SNOW FUN!

Level 1 - Classic without Poles



My Skills:

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

Name

Assessor

TECHNICAL FUN!

Level 2 - Classic with Poles and Skate without Poles



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 Piagonal 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



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
- \circ 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



Name

Assessor.....

Proficiencies:

• Leg push, arm swing and COM launch

in time in free skate

• V1 Timing (Correctly move from Position 1 to Position 2)

O V2 Timing

• V2 Alternate Timing

• Kick Doble Pole Timing

Mastery

Level 5 - Effective Technique



Name

Assessor.....

Proficiencies:

 ${\bf O}$ 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 am-swing
- Participated in one race or time-trial
- Completed two tours and understand off-track considerations

Expert

Level 6 - Endurance & Waxing



Name

Coach.....

- 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



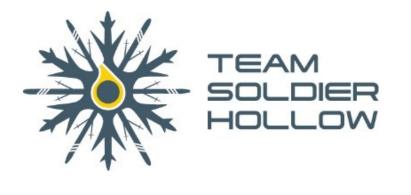
Name

Coach..

- 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









Name

| Coach | •• |
|-------|----|
|-------|----|

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

Silver

Level 9 - Performance Principles



Proficiencies:

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

performance

Gold

Level 10 - Champion in Sport & Life



Name

Coach.....

- 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

Ready to Keep Working!









Name

Assessor

My Skills:

ol am showing resilience

ol am building my confidence

o I am trying my best to learn

ol am working my hardest on my skis

ol am making new friends

ol am loving skiing



TEAM SOLDER HOLLOW

TEAM

THE XC SKIER PATHWAY

Developed to nurture

CHAMPIONS IN SPORT AND CHAMPIONS IN LIFE

Fundamentals

Level 3 - Skate & Classic with Poles



Name

Assessor.....

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 Freeskate

- 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