outside of Jackrabbit sessions for their distance badges.
 15. Tell kids to stay with you and ask them to introduce you to their parent. Let them know that they must check out with you before they leave. Let the parent know if you have suggestions about equipment, clothing, or pack. Remind parents to label all gear.
 16. Say good bye to each kid using their name. Complement them on something they did that session (especially the kids that seem less confident or were more difficult to deal with)

17. Make notes about kids, abilities and skills to work on for next week before you forget.

18. Make a general lesson plan for the next 6 weeks. You should be assessing throughout the lessons. Make notes of your observations as you go along because you will forget otherwise.

Bob's Maxim's:

The child will learn more from the environment and activities that the leader creates, than from what the leader teaches.

Kids must be moving, moving, moving...

Learn to move, and then move to learn

Give each kid a big greeting and goodbye every sessions, always use their name, always smile at them, especially if they are the misbehaving kids. Try to make a connection with each kid.

Utta's Hints

Current teaching pedagogy says that you need to convince the child that they can do it (skiing, reading, math....) before you can actually teach them.

Our focus needs to be on keeping the children happy and coming back for more. Our job is to teach them skills to increase their enjoyment of the sport.

The ideal coach: has patience, likes and respects children, understands the characteristics of the age group they are coaching.

All kids love a treat, carry some kind of candy to share with kids (let them know that if they beg or whine for a treat, they won't get one!). Check for allergies or diabetes before you share a candy (fruit gummies, teddy bears, gummy worms, jujubes are all proven favorites)

Section 3: Session Outline per Badge Level

These session plans are the basic skeletons on which to organize your weekly sessions. By following the session plan described below you will be able to assess and track the progress of each skill for each of your Rabbits and cover all the necessary skills for them to attain their badges.

Keep in mind that you will spend approx. 15-20 minutes on each maneuver, beginning with the first progression and adding skills over the 7 week time line. Some maneuvers will be mastered in one lesson and only need to be reviewed later and others you will add on to the next week's lesson as needed.

If you keep to the 15-20 minute limit for each maneuver you will have approx. 90 minutes for games and add on maneuvers that still need to be mastered. You will also keep your Lessons exciting and jam packed full of Fun!

On the following pages, session outlines are contained for the following badge levels: [Green](#), [Yellow](#), [Yellow Plus](#), [Orange](#), [Red](#), [Blue](#), and [Purple](#). A session plan for the [Bunny level](#) is not currently available; however, a list of recommended teaching techniques has been included. A session outline for Purple level will be included shortly.

Teaching Techniques for Bunny Coaches

Key Points for Coaching 4 and 5 Year olds

- Create an environment for kids to learn – terrain teaches young children more than you can
- Preschoolers learn best by doing and can learn to ski before they can understand what they are doing
- Emphasize play and discovery, limit formal instruction
- Keep verbal directions very brief
- One-on-one instruction works best
- Young children are stronger and more coordinated in their lower body than their upper body so they learn best without ski poles
- Provide a positive environment with lots of fun and encouragement
- Key skills to learn at this age are balance and rhythm rather than technique (technique will be taught in the higher badge levels)
- Good first lessons for young children are how to fall on their bottoms and get up by themselves, both on flats and slopes
- Teach using noncompetitive games and a ski playground
- Use activities, games and songs instead of formal warm-ups or cool-downs
- Keep activities short and varied to match the preschoolers' attention span
- Keep the children moving to keep them warm and comfortable

Ski Playground

Allow plenty of time to independently explore terrain on skis. Provide different playground experiences such as:

- Archways to ski under (use cut apart hoola hoops or gates built with three ski poles)
- Small hills to climb up and ski down
- Cones, ski poles and other objects to ski around on the flat and on hills
- Bumps and dips – build in advance with a shovel – check with Cypress staff to OK this
- Hanging bells to reach for – hang from a tree branch or???

Activities and Games

Ship and Shore – mark out an area for the “ship” with the small yellow cones and another, 10-25 m away, as the “shore”. The “fish” or children can ski anywhere until the coach calls out “ship” or “shore” then all the kids have to ski to that area. Introduce a new element each week: “Fish gobbler” (the kids link arms with another kid and stand on one ski to save themselves from the “fish gobbler”-the coach), “Sardines” –all the kids have to ski together and squash together.

Go, Go, Stop – when coach says “Stop” the kids have to fall down or balance on one ski or turn around.....

Bean Bag Skiing – put a beanbag on one ski or on their head and they have to ski around without losing the beanbag

Ring Around The Rosie – play this in a circle (without holding hands) everyone has to ski step or ski around in a circle following tips to tails

Hokey Pokey – A song and activity for balancing. Sing while standing in a circle. “Put your right foot in, put your right foot out, you put your right foot in and you shake it all about. You do the Hokey Pokey and you turn yourself around. That’s what its all about. Repeat for left foot, right arm, left arm, head, whole self....)

Peanut Butter and Jam – Use skis to spread peanut butter and jam on a huge piece of bread drawn on the snow

Song or Chants to sing while skiing to develop rhythm

Short Ski Tours ½ kilometer – to the lodge for hot chocolate

Follow the Leader – encourage listening, rhythm and balance

Beach Ball Tunnels – line the kids up tips to tails. The child at the head of the line pushes a large ball between their legs to the next skier and then skis to the end of the line. The next skier pushes the ball between their legs and then skis to the back

Bunny Song by Norm and Katrina Laube
Sung to Frère Jacque

Bunnies skiing

Bunnies Skiing
Having fun
Having fun
Dancing on the snow
Dancing on the snow
Stride and glide
Stride and glide

Green Badge Level Skill Outline



An entry level for children in this age group that have completed Bunny or are trying the sport for the first time. Emphasis is on fun, balance, rising and falling and mobility. All sessions should be skied without poles so that the children can develop good balance.

Consult the CCBC Ski League Leader Manual for Detailed Lesson Plans

Session	New Skill	Time Allotment	Skills to Review/Refine
1.	Alternate Games and Skills Warm-Up/Group Building Activity 1. Ready position 2. Ski Position: French Fry skis = (Parallel) Pizza Skis > (Snow Plow Wedge) Penguin skis < (Herringbone) 3. Rising and Falling (Helicopter Skis) 4. Walking on Flats using Different Ski Positions (French fry skis, penguin skis) 5. Walking Up Hills- Herringbone (Penguin skis) * <i>Yellow Skill</i> 6. Snow Plow Down Slight hill (Pizza skis) * <i>Yellow Skill</i>	10 min 10 min 10 min 10 min 10 min 20 min	
2.	Warm-Up/Group Building Activity Alternate Games and Skills 1. Balance and Agility 2. Ski Walking 3. Star Turn Tails together 4. Falling While Moving	5 min 10 min 10 min 10 min	Ready Position Different Ski Positions Rising and Falling Herringbone Snowplow FUN!

3.	Warm-Up/Group Building Activity Alternate Games and Skills 1. Star Turns Tips Together 2. Falling/Rising on Hill 3. Straight Running Down Hills	10 min 10 min 10 min 10 min	Different Ski Positions Ready Position Balance and Agility Ski Walking Herringbone Snowplow Rising and Falling
4.	Warm-Up Alternate Games and Skills 1. Side Stepping On Flats 2. Introduce Yellow Diagonal Stride 3. Refine Skills	10 min 10 min	Ready Position Different Ski Positions Balance and Agility Ski Walking Diagonal Stride Herringbone Snow plow Rising/Falling
5.	Warm-Up Alternate Games and Skills Refine Skills	10 min	Ready Position Balance and Agility Ski Walking/ Diagonal Stride Herringbone Snow Plow Straight Running Rising/ Falling Side Stepping Star Turns
6.	Warm-Up Alternate Games and Skills Refine Skills Introduce Yellow Skills if group is ready	10 min	Ready Position Balance and Agility Ski Walking/ Diagonal Stride Herringbone Snow Plow Straight Running Rising/ Falling Side Stepping Star Turns
7.	Warm-Up Alternate Games and Skills Refine Skills Introduce Yellow Skills if group is ready	10 min	Ready Position Balance and Agility Ski Walking/ Diagonal Stride Herringbone Snow Plow Straight Running Rising/ Falling Side Stepping Star Turns

Yellow Badge Level Skill Outline



Development of basic technique continues with the challenge of bigger hills and more distance. All sessions should be skied without poles so that the children can develop good balance.

Consult CCBC Ski League Manual for Detailed Lesson Plans p 56-71

Session	New Skill	Time Allotment	Skills to Review/Refine
1.	Warm-Up and Group-Building Alternate Games and Skills 1. Review Ski Positions French Fry skis = (parallel) Pizza Skis > (Snowplow wedge) Penguin skis < (Herringbone) 2. Walking Up Hills- Herringbone (Penguin skis) 3. Review Ski Walking 4. Introduce Diagonal Stride 5. Review Falling and Rising on Flats 6. Snow Plow Down Slight hill (Pizza skis)	10 min 5 min 5 min 5 min 15 min 10 min	
2.	Warm-Up and Group-Building Alternate Games, Skills and Skiing Terrain 1. Balance and Agility 2. Star Turns –tips together 4. Falling While Moving 5. Free Skate 6. Ready Position 7. Straight Running	5 min 5-10 min 10 min 10 min 10 min	Different Ski Positions Rising and Falling Herringbone Snowplow Diagonal Stride
3.	Warm-Up and Group-Building Alternate Games, Skills and Skiing Terrain 1. Balance and Agility	10 min 10 min 10 min	Different Ski Positions Rising and Falling Herringbone Snowplow

	<ul style="list-style-type: none"> 2. Falling and Rising on Hill 3. Star Turns- Tails together 4. Diagonal Stride 5. Free Skate 	<ul style="list-style-type: none"> 10 min 15 min 15 – 20 min 	<ul style="list-style-type: none"> Diagonal Stride Free Skate Ready Position Straight Running
4.	<ul style="list-style-type: none"> Warm-Up and Group-Building Alternate Games, Skills and Skiing Terrain 1. Balance and Agility 2. Kick Turns 3. Diagonal Stride 4. Free Skate 5. Side Step up hills 	<ul style="list-style-type: none"> 10 min 10 min 15 –20 min 15-20 min 10 min 	<ul style="list-style-type: none"> Ready Position Different Ski Positions Diagonal Stride Herringbone Snow plow Rising/Falling Free Skate Star Turns Straight Running
5.	<ul style="list-style-type: none"> Warm-Up and Group-Building Alternate Games and Skills Balance and Agility Refine Skills 		<ul style="list-style-type: none"> Ready Position Different Ski Positions Diagonal Stride Herringbone Snow plow Rising/Falling Free Skate Star Turns Straight Running Kick Turns
6.	<ul style="list-style-type: none"> Warm-Up and Group-Building Alternate Games and Skills Refine Balance and Agility Skills 		<ul style="list-style-type: none"> Ready Position Diagonal Stride Herringbone Snow plow Rising/Falling Free Skate Star Turns Straight Running Kick Turns
7.	<ul style="list-style-type: none"> Warm-Up and Group-Building Alternate Games and Skills Balance and Agility Refine Skills 		<ul style="list-style-type: none"> Ready Position Diagonal Stride Herringbone Snow plow Rising/Falling Free Skate Star Turns Straight Running Kick Turns

Yellow Plus Badge Level Skill Outline



This level is used by our club as a transition level between Yellow and Orange, with the introduction of poles and a start of skating technique. Key skills at this level are: improving balance both in diagonal and skating, learning to use poles with proper rhythm and timing, skiing and learning to change technique to suit the terrain (flat, uphill, downhill)
Consult CCBC Ski League Manual for Detailed Lesson Plans p 72-133

Session	New Skill	Time Allotment	Skills to Review/Refine
1.	Warm-Up and Group-Building Alternate Games and Skills 1. Review Herringbone without poles 2. Review Diagonal without poles -emphasis on proper arms swing 3. Review Rising and falling on a slope 4. Diagonal stride using poles: - Diagonal stride holding poles midshaft - Correct use of pole straps, planting poles - Diagonal with poles 5. Review straight running - holding poles 6. Review Snowplow	10 min 10 min 15 min 5 min 5 min 5 min 15 5 min 15 min	
2.	Warm-Up and Group-Building Alternate Games, Skills and Skiing Terrain 1. Balance and Agility* 2. Herringbone up hill with poles 3. Kick turn using poles 4. Review free skate without poles	5 min 5-10 min 10 min 10 min 15-20 min	Diagonal without poles* Diagonal with poles* Rising and Falling Herringbone w/o poles* Snowplow* Straight running
3.	Warm-Up and Group-Building Alternate Games, Skills and Skiing Terrain 1. Balance and Agility* 2. Double pole on slight downhill 3. Braking snowplow with poles	10 min 10 min 15-20 min 15 – 20 min min	Diagonal without poles* Diagonal with poles* Rising and Falling Herringbone with poles* Snowplow*

			Straight running Kick turn Free skate*
4.	Warm-Up and Group-Building Alternate Games, Skills and Skiing Terrain 1. Balance and Agility* 2. Side Step up Hills 3. Free skate holding poles (but not using them)	10 min 10 min 15-20 min	Diagonal without poles* Diagonal with poles* Rising and Falling Herringbone with poles* Snowplow* Straight running Kick turn Free skate*
5.	Warm-Up and Group-Building Alternate Games, Skills and skiing terrain Balance and Agility* Refine Skills If some members of the group are ready, introduce orange skills: -snowplow turns -1-skate -step turn		Diagonal without poles* Diagonal with poles* Rising and Falling Herringbone with poles* Snowplow* Straight running Kick turn Free skate* Side step
6.	Warm-Up and Group-Building Alternate Games, Skills and skiing trails Balance and Agility* Refine Skills Introduce orange skills		Diagonal without poles* Diagonal with poles* Rising and Falling Herringbone with poles* Snowplow* Straight running Kick turn Free skate* Side step
7.	Warm-Up and Group-Building Alternate Games and Skills Balance and Agility Refine Skills Introduce orange skills		Diagonal without poles* Diagonal with poles* Rising and Falling Herringbone with poles*

			Snowplow* Straight running Kick turn Free skate* Side step
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Orange Badge Level Skill Outline



Correct pole use is further developed at this level.
 Classic skiing technique and proper weight shift is emphasized;
 skating technique is introduced (free skate and 1-skate with poles).
 Consult CCBC Ski League Manual for Detailed Lesson Plans p 72-133

Session	New Skill	Time Allotment	Skills to Review/Refine
1.	<p>Classic</p> <p>Diagonal Stride Side Step /w Poles Snow Plow Herringbone /w poles</p> <p>*Encourage Rabbits to use their newly learned skills throughout the day.</p>	<p>20 min 15 min 20 min 15 min</p>	
2.	<p>Skating</p> <p>Free Skate (recommend w/o poles) Straight Running /w Poles Snow Plow Turn w/o Poles Braking Half Snow Plow</p> <p>*Classic skis w/o kick wax may be used or a rental of skating gear. Non wax skis may be used but glide will be impaired and make it difficult for Rabbits to learn the technique.</p>	<p>20 min 15 min 15 min 10 min</p>	
3.	<p>Classic</p> <p>Side Step /w Poles Diagonal Stride Double Poling on Flats Kick Turns</p> <p>*Add on techniques from lesson 1&2 that may require more work.</p>	<p>10 min 20 min 15 min 10 min</p>	
4.	<p>Skating</p> <p>Free Skate (w/o poles)</p>	<p>20 min</p>	

	<p>Side Step /w Poles Snow Plow /w Poles</p> <p>*Add on Techniques from previous lessons.</p>	<p>15 min 15 min</p>	
5.	<p>Classic</p> <p>Diagonal Stride /w Poles Snow Plow /w Poles</p> <p>*Add on Techniques from previous lessons.</p>	<p>20 min 15 min</p>	
6.	<p>Skating</p> <p>1 Skate /w Poles</p> <p>*Add on Techniques from previous lessons.</p>	<p>20 min</p>	
7.	<p>Skating or Classic (whichever needs improvement)</p> <p>*Make Lesson Plan based on meeting Badge Criteria.</p>		

Red Badge Level Skill Outline



Alternating sessions with classic & skate skiing allow for maximum teaching / learning on the techniques. Also, it assists with the shared use of the club skis. Make sure you coordinate the use of the equipment with your session coordinator and other HJR coaches. As this is only a guide, adjust it to suite your style/requirements (i.e.: Session 1 could be the skate session as described in session #2.).

Key skills at this level are: proper body positioning during the different stages of classic and skating, maximizing the glide and weight shift, efficient and effective poling, and endurance

Consult CCBC Ski League Manual for Detailed Lesson Plans p 118 - 149

Session	New Skill	Time Allotment	Skills to Review/Refine
1.	<i>Classic Session</i>		
	1. Warm-Up and Group-Building Use this time to quickly assess skill level Introduce coaches and have kids introduce themselves and give a goal/wish for the sessions Discuss skill criteria (handout copy at end of session) Outline rules/expectations	15 min 15 min	Balance / forward lean / glide
	2. Review key skills of balance and position Scooter Freeze & measured scooter drills (pp. 119 lesson 19)	10 min 20 min	
	3. Game – Freeze Tag – (pp. 120 lesson 19)		
4. Diagonal stride progression review, demo, & practice – give feedback: Walk/walk with kick, glide & forward lean Walk & pause & glide / leg flex/push/kick/glide Do 1 st without poles, then	15 min	Focus on technique / proper pole placement and use	

	<p>holding in hands mid-shaft, then with diagonal stride poling</p> <ul style="list-style-type: none"> - Diagonal stride holding poles midshaft - Correct use of pole straps, planting poles - Diagonal with poles 	20 - 25 min	
	<p>5. Go for a trail ski Give feedback on weight-shift / forward lean / kick</p>	10 – 15 min	Turning & stopping in control
	<p>6. Break – Talk about goals – ask them to over week think of 2-3 goals they have for session and bring them back next week. Outline your own goals (e.g.: fun / help them learn skills / safety, etc.) Discuss trail etiquette</p>	10 min	Kick Turning & Downhill Control + speed
	<p>7. Downhill practice (on a trail with variety of hills) Review snow plow and braking half snow plow and give opportunity to practice on terrain Review Step turns and give opportunity to practice on terrain Introduce the High & Low Tuck Straight Running and practice (pp. 125 & 127)</p>	10 – 15 min	Fun!
	<p>8. Kick Turn practice Build in a contest to see who can climb hill most efficient / fast Downhill can practice high/low tucks</p>	10 – 15 min	Fun and all skills worked on during session.
	<p>9. Game time Modified Spud or Team Handball (pp. 148/149)</p>	5 min	
	<p>10. Ski Relay if time Set up short course 500 – 750 meters</p>		

	<p>Use cones to identify different techniques to use (diagonal stride / double pole / straight run / kick turn) Two teams – opposite tracks – each there and back</p> <p>11. Ski back – hand out skill criteria cards and a goal card for return the next week.</p>		
<p>2.</p>	<p>Skate Session</p> <p>1. Warm-Up and Group-Building Assist kids with skate ski gear Ski to designated meeting point – use this warm up to quickly assess skill & technique</p> <p>2. Free Skate - Balance and Agility Review and demonstrate technique and purpose (downhill slopes or fast level tracks) Introduce balance drills and games to develop skiers ability – (pp. 117 or skate teaching progression by Lisa Patterson) Game – Cops & Robbers – Set up a jail and two boundaries. A couple of skiers/coaches as cops, the rest as robbers. If a cop catches a robber they go to jail – robbers can break them free. Helps work free skate</p> <p>3. One Skate – progression Review key technique points Introduce progression drills (pp. 121 – 124 or skate teaching progression by Lisa Patterson – {probably better})</p> <p>4. Trail Ski Select a trail with relatively minimal grade (cross glades /</p>	<p>15 min</p> <p>20 – 25 min</p> <p>20 – 25 mins</p> <p>20 – 25 mins</p>	<p>Balance on each ski Proper weight shift & body rotation Maximum glide</p> <p>Balance as always Proper pole timing and use. Weight Shift and body positioning. Glide</p> <p>Endurance One Skate & Free Skate technique Small steps for step turn</p> <p>Group Building</p>

	<p>sidewinder loop is good) Work on one skate and free skate – assess and give feedback (positive & developmental) At hill with corner introduce Step Turn – practice a few times</p> <p>5. Break Discuss winter safety quiz</p> <p>6. Herringbone & Diagonal Skate Find an area with a slight grade Review and Demonstrates key points of Herringbone (arms close to side / big V Have kids practice</p> <p>Diagonal Skate Review and demonstrate and explain progression from herringbone (glide uphill) and proper poling Practice 2- 3 times</p> <p>7. 1/2 Skate (Marathon Skate) At a relatively flat area introduce and demonstrate this technique Practice 2 – 3 times using both tracks (opposite ski)</p> <p>8. Game – Relay Race At an area that will allow them to incorporate 1 skate/free skate / diagonal & 1/2 skate divide into two teams Have kids race</p> <p>9. Game - Modified Spud or Team Handball (pp. 148/149)</p> <p>10. Ski back – remind kids about what type of technique for next week (skate or classic) Distribute winter safety quiz and reading material for return next week</p>	<p>20 mins</p> <p>5 mins</p> <p>10 min</p> <p>10 min</p> <p>10 – 15 mins</p> <p>10 min</p> <p>5 min</p>	<p>Maintaining uphill glide for diagonal skate</p> <p>Proper technique to gain speed</p>
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3.	<p>Classic Session</p> <ol style="list-style-type: none"> 1. Warm-Up and Group-Building Discuss proper ski care and preparation. Provide a short demonstration on grip ski waxing. Allow each skier to apply some wax. Ski up to pre-determined area such as upper part of training flats – stretch 2. Double Pole Review/Introduce to group Demonstrate proper technique – key points / common errors (pp.125) Skiers practice 2 –3 times – coaches give feedback 3. Diagonal Stride Review key points from last session re: forward lean – hips forward, follow through on kick and poles Work on balance – measured scooter (1st without poles then with poles) 4. Game – Freeze Tag Skiers can't be tagged while gliding on one foot 5. Ski on Trails Consider going to upper trails Once up (or on the lower trails) go for a 10 – 15 minute ski Alternate leaders to keep the group together Work on technique not speed Assess the skill and technique while providing positive and developmental feedback 6. Step Turns / Kick Turns / High & Low Tuck / Snowplow & Braking Snowplow Find a suitable hill with corner and practice these techniques Set up some contests for 	<p>20 min</p> <p>5 min</p> <p>10 min</p> <p>10 – 15 min</p> <p>10 min</p> <p>25 min</p> <p>10 – 15 min</p> <p>25 min</p>	<p>*</p> <p>Ski care & waxing</p> <p>Propulsion phase & Free Glide phase Maximizing Torso Follow through</p> <p>Forward lean Effective kick Efficient poling</p> <p>Balance</p> <p>Diagonal Stride – putting it all together Uphill Diagonal (pp. 40 & 40 of Level II Manual) Endurance</p> <p>Small steps and fast in control cornering In-control braking</p>
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	<p>cop catches a robber they go to jail – robbers can break them free. Helps work free skate</p> <p>25 min</p> <p>3. One Skate – progression Review key technique points Practice progression drills (pp. 121 – 124 or skate teaching progression by Lisa Patterson – {probably better})</p> <p>4. Ski loop race Select a short loop that is mostly flat Have kids do a few laps and time them to see if they can improve the time each lap Try once or twice without poles and then repeat with poles In between the no poles / poles do a short game (cops & robbers / British bulldog, etc.) just to break it up for 5 mins</p> <p>5. Ski on trails</p> <p>6. Break Meet with Ski Patrol for Winter Safety talk</p> <p>7. Step Turns / Kick Turns / High & Low Tuck / Snowplow & Braking Snowplow Find a suitable hill with corner and practice these techniques Set up some contests for longest straight run with tucks, smoothest step turn, quickest kick turn hill climb, most in control stop, etc.</p> <p>8. Game – Modified Handball or another similar fun activity (give group a couple of options. Include time for Rollercoaster rides.</p> <p>9. Ski Back</p>	<p>flex before push off</p> <p>1 skate & free skate</p> <p>Endurance & General Technique for: Diagonal Skate / 1 Skate / 1/2 or Marathon Skate / Free Skate</p> <p>Small steps and fast in control cornering In-control braking</p> <p>Assess abilities through session and give feedback on where doing well and areas to focus on during next session or practice skis for completion of Red Badge</p>
5.	<p>Classic Session During this session, concentrate</p>	<p>Assess abilities</p>

	<p>on those areas where the skiers are not yet meeting the Red Badge Skills Criteria. This may require the time spent on the following exercises to change.</p>	15 min	of each skier for completion of Red Badge throughout session
	<p>1. Warm-Up and Group-Building Ski up to pre-determined area such as upper part of training flats – stretch</p>	10 min	
	<p>2. Double Pole Review/Introduce to group Demonstrate proper technique – key points / common errors (pp.125) Skiers practice 2 –3 times – coaches give feedback Introduce Blue Skill of one-step double pole if some of the group are ready (pp. 160 – 161)</p>	10 – 15 min	<p>Propulsion phase & Free Glide phase Maximizing Torso Follow through</p>
	<p>3. Diagonal Stride Review key points from last session re: forward lean – hips forward, follow through on kick and poles Work on balance – measured scooter (1st without poles then with poles)</p>	10 min	<p>Forward lean Effective kick Efficient poling</p>
	<p>4. Game – Freeze Tag Skiers can't be tagged while gliding on one foot</p>	25 min	<p>Balance</p>
	<p>5. Ski on Trails Consider going to upper trails Once up (or on the lower trails) go for a 10 – 15 minute ski Alternate leaders to keep the group together Work on technique not speed Assess the skill and technique while providing positive and developmental feedback Introduce up-hill diagonal stride (Blue Skill pp.155 - 157) if some members are ready</p>	10 – 15 min	<p>Diagonal Stride – putting it all together Uphill Diagonal (pp. 40 & 40 of Level II Manual) Endurance</p> <p>Small steps and fast in control cornering In-control braking</p>

	<p>6. Step Turns / Kick Turns / High & Low Tuck / Snowplow & Braking Snowplow Find a suitable hill with corner and practice these techniques Set up some contests for longest straight run with tucks, smoothest step turn, quickest kick turn hill climb, most in control stop, etc.</p> <p>7. Trail ski to lodge & Break</p> <p>8. Ski Chase game Select a trail loop of no more than 1k with moderate hills (SideWinder/sidewinder) Determine a start and finish point, start slower kids first to give them reasonable lead, and then start off faster kids to see if they can catch. (Give good healthy lead to the starters so that there is competition at the end, not dejection).</p> <p>9. Game –</p> <p>10. Ski back</p>	<p>25 min</p> <p>10 –15 min</p> <p>10 min</p> <p>5 min</p>	<p>Fun</p> <p>Diagonal Stride Double poling</p>
<p>6.</p>	<p>Skate Ski</p> <p>1. Warm-Up and Group-Building Assist kids with skate ski gear Ski to designated meeting point – use this warm up to quickly assess improvements in technique Stretch</p> <p>2. Free Skate - Balance and Agility Review and demonstrate technique and purpose (downhill slopes or fast level tracks) Practice balance drills and games to refine and develop skiers ability – (pp. 117 or skate</p>	<p>15 min</p> <p>15 min</p>	<p>Assess abilities of each skier for completion of Red Badge throughout session</p> <p>Balance Technique</p>

	<p>teaching progression by Lisa Patterson) Game – Cops & Robbers – Set up a jail and two boundaries. A couple of skiers/coaches as cops, the rest as robbers. If a cop catches a robber they go to jail – robbers can break them free. Helps work free skate</p> <p>3. One Skate – progression Review key technique points Practice progression drills (pp. 121 – 124 or skate teaching progression by Lisa Patterson – {probably better}) Introduce Two Skate if some of the skiers are ready (Blue Skill pp. 152 - 154)</p> <p>4. Ski loop race Select a short loop that is mostly flat Have kids do a few laps and time them to see if they can improve the time each lap Try once or twice without poles and then repeat with poles In between the no poles / poles do a short game (cops & robbers / British bulldog, etc.) just to break it up for 5 mins</p> <p>5. Ski on trails</p> <p>6. Break Meet with Ski Patrol for Winter Safety talk</p> <p>7. Step Turns / Kick Turns / High & Low Tuck / Snowplow & Braking Snowplow Find a suitable hill with corner and practice these techniques Set up some contests for longest straight run with tucks, smoothest step turn, quickest kick turn hill climb, most in control stop, etc.</p>	<p>15 – 20 min</p> <p>25 min</p> <p>20 25 min</p> <p>25 min</p> <p>10 – 15 min</p> <p>20 min</p> <p>5 min</p>	<p>Proper timing with poles Body Alignment Consistent Glide Knees & Ankles flex before push off</p> <p>1 skate & free skate Endurance & General Technique for: Diagonal Skate / 1 Skate / 1/2 or Marathon Skate / Free Skate</p> <p>Small steps and fast in control cornering In-control braking</p>
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	<p>8. Game – Modified Handball or another similar fun activity (give group a couple of options. Include time for Rollercoaster rides.</p> <p>9. Ski Back</p>		
7.	<p>Wrap-up Session</p> <p>If possible consider mixing some time with skating & some time with classic.</p> <p>Another option is to join with another group mid-way through for a fun ski and game.</p> <ol style="list-style-type: none"> 1. Warm-Up and Group-Building Ski up to pre-determined area such as upper part of training flats – stretch 2. Review key skills of Red Badge and conduct drills to make final assessments – particularly for those skiers who are close to making / not making the criteria 3. Trail Ski – Chase Game Select a trail loop of no more than 1k with moderate hills (SideWinder/sidewinder) Determine a start and finish point, start slower kids first to give them reasonable lead, and then start off faster kids to see if they can catch. (Give good healthy lead to the starters so that there is competition at the end, not dejection). 4. Break and Awards Consider having some type of recognition for each skier Better to hand out badges at end of session 5. Ski Game Relay Race Roller Coaster Races 	<p>15 – 20 min</p> <p>20 min</p> <p>20 - 30 min</p> <p>25 min</p> <p>20 min</p> <p>20 – 25 min</p>	<p>Assess Key Skills</p> <p>Balance & Technique</p> <p>Positive Reinforcement</p> <p>Fun</p> <p>Fun</p> <p>Positive Reinforcement of</p>

	6. Game Modified Team Handball Snowball fight Soccer – etc 7. Trail Ski and Ski out 8. Badge Awarding	10 – 15 min 10 – 15 min	skills Acknowledgement of skill completion and goal achievement
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Blue Badge Session Outline



At this level, children work on their uphill diagonal, 1 step double pole, downhill step turns and snow plowing, and continue to develop their skating technique (2 skate, 1/2 skate). They work to increase their endurance so that they can classic ski with good technique for 15 minutes and skate for 10 minutes.

Session	New Skill	Time Allotment	Skills to Review/Refine
1.	Classic Diagonal Stride Snow Plow Parallel Side Slipping	20 min 15 min 10 min	
2.	Skating 2 Skate (w/o poles-arms only) 1/2 Skate Step Turn (w/o poles - arms in position) *Add on Techniques from Lesson 1 that need work or review.	20 min 15 min 15 min	
3.	Classic Diagonal Stride 1 Step Double Pole Uphill Diagonal Stride *Add on Techniques from previous lessons that may need work or review.	20 min 20 min 20 min	
4.	Skating 2 Skate /w Poles 1/2 Skate /w Poles Free Skate *Add on Techniques from previous Lessons.	20 min 15 min 20 min	
5.	Classic		

	<p>Diagonal Stride Uphill Diagonal Stride Classic Endurance 1 Step Double Pole</p> <p>*Add on Techniques from previous lessons that may need review.</p>	<p>15 min 15 min 15 min 15 min</p>	
6.	<p>Skating</p> <p>2 Skate Review Red 1 Skate /w Poles Skating Endurance</p> <p>*Add on Techniques from previous lessons.</p>	<p>15 min 15 min 15 min</p>	
7.	<p>Classic or Skating (whatever needs work or let the Rabbits choose)</p> <p>Comprised of maneuvers that may need review to attain the Blue Badge.</p>		

Purple Badge Session Outline

This is the final level in the Rabbit program. Classic and skating skills are refined so that excellent technique is achieved. Children's endurance at this level is such that they can sustain good classic technique for 20 minutes and skating for 15 minutes.



Session	New Skill	Time Allotment	Skills to Review/Refine
1.	Classic	20 min 15 min 10 min	
2.	Skating	20 min 15 min 15 min	
3.	Classic	20 min 20 min 20 min	
4.	Skating	20 min 15 min 20 min	
5.	Classic	15 min 15 min 15 min 15 min	
6.	Skating	15 min 15 min 15 min	

7.	Classic or Skating (whatever needs work or let the Rabbits choose)		
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Section 4: Badge Progress Reports

Badge progress reports list the key skills that are required to successfully complete a badge level. At the completion of the 7 sessions, each student will receive a badge progress report completed by the coach which describes the skills they have mastered and those that require further work. If the badge level has been successfully completed, the progress report is given to the student along with the corresponding badge.

On the following pages, badge progress reports are contained for the following levels:

[Bunny](#)

[Green](#)

[Yellow](#)

[Yellow Plus](#)

[Orange](#)

[Red](#)

[Blue](#)

[Purple](#)

Hollyburn Jackrabbit Ski Club
Bunny Badge Progress Report

Name: _____ **Date:** _____

Leaders: _____

Skill	I Tried	I Can
2. Participates in games and activities	<input type="checkbox"/>	<input type="checkbox"/>
3. Follows simple directions from leader	<input type="checkbox"/>	<input type="checkbox"/>
4. Gets up, without help, after falling	<input type="checkbox"/>	<input type="checkbox"/>
5. Can pivot left or right ski while standing	<input type="checkbox"/>	<input type="checkbox"/>
5. While standing on flat terrain, can move both skis to form: a "plow", a "V", or "French fry" (parallel) skis	<input type="checkbox"/>	<input type="checkbox"/>
6. Maintains balance while gliding down a slight hill, arms and hands in front of body	<input type="checkbox"/>	<input type="checkbox"/>
7. Can follow leader over slightly rolling terrain and changes of direction	<input type="checkbox"/>	<input type="checkbox"/>
8. Walks on skis by sliding skis forward	<input type="checkbox"/>	<input type="checkbox"/>
9. Can stand on 1 ski and lift other ski off snow	<input type="checkbox"/>	<input type="checkbox"/>
10. Had fun!	<input type="checkbox"/>	<input type="checkbox"/>

Badge Level Completed This Year: _____

Badge Level to Work on Next Year: _____

Hollyburn Jackrabbit Ski Club
Bunny Badge Progress Report

Name: _____ **Date:** _____

Leaders: _____

Skill	I Tried	I Can
1. Participates in games and activities	<input type="checkbox"/>	<input type="checkbox"/>
2. Follows simple directions from leader	<input type="checkbox"/>	<input type="checkbox"/>
3. Gets up, without help, after falling	<input type="checkbox"/>	<input type="checkbox"/>
4. Can pivot left or right ski while standing	<input type="checkbox"/>	<input type="checkbox"/>
5. While standing on flat terrain, can move both skis to form: a "plow", a "V", or "French fry" (parallel) skis	<input type="checkbox"/>	<input type="checkbox"/>
6. Maintains balance while gliding down a slight hill, arms and hands in front of body	<input type="checkbox"/>	<input type="checkbox"/>
7. Can follow leader over slightly rolling terrain and changes of direction	<input type="checkbox"/>	<input type="checkbox"/>
8. Walks on skis by sliding skis forward	<input type="checkbox"/>	<input type="checkbox"/>
9. Can stand on 1 ski and lift other ski off snow	<input type="checkbox"/>	<input type="checkbox"/>
10. Had fun!	<input type="checkbox"/>	<input type="checkbox"/>

Badge Level Completed This Year: _____

Badge Level to Work on Next Year: _____

Hollyburn Jackrabbit Ski Club Green Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill **I Tried** **I Can**

Note: all green skills are to be done without poles

1. Herringbone on Flat Terrain:
 - Maintains “V” shape with skis (tips apart)
 - Arms swing comfortably (with opposite leg)
 - Can take at least 4 steps with each leg

2. Sidestep on Flat Terrain:
 - keeps skis parallel while stepping
 - can step skis to the side, both right and left directions
 - keeps arms & hands forward of body

3. Star Turn:
 - Can turn both styles: tips together or tails together
 - Makes a small “V” with each step
 - can turn full circle, left or right,
 - arms and hands stay forward of body

4. Falling and Rising on Flat Terrain:
 - can fall either side using sitting motion
 - gets skis under body and stands up

5. Ski Walking without Poles on Flat Terrain:
 - Can lift skis off ground while walking in place
 - keeps skis parallel while walking forward,
 - can slide ski forward and lift back of ski off ground
 - can ski walk both in and out of track

Hollyburn Jackrabbit Ski Club Green Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill **I Tried** **I Can**

Note: all green skills are to be done without poles

1. Herringbone on Flat Terrain:
 - Maintains “V” shape with skis (tips apart)
 - Arms swing comfortably (with opposite leg)
 - Can take at least 4 steps with each leg

2. Sidestep on Flat Terrain:
 - keeps skis parallel while stepping
 - can step skis to the side, both right and left directions
 - keeps arms & hands forward of body

3. Star Turn:
 - Can turn both styles: tips together or tails together
 - Makes a small “V” with each step
 - can turn full circle, left or right,
 - arms and hands stay forward of body

4. Falling and Rising on Flat Terrain:
 - can fall either side using sitting motion
 - gets skis under body and stands up

5. Ski Walking without Poles on Flat Terrain:
 - Can lift skis off ground while walking in place
 - keeps skis parallel while walking forward,
 - can slide ski forward and lift back of ski off ground
 - can ski walk both in and out of track

Green Badge Skills

I Tried I Can

6. Ready Position:

- skis are parallel
- ankles and knees flexed
- body is upright and relaxed
- arms and hands are forward of body

Badge Level Completed This Year: _____

Badge Level to Work on Next Year: _____

Comments:

Green Badge Skills

I Tried I Can

6. Ready Position:

- skis are parallel
- ankles and knees flexed
- body is upright and relaxed
- arms and hands are forward of body

Badge Level Completed This Year: _____

Badge Level to Work on Next Year: _____

Comments:

Hollyburn Jackrabbit Ski Club Yellow Badge Progress Report

Name: _____ Date: _____

Leaders: _____

- | Skill | I Tried | I Can |
|--|--------------------------|--------------------------|
| 1. <u>Herringbone up a Slight Hill Without Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • Maintains a “V” shape with skis (tips apart) • 5 steps up slope with both legs • arms swing comfortably | | |
| 2. <u>Side Step on a Slight Hill without Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • 5 successful steps up • 5 successful steps down • arms and hands stay forward • can go uphill starting with either right or left leg | | |
| 3. <u>Kick Turn on Flat Terrain without Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • balances on one ski, lifts other ski tip first and turns it close to backward • balances on turned ski then lifts and turns other ski | | |
| 4. <u>Falling and Rising on a Slight Hill without Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • falls to side using sitting motion while gliding down slight hill • moves skis to downhill side of body and perpendicular to fall line • moves body over skis and stands up | | |
| 5. <u>Diagonal Stride Without Poles on Flat Terrain:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • Shows some glide • Shows correct weight shift 20-40% of the time: <ul style="list-style-type: none"> ✓ can lift back of kicking skis off ground while gliding on other ski ✓ Toe-knee-Nose aligned over gliding ski • Demonstrates some knee and ankle bend when kicking • Arms swing comfortably (opposite to leg stride) | | |

Hollyburn Jackrabbit Ski Club Yellow Badge Progress Report

Name: _____ Date: _____

Leaders: _____

- | Skill | I Tried | I Can |
|--|--------------------------|--------------------------|
| 1. <u>Herringbone up a Slight Hill Without Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • Maintains a “V” shape with skis (tips apart) • 5 steps up slope with both legs • arms swing comfortably | | |
| 2. <u>Side Step on a Slight Hill without Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • 5 successful steps up • 5 successful steps down • arms and hands stay forward • can go uphill starting with either right or left leg | | |
| 3. <u>Kick Turn on Flat Terrain without Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • balances on one ski, lifts other ski tip first and turns it close to backward • balances on turned ski then lifts and turns other ski | | |
| 4. <u>Falling and Rising on a Slight Hill without Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • falls to side using sitting motion while gliding down slight hill • moves skis to downhill side of body and perpendicular to fall line • moves body over skis and stands up | | |
| 5. <u>Diagonal Stride Without Poles on Flat Terrain:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • Shows some glide • Shows correct weight shift 20-40% of the time: <ul style="list-style-type: none"> ✓ can lift back of kicking skis off ground while gliding on other ski ✓ Toe-knee-Nose aligned over gliding ski • Demonstrates some knee and ankle bend when kicking • Arms swing comfortably (opposite to leg stride) | | |

Yellow Badge**I Tried****I Can**

6. Straight Running without Poles Down a Small Hill:
- Arms and hands stay in front of body
 - Body is upright
 - Knees and ankles are flexed
7. Braking Snow Plow down a Small Hill:
- Body is upright, arms and hands forward
 - Knees and ankles are flexed
 - Skis are in wedge with tips together
 - Can control speed
 - Uses equal pressure on inside edges of both skis (skier goes straight)
 - Can stop safely at bottom
8. Free Skate without Poles on Slight Downhill:
- Skis show obvious “V” with tips apart
 - Can glide on **left and right ski**
 - Arms swing comfortably, (opposite to gliding ski)

Badge Level Completed This Year: _____**Badge Level To Work On Next Year:** _____**Comments:****Yellow Badge****I Tried****I Can**

6. Straight Running without Poles Down a Small Hill:
- Arms and hands stay in front of body
 - Body is upright
 - Knees and ankles are flexed
7. Braking Snow Plow down a Small Hill:
- Body is upright, arms and hands forward
 - Knees and ankles are flexed
 - Skis are in wedge with tips together
 - Can control speed
 - Uses equal pressure on inside edges of both skis (skier goes straight)
 - Can stop safely at bottom
8. Free Skate without Poles on Slight Downhill:
- Skis show obvious “V” with tips apart
 - Can glide on **left and right ski**
 - Arms swing comfortably, (opposite to gliding ski)

Badge Level Completed This Year: _____**Badge Level To Work On Next Year:** _____**Comments:**

Hollyburn Jackrabbit Ski Club Yellow Plus Poles Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill	I Tried	I Can
1. <u>Herringbone up a Moderate Hill using Poles:</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • Maintains skis in "V" shape • Uses arm opposite to ski • Plants pole behind and to side of foot • 10 steps with both legs • uses edges most of time (little slipping) 		
2. <u>Side Step on a hill:</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • 10 successful steps up and then down • holding poles but not planting them • pole handles in front of body, tips behind 		
3. <u>Kick Turn on Flat Terrain with Poles:</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • Pole placed at each end of ski • balances on one ski, lifts other ski (tip first) and turns ski close to backward (90-180 degrees) • balances and turns other ski • may not be able to turn both directions 		
4. <u>Falling and Rising on a Moderate Hill with Poles:</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • falls to side using sitting motion while gliding • moves skis to downhill side • while edging skis, moves body over skis and stands up 		
5. <u>Straight Running with Poles Down a Medium Hill</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • hands and arms are forward, knees and ankles are flexed • pole handles are in front of body • poles are slanted down and back 		

Hollyburn Jackrabbit Ski Club Yellow Plus Poles Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill	I Tried	I Can
1. <u>Herringbone up a Moderate Hill using Poles:</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • Maintains skis in "V" shape • Uses arm opposite to ski • Plants pole behind and to side of foot • 10 steps with both legs • uses edges most of time (little slipping) 		
2. <u>Side Step on a hill:</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • 10 successful steps up and then down • holding poles but not planting them • pole handles in front of body, tips behind 		
3. <u>Kick Turn on Flat Terrain with Poles:</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • Pole placed at each end of ski • balances on one ski, lifts other ski (tip first) and turns ski close to backward (90-180 degrees) • balances and turns other ski • may not be able to turn both directions 		
4. <u>Falling and Rising on a Moderate Hill with Poles:</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • falls to side using sitting motion while gliding • moves skis to downhill side • while edging skis, moves body over skis and stands up 		
5. <u>Straight Running with Poles Down a Medium Hill</u>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> • hands and arms are forward, knees and ankles are flexed • pole handles are in front of body • poles are slanted down and back 		

Yellow Plus Badge

I Tried I Can

6. Diagonal Stride on Flat Terrain with Poles:

- shows some glide each step
- shows correct weight shift 30-50% of the time:
 - ✓ can lift back of skis off ground while gliding
 - ✓ aligns toe-knee-nose over gliding ski
 - ✓ some knee and ankle bend
- Poles are used correctly:
 - ✓ Poling is opposite to leg stride
 - ✓ Pole is planted at a slant, with tip in snow beside or behind leading foot
 - ✓ Hands are at shoulder height and elbows are slightly bent when pole is planted
 - ✓ Some push off pole

7. Double Pole on Slight Downhill:

- Hands reach forward when planting poles, elbows slightly bent
- Both poles planted just behind feet on a slant
- body bends forward
- arms follow through and extend behind
- legs stay relatively straight
- skier can push self a short distance down track

8. Free Skate with Poles on Flat Terrain Holding Poles:

- Skis show obvious wedge
- can glide on **left and right ski**
- shows correct weight shift 30-50% of the time:
 - ✓ **Toe-Knee-Nose are aligned over the gliding ski**
 - ✓ Recovers unweighted foot under body

9. Braking Snow Plow Down Moderate Hill with Poles:

- shows wedge with tips closer than tails
- controls speed (can speed up or slow down)
- uses both edges equally (goes straight)
- can **stop safely** at bottom, or middle of hill
- hands and arms are in front of body
- poles are held slanted down and back

Badge Level Completed This Year: _____

Badge Level To Work On Next Year: _____

Comments:

Yellow Plus Badge

I Tried I Can

6. Diagonal Stride on Flat Terrain with Poles:

- shows some glide each step
- shows correct weight shift 30-50% of the time:
 - ✓ can lift back of skis off ground while gliding
 - ✓ aligns toe-knee-nose over gliding ski
 - ✓ some knee and ankle bend
- Poles are used correctly:
 - ✓ Poling is opposite to leg stride
 - ✓ Pole is planted at a slant, with tip in snow beside or behind leading foot
 - ✓ Hands are at shoulder height and elbows are slightly bent when pole is planted
 - ✓ Some push off pole

7. Double Pole on Slight Downhill:

- Hands reach forward when planting poles, elbows slightly bent
- Both poles planted just behind feet on a slant
- body bends forward
- arms follow through and extend behind
- legs stay relatively straight
- skier can push self a short distance down track

8. Free Skate with Poles on Flat Terrain Holding Poles:

- Skis show obvious wedge
- can glide on **left and right ski**
- shows correct weight shift 30-50% of the time:
 - ✓ **Toe-Knee-Nose are aligned over the gliding ski**
 - ✓ Recovers unweighted foot under body

9. Braking Snow Plow Down Moderate Hill with Poles:

- shows wedge with tips closer than tails
- controls speed (can speed up or slow down)
- uses both edges equally (goes straight)
- can **stop safely** at bottom, or middle of hill
- hands and arms are in front of body
- poles are held slanted down and back

Badge Level Completed This Year: _____

Badge Level To Work On Next Year: _____

Comments:

Hollyburn Jackrabbit Ski Club

Orange Badge Progress Report

Name: _____ Date: _____

Leaders: _____

- | Skill | I Tried | I Can |
|--|--------------------------|--------------------------|
| 1. <u>Herringbone up a Steep Hill:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • maintains skis in “V”, climbs up 10-15 m without stopping • uses inside edges well (no slipping), • poles with arm opposite to uphill ski • plants pole tips slightly behind and to side of feet | | |
| 2. <u>Side Step on a Moderate Hill:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • 8-12 steps up and down a moderate slope • poles held but not planted, handles in front, tips behind body | | |
| 3. <u>Kick Turn on Flat Terrain:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • Plants a pole at either end of skis, can turn both directions | | |
| 4. <u>Double Poling on Flat Terrain:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • arms reach forward when pole planting • elbows slightly bent • upper body bends forward • arms follow through • legs stay relatively straight • pushes self along track | | |
| 5. <u>Snow Plow Turn with Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • shows snow plow wedge • can turn left or right • stops safely at middle or bottom of hill • knees and ankles are flexed, hands are held in front of body at chest height, poles slanted down and back | | |
| 6. <u>Braking Half Snow Plow:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • Lifts one ski out of track, places it in wedged position with tip close to track, knees and ankles flexed, hands forward • Reduces speed by edging wedged ski • Places ski back into track and continues | | |

Hollyburn Jackrabbit Ski Club

Orange Badge Progress Report

Name: _____ Date: _____

Leaders: _____

- | Skill | I Tried | I Can |
|--|--------------------------|--------------------------|
| 1. <u>Herringbone up a Steep Hill:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
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| <ul style="list-style-type: none"> • 8-12 steps up and down a moderate slope • poles held but not planted, handles in front, tips behind body | | |
| 3. <u>Kick Turn on Flat Terrain:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • Plants a pole at either end of skis, can turn both directions | | |
| 4. <u>Double Poling on Flat Terrain:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • arms reach forward when pole planting • elbows slightly bent • upper body bends forward • arms follow through • legs stay relatively straight • pushes self along track | | |
| 5. <u>Snow Plow Turn with Poles:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • shows snow plow wedge • can turn left or right • stops safely at middle or bottom of hill • knees and ankles are flexed, hands are held in front of body at chest height, poles slanted down and back | | |
| 6. <u>Braking Half Snow Plow:</u> | <input type="checkbox"/> | <input type="checkbox"/> |
| <ul style="list-style-type: none"> • Lifts one ski out of track, places it in wedged position with tip close to track, knees and ankles flexed, hands forward • Reduces speed by edging wedged ski • Places ski back into track and continues | | |

Orange Badge**I Tried I Can**

7. Diagonal Stride with Poles on Flat Terrain:
- shows some glide each stride
 - Shows correct weight shift 40-60% of the time:
 - ✓ Back of “kicking” ski lifts off snow
 - ✓ Toe-knee-nose aligned over gliding ski
 - ✓ Recovery foot lands beside gliding foot
 - Uses poles correctly and pushes off them:
 - ✓ Poles with arm opposite to leg stride
 - ✓ Hand is at shoulder height and elbow is slightly bent when planting pole
 - ✓ Pole planted at a slant, tip beside or behind foot
 - Upper body has slight forward lean
8. Free Skate on Flat Terrain:
- skis show obvious wedge,
 - can glide on left and right ski
 - knees are slightly bent when gliding
 - shows correct weight shift 40-60% of the time:
 - ✓ brings unweighted foot under body beside other foot,
 - ✓ toe-knee-nose are aligned over gliding ski
 - upper body slightly flexed
9. 1 Skate with Poles:
- while gliding on one ski, skier starts to double pole, shoulders and hips then turn toward other ski
 - skier edges glide ski, then skates onto new glide ski
 - becomes more upright, arms move forward, unweighted foot returns under body
 - upper body shows some flex when poling
10. Basic Step Turn with poles:
- glides down small hill in track, knees and ankles flexed
 - steps out of track into new direction
 - continues to glide in ready position
 - can change direction right or left

Badge Level Completed This Year: _____**Badge Level to Work on Next Year:** _____**Orange Badge****I Tried I Can**

7. Diagonal Stride with Poles on Flat Terrain:
- shows some glide each stride
 - Shows correct weight shift 40-60% of the time:
 - ✓ Back of “kicking” ski lifts off snow
 - ✓ Toe-knee-nose aligned over gliding ski
 - ✓ Recovery foot lands beside gliding foot
 - Uses poles correctly and pushes off them:
 - ✓ Poles with arm opposite to leg stride
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 - ✓ brings unweighted foot under body beside other foot,
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10. Basic Step Turn with poles:
- glides down small hill in track, knees and ankles flexed
 - steps out of track into new direction
 - continues to glide in ready position
 - can change direction right or left



Hollyburn Jackrabbit Ski Club Red Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill	I Worked On...	I Can
1. <u>Kick Turn</u> : can kick turn to right and left on a slope, can climb a small slope just using kick turns	<input type="checkbox"/>	<input type="checkbox"/>
2. <u>Double Pole</u> : on flats, leans forward as arms reach forward, elbows slightly bent, upper body bends as arms follow through, legs stay straight, pushes self along track	<input type="checkbox"/>	<input type="checkbox"/>
3. <u>Diagonal Stride</u> with poles: noticeable glide each stride, upper body leans forward, uses poles to push, recovery foot lands beside or ahead of gliding foot most of the time	<input type="checkbox"/>	<input type="checkbox"/>
4. <u>Free Skate</u> : aligns toe-knee-nose over gliding ski, consistently balances and glides on left and right ski , feet come close to each other on each glide	<input type="checkbox"/>	<input type="checkbox"/>
5. <u>Diagonal Skate</u> : uses opposite arm and leg, glides equally on each side, keeps arm work close to body	<input type="checkbox"/>	<input type="checkbox"/>
6. <u>1-Skate</u> : aligns toe-knee-nose over gliding ski, consistent glide on both right and left ski, knees and ankles flex before pushing off, feet come close during each glide, upper body bends while poling	<input type="checkbox"/>	<input type="checkbox"/>
7. <u>½ Skate with Poles</u> : correctly positions skis, double poles and pushes off ski at same time, shifts weight from ski to ski, pushes self down track for 100m	<input type="checkbox"/>	<input type="checkbox"/>



Hollyburn Jackrabbit Ski Club Red Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill	I Worked On...	I Can
1. <u>Kick Turn</u> : can kick turn to right and left on a slope, can climb a small slope just using kick turns	<input type="checkbox"/>	<input type="checkbox"/>
1. <u>Double Pole</u> : on flats, leans forward as arms reach forward, elbows slightly bent, upper body bends as arms follow through, legs stay straight, pushes self along track	<input type="checkbox"/>	<input type="checkbox"/>
2. <u>Diagonal Stride</u> with poles: noticeable glide each stride, upper body leans forward, uses poles to push, recovery foot lands beside or ahead of gliding foot most of the time	<input type="checkbox"/>	<input type="checkbox"/>
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4. <u>Diagonal Skate</u> : uses opposite arm and leg, glides equally on each side, keeps arm work close to body	<input type="checkbox"/>	<input type="checkbox"/>
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7. <u>½ Skate with Poles</u> : correctly positions skis, double poles and pushes off ski at same time, shifts weight from ski to ski, pushes self down track for 100m	<input type="checkbox"/>	<input type="checkbox"/>

- 8. Step Turn: glides down small untracked slope, upper body and arms in ready position, takes 3-5 quick small steps while edging, can step turn to right or left
- 9. High and Low Tuck: safely glides down medium hill, upper body is bent to horizontal position, poles are tucked tightly under arms; in high tuck legs and ankles are slightly bent, in low tuck knees and ankles are bent so that thighs are parallel to snow
- 10. Classic Endurance: can sustain good diagonal for 10 min
- 11. Skating Endurance: can sustain good 1-skate for 5 min.

Badge Level Earned This Year: _____

Badge Level To Work On Next Year: _____

Comments:

- 8. Step Turn: glides down small untracked slope, upper body and arms in ready position, takes 3-5 quick small steps while edging, can step turn to right or left
- 9. High and Low Tuck: safely glides down medium hill, upper body is bent to horizontal position, poles are tucked tightly under arms; in high tuck legs and ankles are slightly bent, in low tuck knees and ankles are bent so that thighs are parallel to snow
- 10. Classic Endurance: can sustain good diagonal for 10 min
- 11. Skating Endurance: can sustain good 1-skate for 5 min.

Badge Level Earned This Year: _____

Badge Level To Work On Next Year: _____

Comments:

Hollyburn Jackrabbit Ski Club Blue Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill **I Worked On... I Can**

1. Step Turn: can glide down moderate hill in high tuck, step turn using quick small steps, edging and good weight shift
2. 1 Step Double Pole: kicks back with one leg while, reaching forward to double pole, trailing ski recovers as body flexes forward, weight shifts from 1ski to other ski, alternate leg kicks, skis 50m
3. Diagonal Stride with poles: noticeable glide each stride, upper body leans forward consistently, poles planted beside or behind opposite lead foot and hands extend past hips, recovery foot lands beside or ahead of gliding foot 70-100% of the time, rear leg fully extends at end of push
4. 2 Skate : aligns toe-knee-nose over gliding ski, consistently balances and glides on left and right ski , feet come close to each other on each glide, hips and shoulders aligned with gliding ski until push initiated, body bends while poling, poling one side only, upright on non poling side, weight shifts as arms swing forward
5. Uphill Diagonal Stride: glide visible, slight forward lean, definite weight shift, hands are forward when planting poles, tips beside or behind lead foot, full extension of arms and legs

Hollyburn Jackrabbit Ski Club Blue Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill **I Worked On... I Can**

1. Step Turn: can glide down moderate hill in high tuck, step turn using quick small steps, edging and good weight shift
2. 1 Step Double Pole: kicks back with one leg while, reaching forward to double pole, trailing ski recovers as body flexes forward, weight shifts from 1ski to other ski, alternate leg kicks, skis 50m
3. Diagonal Stride with poles: noticeable glide each stride, upper body leans forward consistently, poles planted beside or behind opposite lead foot and hands extend past hips, recovery foot lands beside or ahead of gliding foot 70-100% of the time, rear leg fully extends at end of push
4. 2 Skate : aligns toe-knee-nose over gliding ski, consistently balances and glides on left and right ski , feet come close to each other on each glide, hips and shoulders aligned with gliding ski until push initiated, body bends while poling, poling one side only, upright on non poling side, weight shifts as arms swing forward
5. Uphill Diagonal Stride: glide visible, slight forward lean, definite weight shift, hands are forward when planting poles, tips beside or behind lead foot, full extension of arms and legs

Skill **I Worked On... I Can**

- 6. ½ Skate with Poles: skates off out of track ski onto in-track ski while double poling, , upper body turns toward glide ski while double poling, skier upright on in-track ski, weight shifted from skate to in-track ski, poles and skate ski touch snow at the same time
- 7. Parallel Side Slipping: maintains Ready Position, skis are parallel , can stop, can do facing either direction
- 8. Classic Endurance: sustains good diagonal 15 min
- 9. Skating Endurance: sustains good 1-skate and 2 skate 10 min.
- 10. Snow Plow Turn with poles: maintains wedge, changes direction, 3 turns each side, hands in front of body, poles pointing back, stops safely at bottom of hill

Badge Level Earned This Year: _____

Badge Level To Work On Next Year: _____

Comments:

Skill **I Worked On... I Can**

- 6. ½ Skate with Poles: skates off out of track ski onto in-track ski while double poling, , upper body turns toward glide ski while double poling, skier upright on in-track ski, weight shifted from skate to in-track ski, poles and skate ski touch snow at the same time
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- 10. Snow Plow Turn with poles: maintains wedge, changes direction, 3 turns each side, hands in front of body, poles pointing back, stops safely at bottom of hill

Badge Level Earned This Year: _____

Badge Level To Work On Next Year: _____

Comments:



Hollyburn Jackrabbit Ski Club
Purple Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill I Worked On... I Can

1. Diagonal Stride with poles: noticeable glide each stride, upper body leans forward consistently, poles planted beside or behind opposite lead foot and hands extend past hips, recovery foot lands beside or ahead of gliding foot 70-100% of the time, rear leg fully extends at end of push
2. 1 Step Double Pole: kicks back with one leg while, reaching forward to double pole, trailing ski recovers as body flexes forward, weight shifts from 1ski to other ski, alternate leg kicks.
3. 1 Skate : aligns toe-knee-nose over gliding ski, consistently balances and glides on left and right ski , feet come close to each other on each glide, hips and shoulders aligned with gliding ski until push initiated, during double poling, skates off the ski onto the new ski, body bends while poling.
4. 2 Skate : aligns toe-knee-nose over gliding ski, consistently balances and glides on left and right ski , feet come close to each other on each glide, hips and shoulders aligned with gliding ski until push initiated, body bends while poling, upright on non poling side, weight shifts as arms swing forward able to pole on either side

Hollyburn Jackrabbit Ski Club
Purple Badge Progress Report

Name: _____ Date: _____

Leaders: _____

Skill I Worked On... I Can

1. Diagonal Stride with poles: noticeable glide each stride, upper body leans forward consistently, poles planted beside or behind opposite lead foot and hands extend past hips, recovery foot lands beside or ahead of gliding foot 70-100% of the time, rear leg fully extends at end of push
2. 1 Step Double Pole: kicks back with one leg while, reaching forward to double pole, trailing ski recovers as body flexes forward, weight shifts from 1ski to other ski, alternate leg kicks.
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4. 2 Skate : aligns toe-knee-nose over gliding ski, consistently balances and glides on left and right ski , feet come close to each other on each glide, hips and shoulders aligned with gliding ski until push initiated, body bends while poling, upright on non poling side, weight shifts as arms swing forward able to pole on either side

Skill**I Worked On... I Can**

5. Offset: places 1 ski on an angle and both poles on snow at same time, during poling action hips and upper body turn and face the direction the unweighted ski is pointing and shifts weight onto that ski, the skis never stop gliding and weight is shifted quickly and does not linger over the ski.
6. Classic Endurance: sustains good diagonal 20 min
7. Skating Endurance: sustains good 1-skate and 2 skate 15 min.

Badge Level Earned This Year: _____**Badge Level To Work On Next Year:** _____**Comments:****Skill****I Worked On... I Can**

5. Offset: places 1 ski on an angle and both poles on snow at same time, during poling action hips and upper body turn and face the direction the unweighted ski is pointing and shifts weight onto that ski, the skis never stop gliding and weight is shifted quickly and does not linger over the ski.
6. Classic Endurance: sustains good diagonal 20 min
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Badge Level Earned This Year: _____**Badge Level To Work On Next Year:** _____**Comments:**

Section 5: Classic Progression

Characteristics of the Best Skiers

- good balance
- good weight transfer
- good forward movement – gains a lot of ground
- good at directing energy forward
- good even rhythm – “keeps the wheels turning”
- good at using all techniques appropriately
- good physical condition

Legs together position: ankles, knees and hips flexed

1. With partner- support each other, lean forward to get hips over front of feet
2. Scooter, flex ankle of pushing foot, glide and stop, reposition and repeat
3. Practice preload, flexing, feeling push off the ball of the foot (Crouching tigers)
4. Hips forward (hands under butt and pull hips up and forward)
5. Swing arms (sing song), reach out to grab a snowball or shake hands and throw it behind you
6. Both skis- take three/four steps and freeze in glide position- how far can you go?
7. Poling- standing,
8. Poling arms only down slight hill (count number of poles taken to cover distance)
9. Poling with skiing
10. Toe-Knee Nose

ADDITIONAL CLASSIC TECHNIQUES

CLASSIC TECHNIQUES

- balance/weight shift
- basic poling
- double poling
- one step double pole
- downhill – snowplow, tuck, upright, step turns, in/out of tracks
- uphill – herringbone, uphill diagonal stride

POWER = preload; put the shoulder in it

Balance no poles – toe knee nose

- scooter/partner scooter; foot lands beside or ahead of gliding foot, STOP

- correct position – get into pairs and let skier “fall” forward to supporting partner
- flex ankles = hip forward (ball in crook of leg and foot)
- toe knee nose
- Hip forward = “string attached to belly button”; “push forward with each hip”; “squeeze a looney between your cheek”; locomotive engine; large exercise ball (falling over it)

Poles

- check length and grips; to armpits/grips tight enough to extend
- opposite arm to leg
- plant with flexed arm with pole angled backwards
- use large muscles to small, i.e. shoulders to activate abs (Andrews suggestion). Trunk-shoulders-arms-wrist flick
- poles – opposite hand to foot (no tenting, run hands along parallel panes of glass; try poles only – no twisting of torso)
- can set out cones for poling – glide distance
- release poles when passing hips

Diagonal Stride – all energy directed forward

- push off from ski to the other on the spot = preload, feels like squishing grapes or squeezing a sponge
- put the poling and balance together
- hips forward of ankles at feet together position
- preload forward, not up
- straight line through upper body and leg at end of push
- weight on 1 foot at a time
- head up
- kick a ball down the track
(tracking game – trail etiquette??)

Double Poling

- hips forward on pole plant, fall onto poles
- push from abs (torso) – shoulders activate abs – elbow, flick wrists
- legs fairly straight – not locked
- energy forward on recovery – Whoosh with pole return
- body stays down until arms are finished
- POWER from aggressive forward recovery
- Don't bend over farther than back parallel with snow

One Step Double Pole

- without poles, drive arms forward and extend leg at same time, double pole and scissor together
- same principals as double poling – i.e. Large muscles to small muscles
- alternate feet is a good idea

Herringbone – duck walks

- diagonal stride uphill until too steep

- step out of track in snow plow position – smaller V for less slope
- complete weight shift from ski to ski
- fairly upright stance
- step up the hills – look up the hill
- edge ski to push off from
- game – who can climb the slope with the least number of strides?
- Hop herringbone

Uphill Diagonal Stride – all energy directed upslope

- mild to moderate slopes
- as you begin up a hill, glide decreases, tempo increases
- kick foot uphill in front of knee
- weight shift more pronounced
- pole plant by heel with more elbow bend
- pole plant quick and powerful – put your shoulder into it.
- leg thrust powerful, definite and fast
- slipping? try straightening up somewhat, look uphill

Speed Control

- upright = wind resistance
- snow plow
- ski outside of track
- edge 1 ski out of track
- step totally out of track and snowplow

Step Turn – direction change – star turn/1-leg turn

- Human slalom, Olav's hop turn
- weighted ski vs. unweighted ski
- ready position – knees bent, even weight, position low
- move ski in direction of turn, other catches up to parallel ski again

Tuck – as if picking nose – enjoy the free ride

- high tuck/low tuck

see who has the best glide

Section 6: SKATE TECHNIQUE PROGRESSION

The following progression for teaching skate skiing is one that I have found to work effectively. You will sometimes have to sidestep the progression in order to fix common errors found along the way (see Common Error Corrections).

FREE SKATE PROGRESSIONS

1. Edging the ski (no glide)

- Turn knee in so that inside edge of ski is on snow.
- Turn knee in, edge ski and step to side, repeat with other ski.
I like to teach edging before weight shift, because weight shift is useless if the ski is constantly sliding out and away from under the skier.

DRILL: Sideways Sumo Wrestling (no poles)

On flat terrain partners stand side by side facing opposite ways. Have skiers plant outside ski and edge. Lean against each other shoulder to shoulder. Skiers shouldn't be able to push each other over nor should outside ski be sliding if outside ski is edged properly.

Variation – if confident the exercise can be done safely have skiers try to push more aggressively with inside ski lifted off of ground.

2. Rock Back and Forth (no poles)

- Rock back and forth from ski to ski like a metronome or upside down pendulum (use cue words – “Tick, tock.”)
- Don't push with legs.
- Best done on very slight downhill.
Proves that shifting weight helps propel us down the track since skier will begin to move forward with out any force being created from legs.

3. Weight shift (no poles)

- Standing, have skier rock back and forth while lifting one ski off the ground.
- Repeat but have skier balance over ski while opposite ski is off the ground and hold balance for 2-5 seconds.
- Encourage skier to get nose, hip and belly button over glide ski.
- Ensure shoulders are square and thigh is aligned over the glide ski.

DRILL: Diamond Drill (no poles)

Have skier create diamond shaped window with thumbs and forefingers. On slight downhill or flat terrain, have skier stretch arms out over glide ski keeping their glide ski tip in their finger window. As weight shifts they must then keep the opposite glide ski tip in the finger window. Encourage the skier to balance over the glide ski longer before shifting weight.

4. Knee & Ankle Flex

- Skiers can get knee and ankle flex by lining up their thigh over their glide ski and trying to hide their toe with their knee when ski is first placed on ground.
- Have skier rock back and forth and try this with very little leg push.
- Have skier feel like 70% of their weight is on the balls of their feet.

5. Kick to side not behind (no poles)

Power from the legs is lost when we push behind.

- Have skier rock back and forth, but when ski is first placed on snow have thigh line up with ski and try to hide most of toe with knee
- Encourage lots of knee and ankle flex.
- Have them concentrate on pushing ski lightly to side.

DRILL: Poles at Hips Check

Have skier place poles horizontally along hips, holding them against hips with wrists.

Have skier rock back and forth, placing knee over toe when ski is placed on snow.

Poles will indicate whether skier is pushing too far behind if poles swing forward and backwards like a kayak paddle. If poles just rock from side to side, leg push is adequately to the side.

DRILL: Peripheral Vision Toe Check

Have skiers look just in front of their ski tips.

Have skiers look to see if they can see their toes at the end of each leg push in their peripheral vision.

If they can't see their toes at the end of their leg push, then their leg push is ending too far back.

DRILL: Toe Flick

Assuming skier has enough ankle and knee flex, you can use the visual image of a toe flick to keep skiers toes to side or ahead.

At the end of a leg push, have skiers flick their toe up and away from them. Or with their pushing foot have them try to carve a C in the snow (left leg), backwards C (right leg) at the end of their leg push.

This trick works exceptionally well when off-setting uphill to avoid bogging down on steep hills.

6. Forward Lean

- In order to direct power and momentum down the trail, a skier needs correct forward lean initiated at the ankles.
- Encourage a skier to lean forward by keeping hips over balls of feet and lots of flex at ankles in order to keep weight forward and to avoid a look of sitting back on skis.

DRILL: Nickel between Butt Cheeks

To get hips ahead, have skier pretend that they must hold a nickel between their butt cheeks while skiing.

DRILL: Backwards Partner Push (1 set of poles)

With two skiers facing each other, one skier will skate forward pushing the other backwards up a slight hill. Using one pair of poles, the pusher must lean forward while holding the baskets of the ski poles at chest or shoulder height (not lower). The skier being pushed locks the handles of the poles at chest and stands upright in stable position with skis parallel. In order for the pusher to initiate skating motion and maintain momentum, they must lean into the poles at chest height and the pusher will then feel the correct lean needed for skate skiing.

Variation – *With younger children I recommend that poles not be used but have both skiers stretch arms out and lock. Pusher will then press and lean against the palms of the skier being pushed.*

7. Longer glide / Balance / Powerful leg push (no poles)

Once a skier has correct forward lean, correct push to the side, then you can work on increasing glide, and improving balance and power from legs. Always encourage equal power from each leg.

DRILL: Pylon Drill (no poles)

Place 4-8 mini-pylons on ground in straight line approximately 1.5-2 metres apart (depending on age and ability of skiers). Skate ski straight at line of pylons. Aim to lift foot over each pylon allowing only one ski to glide in between. When skiers have mastered exercise, stretch the pylons out to increase the distance between each pylon.

This forces the skier to produce more effective preload (bigger leg push), encourages longer glide on each glide ski and works on balance.

ONE-SKATE PROGRESSIONS

1. Discuss proper upper body movement for poling.
2. Have skier do a half double pole (come only half way down, not with back parallel to ground), while balancing on one ski. It is imperative that the foot of the ski off the ground be in front of the gliding foot, leg straight and ski tail dragging.
3. On a flat stretch of 50-100 metres, have skier try to double pole the whole way while balancing on one foot with opposite foot held in front.
4. Repeat doing 4 double poles and then switching glide leg. Skis stay parallel.
5. Repeat doing 2 double poles and then switching glide leg. Skis stay parallel.
6. Repeat doing only 1 double pole and then switching glide leg. Skis stay parallel for half of distance and then have skier gradually spread tips wider apart.
7. Ensure pole plant is on same side as weighted glide ski. When looking down at glide ski the skier should see hand – glide ski – hand.
8. Weight can start to shift as soon as pole tips hit the snow.

This progression usually has the skier planting poles at the correct time. i.e.: after the glide ski is already on the ground.

ERROR CORRECTIONS

Use as necessary throughout progression.

A. Wide stance/ Landing on inside edge of ski

If skiers stance is too wide or always landing on inside edge of ski, have skier try to bring feet in tighter together. Goal is to get feet under body in order to land on a flat ski.

DRILL: Heel Click (no poles)

Have skier click ski to heel of glide foot before shifting weight.

B. Shifting weight too soon / Not committing weight to glide ski

Encourage skier to balance on glide ski longer.

Drill: Double Pole Twice (poles)

While one skating, have skier double pole twice over glide ski before shifting weight.

C. Poling in middle or wrong side

While one skating, ensure skier can see *hand-glide ski-hand* at pole plant.

D. Zig Zagging Down Trail

The most direct route from Point A to Point B is a straight line. Sometimes overzealous leg pushes or an overemphasis on glide when the ski tips are too wide takes us on a zig zag route down the trail.

To correct this:

Narrow the v of the skis (bring ski tips closer together when skating)

Imagine a straight line down the middle of the trail and try to place feet on that line when they return beneath body.

E. Ski returns from behind and is planted forward

This is a common error among kids because it feels smooth and rhythmical. The problem is that when the ski is planted ahead of the other foot, the opposite foot is already behind and initiates a push back rather than to the side. The skier also tends to glide on too straight a leg.

To correct this:

Take them back to the beginning progressions of skating where by the skier rocks back and forth on skis (no leg push).

Then skier rocks back and forth with lots of knee and ankle flex with very little leg push (have them try to hide as much of their ski boot with their knee when ski lands on snow).

Have skier's return foot hover beside opposite foot (not behind).

Skier places foot down only when their weight rocks to other side.

Ensure skier places foot down beside other foot and not ahead.

Another Skating Progression

1. Straight Kick Sideways
 - Metronome with no kick moving side to side
 - Include / incorporate kick out to side – straight out foot not back behind
2. Leg Finish
 - Knee locked on finish of kick
3. Hip Drills
 - Move ski with hip
 - Ski poles diagonal
 - Fingers behind
 - **Keep body straight**
 - **Ski on straight line – drill of rope down trail – focus on a narrower “V”**
4. Shoulders
 - Don't turn shoulders in
 - Shoulders going same way glide ski is going - **if you lift head, you should be looking at the same way your ski is going**
5. Poles
 - Poling 2 – 3 times each side with a one-skate
 - Poles finish and come off on one side and recover back on the other side – touching on side of way you are going, push off as change direction
 - Touch poles on glide direction
 - Push into new direction – repeat
 - Focus on width of arms for poser
 - Most efficient just outside of body – 3 to 4 “
 - swinging motion
 - drive poles into direction for recovery
 - Project forward
 - Up & down **of body from side to side is 8” maximum**

6. Hills

- Duck Walk
- Back straight
- Legs low
- Rolling foot in for a flat ski
- Action of legs is circular (turning foot outside)
- Equal step up hill
- Poles far forward as possible only coming in if hill warrants
- Faster turnover of skis
- Lighter on feet (less work = more efficient)
- **One skate as much as possible**
- **Have arms as equal as possible**
- **Don't bring arms inside unless hill warrants**

ADDITIONAL SKATING TECHNIQUES

SKATE TECHNIQUE – FROZEN TAG/SOCCER/WAITER/POLE TWICE per SIDE

- Feels like having a beach ball between your legs, or bow legged
- Push from flexed knee and ankle to the side, not back; bubble gum on heels
- Upper body initiates pole push with trunk flexion, like double poling
- Plant poles close to skis
- Shoulders parallel to ground – no dipping or leaning sideways

FREESKATE

- weight shift, flat skis
- double – double pole on each side
- use upper body as in double poling
- step forward
- waiter, poles around hips, punch arm forward in direction of travel

1 SKATE – Superman Stance

- Important: don't start weight shift until poling down to just in front of thigh – both 2skate and 1skate
- drive knee and hip forward (remember swivel hips exercise, hips only, not upper body)
- pole plant initiates weight shift
- double pole with each leg push
- step forward
- practice both slow and fast drills

2 SKATE – both sides

- Important: don't start weight shift until poling down to just in front of thigh – both 2skate and 1skate
- warm-up no poles, free skate superman position, flat skis push to the side (presume flat skis/hip position/shoulders square etc.)
- poles/timing. Initiate weight shift with pole plant. POWER== push off with flexed knee = preload

- Full extension with poles like double poling. Small V
- POWER= accelerate the ski forward as you shift weight onto it
- KNEE in front of toe in glide position; ANKLE flexed
- Poling – slightly flexed arms. LOCK elbow until trunk and shoulders are finished

OFFSET – both sides (leading ski up the hill)

- 3 point landing and double poling
- pole plant asymmetrical
- centre of gravity constantly moving
- more flex in all joints than other techniques
- actively step up hill

Section 7: LIST OF GAMES for XC SKIING

Tag

Frozen Tag

Amoeba Tag

- one person is 'it', they tag someone and are partnered with them
- the pair then tag someone else and they join to make a group of 3
- the group of 3 tags a 4th person and then the group of 4 divides into 2 groups of 2
- each group of 2 tags people until they each get to 4 and then those groups divide into 2 groups of 2
- keep going until everyone is tagged

Group Tag

- one person is 'it', each time they tag someone they join on the group
- the entire group is 'it'
- keep going until everyone is tagged

Octopus / Polar Bears on the Ice

- this is like Dodge Ball with people
- there are two lines of safety and one person who is 'it'
- the group of people skis from one safety line to the other (when they are called) while the person who is 'it' tries to tag them between the two lines
- anyone who is tagged is frozen to the ice but can tag anyone who runs by
- the group (when called) continues to ski from one safety line to the next until everyone is tagged

Red Light, Green Light on hills

What Time is it Mr. Wolf?

Soccer

- you'll need one ball and two goals
- have the students take one ski off to play

Action Songs while moving

- Head and Shoulders, Knees and Toes
- Singing 'In the Rain'

Simon Says

Numbers

- call out a number and the kids have to get into a group of that number
- anyone not in a group of the number called is out and gets to watch the rest

Damsels, Knights and Horses

- have students pair up and form a circle
- one student is on hands and knees between the legs of the other student
- call out 'Damsels' and the student on all 4's gets up, runs around the circle (in the same direction), when they get back to their partner they jump into their partner's arms
- partners switch so the runner stands still and the standee runs
- call out 'Knights', students run around the circle to their partner and sit on partner's knee
- switch
- call out 'Horses', students run around the circle to their partner and jump on partner's back
- now that everyone knows the actions, play so that the last ones back are out
- no body checking, hair pulling, or biting

Huckle Buckle

- have the kids pair up and line them up facing each other
- call out “Huckle Buckle...(name 2 body parts - eg. hand to knee)
- each partner puts their hand to their partners knee
- hold the pose until it's decided who the last
- last couple is out and they can help judge other couples who should be out
- keep calling out body bits
- it's amusing to see who's the quickest

Predator

- one person is ‘it’ and must remain within a small circle in the middle of a bounded area – they are the Predator
- within the boundaries, everyone else will go and hide while the ‘predator’ sleeps (counts to 30 out loud)
- the predator awakens and ‘hunts’ for the prey from within the circle
- the predator looks for colours of clothing or calls out the names of the people that they see (no guessing, they have to see the ‘prey’)
- an adult or the guide can help eliminate the guessing by checking out each ‘sighting’ and saying “yes” or “no”
- the people who are caught come into the predator’s circle **BUT** are not allowed to say where others are hidden because that’s not fair (yet)
- when the predator can’t find anymore prey then he/she and all the caught prey will go to sleep and count to 20
- everyone else will try to move closer
- the object is for the prey to be as close to the predator as possible without getting caught by the end of the game
- each time the predators sleep, reduce the number to count
- **note:** the prey do not have to move if they feel they have a great spot to hide

Owls and Crows

- divide the kids into two groups and line them up facing each other about a meter apart
- one team is Owls and one team is Crows
- Owls are wise and like truths and whenever they hear a truth they chase the Crows
- Crows are mischievous and like untruths and whenever they hear a lie they chase the Owls
- each team has a line of safety to get behind before they are tagged by the other team
- if individuals are tagged by the opposing team, they join the opposite team
- the instructor calls out statements that may or may not be true (the group can decide)
- if the statement is true, the Owls chase the Crows and try to tag as many as possible before they all get across the safety line and vice versa
- the object is to get everyone onto your team

Wizards, Giants and Dwarves

- A variation on Owls and Crows – same set up – two teams, two safety lines, etc.
- create an action for Wizards, Giants and Dwarves
- Wizards beat Giants, Giants beat Dwarves, and Dwarves beat Wizards (it doesn’t matter whether you remember the order of who beats who or not)
- give each team a minute to decide (in secret) what action their team is going to do (adults may have to help with this process)
- on the count of 3 each team does their action and the winners chase the other team and try to tag them
- all those who were tagged join the opposing team

- go again
- object is to try and get everyone onto your team

Battleship / Shipwreck

- create an area with a ship, a shore, port and starboard
- create actions for climb the rigging, captain's coming', hit the deck, captain's daughter's coming', swab the deck, etc (make some up)
- start calling out the directions or actions

Alaska Baseball

2-3 people with ball; 1 throws it, 1-2 waiting to ski in circles around thrower. All others capture ball and pass it overhead and under legs in a line up. When finished passing ball, call stop to skiers.

Equipment mix up

Everyone put a ski at one end of stadium, a pole in an opposite corner, and a second pole in a third location. Instructor secretly mixes up equipment (make sure names are on), and skiers take off 2 at a time recovering their equipment. All equipment must be on properly including poles before next team member takes off.

Classic Relays:

Scooter on one foot, change to other foot on the way back

Double Scooter – scoot with a partner

Ski Mix up – Liz's concoction. Trade skis with someone on your team, and you must somehow end up with your own equipment at the end???

Blindfold Ski – divide each team in 2, one half at each end. Diagonal stride blindfolded in tracks towards the sounds of encouragement from your team members. Pass the blindfold on to next team member.

Balance Ski – Yani's balance exercises – ballerina; one ski, change to other; ultimately glide on one ski while taking other one off and twirling it around head

Jelly Bean Relay – a plastic spoon for each team and a jelly bean each. After they skill the length of the relay they may eat the jelly bean, and speed back to pass the spoon to the next person. If they drop the jelly bean they need to pick it up and start over again. Not good for deep snow! Smarties don't work as well!

Skate Relays:

- 1 skate/2 skate/free skate

- Waiter – carry board with coloured liquid in container to end of track

- **Sharks and Minnows:** Form 2 safe lines about 20 m apart. Divide the group into 2 teams- Sharks and minnows. Kids ski up to the centerline. Coach yells either "Sharks" (sharks chase minnows and try to tag them before they cross their safe line), or "Minnow" and then minnows chase sharks and try to tag them. Tagged kids join the other team. Game ends when all kids are either sharks or minnows or the coach is too cold to play longer.
- **Traffic:** kids ski a route around you in tracks-city traffic (medium speed), highway (ski fast as they can), school zone (ski slow), fire truck (jump out of the tracks) Red light (stop), green light (go)

- **Put out the fire relay** (need 2 red bandanas, 2 cups) lay out the two red pieces of fabric on the snow. Group is divided into 2 teams. The first on each team is given a cup that they fill with snow. They must skis to the “fire” and dump their snow, then ski back to team and pass cup to the next in line. First team to cover their “fire” with snow wins
- **Kick the ball up the hill** (use the orange street hockey balls that are in the club locked box – you
- will need good solid tracks; don’t try this with lots of new snow or when tracks are skied out) – this drill encourages the skier to swing their leg forward so that foot lands ahead of the other foot on hills
- **Fish Gobbler** (BCRabbit Manual)–mark out an approximately square area for playing. One side of the square will be “shore”; the opposite side will be “Ship”. One corner is the “sardine can”. Coach calls out directions that the “fish” have to swim to. If the coach yells “sardine can” the kids have until the count of 20 to cram into the correct corner. If the coach yells “Fish Gobbler” they all have till the count of 20 to link arms with each other. Anyone not linked gets “gobbled” by the leader.
- **Silly Ants** – a silly falling down game that young kids love (instructor calls “Silly Ants” and skiers have to fall down on their backs and wave their skis in the air)
- **Gold Mine-** two or three teams, each team has a pile of “gold” (small round yellow soccer markers), each team has to steal others gold and ski it pack to their own pile, one piece at a time, no guarding or tackling. Let the game go on for 5 min and then count which team has the most gold on their side. In a large enough area you can have 3 or 4 teams all playing at the same time. Bring in history by talking about the greedy miners that went up to the Caribou to pan for gold and how they would steal from each other.
- **Rock, Paper, scissors-** divide group into 2 teams. Mark a safe line for each team about 10-20 m apart (depending on the age and ability of your group) Each team huddles and decides what symbol they will use, both teams ski up to a center line and on the count of three make the team gesture (rock, paper or scissors). The winning team then skis after the losing team and tries to tag them before they reach their safety line. Tagged kids then join the other team.
- **Duck, duck, goose-** classic kid’s game. Form a close circle with the group, everyone’s skis must be pointing to the middle. The person who is “it” skis around the group touching people on the back and calling people “Duck” or “Goose”. The ducks stay where they are. The person who is tagged as “Goose” must ski around the group in the opposite direction from “it” and race him/her back to the “Goose’s” empty spot in the circle. First person back goes back in the circle, the second back is then “It”
- **Follow the leader** (go for a walk off the trail through the trees-watch out for tree wells and creeks!)
- **Magic hoops** (like musical chairs, group skis around hoola hoops set into the ground, kids have to ski under a hoop when leader calls out stop, but make sure that there are enough hoops so that no one is “out”). This would be a good bunny game in the terrain park.

- **Jungle Animals-** Imagine that you are going on a jungle walk and you must act out each jungle animal that you meet. (elephant, lion, gazelle, crocodile, chimpanzee...)
- **Hokey Pokey Song-** Sing the song and do the actions (put your right ski in, put your right ski out....)
- **Pig (or SKI)-**A bit complicated to learn but the kids love this game. Number off the group, each child must remember their number. Throw a ball into the air and call out a number. Everyone skis or scooters away as fast as they can. The person whose number was called must try to catch the ball or pick it up after it lands. He/she yells “freeze” and everyone else must freeze. He/she can then take 3 steps or scooters and must then throw the ball at someone. If the ball hits the person, they get a “P”. Coach then takes the ball and throws it back into the air and calls another number. If a person gets hit a second time, they get an “I”. Third time a person is hit they get a “G” and are out of the game “PIG”

Group Building Games:

Young Kids

1. Song- “Hikety, pikety bumble bee, will you sing your name for me?” Child sings name
Coach sings back: “Jamie, that’s a very nice name.”
2. Coach asks for child’s name, every one chants: “Jackie came to ski today, everybody shouts hurray!”

Older Kids:

Zim, Zam, Zoom: Pass around a ball, say your own name. After the ball has been around once, ask each person to say the name of the person they are passing to.

Please be aware of other skiers as you play games so that they have room to get by. Check an area after you have played a game and make sure that any ruts and mounds of snow are flattened and filled in before your group leaves (make this into a game- use your skis to spread the snow “icing” evenly)