

Junior Nordic Skill Requirements by Group

Polar Cubs (2 minute attention span – just have fun!)

1. To have FUN on skis!
2. Independence on skis:
 - a. Get up by themselves
 - b. Put skis on by themselves
 - c. How to STOP/ how to slow down
 - d. Awareness of what kick wax is
 - e. How to dress right
3. Constant education on trail etiquette
4. Classic skiing
 - a. Moving on skis, no poles
 - b. Side step and herringbone, no poles
 - c. Classic stride, no poles
 - d. Classic stride, using poles
 - e. Herringbone with poles (duck walk)
5. Poles
 - a. How to hold them correctly
 - b. How to plant and push
 - c. Learn not to lean on them
6. More advanced
 - a. Turning on downhill – full and half snowplow (slalom)
 - b. Uphill diagonal stride
 - c. Tucking

Otters (minimum 6 minutes instruction, then go have fun)

1. Classic
 - a. Kick and glide with and without poles
 - b. Classic stride uphill
 - c. Downhill tuck
 - d. Downhill and flat corners
 - e. Double pole
 - f. Ability to wax their own skis properly
 - g. No skating during classic days
2. Skating
 - a. V1 skate – introduction on use of both sides
 - b. V2 introduction
 - c. Turbo skate – downhill and flats
 - d. Ability to transfer from one technique to another
3. Common sense
 - a. Politeness on trails
 - b. How to dress right
 - c. Listen to coaches' instructions

Wolverines (Minimum 10 minutes instruction, then have fun)

1. Classic
 - a. Kick and glide with and without poles
 - b. Classic stride uphill with and without poles
 - c. Downhill tucking
 - d. Downhill and flat corners
 - e. Double pole
 - f. Kick and double pole
 - g. Ability to wax their own skis properly, some knowledge of hot waxing
 - h. No skating during classic days
2. Skating
 - a. V1 skate – both sides
 - b. V2 skate
 - c. V2 alternate introduction
 - d. Turbo skate – downhill and flats
 - e. Downhill fast skate on corners
 - f. Ability to transfer from one technique to another
 - g. Hot wax introduction
3. Common Sense
 - a. Responsibility for proper dress and their own comfort in the cold
 - b. Adherence to proper trail etiquette at all times
 - c. Trail knowledge and wayfinding
 - d. Introduction to race etiquette
4. Attention to individual technique problems – proper body position, pole plant, tuck, flat ski, etc

Hawks (10-15 minutes of instruction per practice, then go have fun!)

1. Total independence on:
 - a. Trail etiquette
 - b. Trail knowledge and wayfinding
 - c. Dressing correctly for conditions
 - d. Caring for their own skis – kick and hot waxing (some clue about temperature and wax)
2. Classic stride: should be proficient, concentrate on individual technique problems
 - a. Good weight transfer, proper pole plant, flat ski, more glide
 - b. Work on downhill, corners, uphill technique
3. Skating: should be proficient, concentrate on individual technique problems
 - a. V1, V2, V2 alternate, diagonal skate (coach's skate) and transitions
4. More intense workouts (but still fun!)
 - a. Work on speed and endurance
 - b. Quick efficient transitions – awareness of terrain
 - c. Challenging games