

SNOW FUN!

Level 1 - Classic without Poles



TEAM
SOLDIER
HOLLOW

My Skills:

- I know my classic ski & boot size
- I know how my bindings work
- I can fall and stand up quickly
- I can stand on my skis in an athletic position
- I can Side-Step
- I can run on the flat
- I can Herringbone

Name

Assessor

TECHNICAL FUN!

Level 2 - Classic with Poles and Skate without Poles



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SOLDIER
HOLLOW

Name

Assessor

My Skills:

- I know my classic ski, pole and boot size
- I know my my skate ski and boot size
- I can coordinate Diagonal Stride
- I can plant my pole on a backwards angle
- I can coordinate DP
- I can Side Step off track
- I can Side Step on a hill
- I can Tuck like a professional skier
- I can push off my skate skis by edging

FUNdamentals

Level 3 - Skate and Classic with Poles



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HOLLOW

Name

Assessor

My Skills:

- I can glide in an athletic stance
- I can swing my leg forward and dig my claws in at the same time
- I can hockey stop both directions
- I know when to double pole vs stride
- I can transfer my weight side to side
- I can show the 3:1 Timing in V1
- I have worked on V2, V2 alternate in at least 2 sessions
- I have worked on kick double pole in at least 2 sessions

Foundations

Level 4 - Technique Timing



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Proficiencies:

- Leg push, arm swing and COM launch
in time in free skate
- V1 Timing (*Correctly move from Position 1 to Position 2*)
- V2 Timing
- V2 Alternate Timing
- Kick Doble Pole Timing

Name

Assessor.....

Mastery

Level 5 - Effective Technique



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Proficiencies:

- Use of crunch, leg push and triple extension in V2
- Effective arm-swing in V2 Alternate
- Effective use of center of mass (COM) in V1
- Effective use of free-skate with and without arm-swing
- Participated in one race or time-trial
- Completed two tours and understand off-track considerations

Name

Assessor.....

Expert

Level 6 - Endurance & Waxing



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HOLLOW

Name

Coach.....

Proficiencies:

- Competent in all techniques on roller-skis
- *Classic & Skate*
- *Coaches Discretion if Winter Only Team Member*
- Skied 5km non-stop skate in training
- Skied 5km non-stop classic in training
- Participated in a combination of three races / time-trials
- Demonstrated mental agility
- Can select, apply and remove grip & glide wax according to conditions

Specialist

Level 7 - Team Values & Waxing



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SOLDIER
HOLLOW

Name

Coach.....

Proficiencies:

- Performance wax application (classic & skate)
- Able to select, apply and clean klister
- Can roller-ski the full SoHo Roller-loop:
 - *Classic & Skate*
 - *Coaches Discretion if Winter Only Team Member*
- Demonstrates Team SoHo values:
 - *Supports younger Team SoHo members*
 - *Respectful of team equipment, room & time*
 - *Displays Role-Model behavior*

Bronze

Level 8 - Athlete Principles



Proficiencies:

- Ski 10km non-stop (*classic & skate*)
- Completed and tracked 10+ Sessions without a coach
- Watched & analyzed 10+ World Cups online
- Can explain the 5 Zone Training Model
- Has an established warmup for all race distances
- Understand ski types & grinds
- Understand the components of a ski fleet
- Demonstrates professionalism at events:
 - *Athlete attire*
 - *Athlete behaviour*
 - *Appropriate nutrition & hydration*

Name

Coach.....

Silver

Level 9 - Performance Principles



Proficiencies:

- Tracked training load for 365 consecutive days
- Can explain endurance winter sport periodization
- Have skied 30km continuous (*classic and skate*)
- Utilizes visualization to improve performance
- Demonstrates appropriate nutrition for optimal performance

Name

Coach.....

Gold

Level 10 - Champion in Sport & Life



Proficiencies:

- Has tracked training history for 2+ years
- Can design own training plan and complete independently
- Can seamlessly work with all coaches and demonstrates quality communication
- Equipped with the skills to ski for life:
 - *Masters Competition*
 - *Loppet Circuits*
 - *Collegiate Skiing*
 - *Coaching & Instructing*
 - *Ski Touring*

Name

Coach.....

Ready to Keep Working!



My Skills:

- I am showing resilience
- I am building my confidence
- I am trying my best to learn
- I am working my hardest on my skis
- I am making new friends
- I am loving skiing

Name

Assessor



TEAM SOLDIER HOLLOW



THE XC SKIER PATHWAY

Developed to nurture

CHAMPIONS IN SPORT AND CHAMPIONS IN LIFE

Fundamentals

Level 3 - Skate & Classic with Poles



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My Skills:

- I can dig my claws in
- I can launch my hip forward
- I can glide in an athletic stance
- I can hockey stop both directions
- I can change my DP tempo for the terrain
- I can show the difference between laser-beam & non laser-beam skiing in Freeski
- I can show the 3:1 Timing in V1
- I can change my classic tempo for the terrain
- I have worked on V2, V2 alternate in at least 2 sessions

Name

Assessor.....

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