

SUNDAY SKI SCHOOL PHILOSOPHY AND SKILL LEVELS

The coaching and teaching philosophy of the **Bemidji Area Ski Club** and the **Sunday Ski School** is to promote cross country skiing as a life-long winter activity for families to learn and enjoy together. The **SUNDAY SKI SCHOOL** is designed to teach skiers the "basic level skills" of both classical and skate skiing techniques. We invite parents and mentors to participate along with their children or to join a group more suitable to their own skill level. Parents and mentors of children less than 7 years of age are encouraged to participate with their children. Participants will be organized into groups to best fit their skiing abilities.

Sunday Ski School - Selecting the "Right" Skiing Skill Level

With your help, all skiers will be assigned to groups; we suggest that specific skiing skills are accomplished before progressing to the next level. Adults that are participating in a group should also complete the checklist of skiing skills. **Check ALL skills that you can do!**

NAME _____ Age _____ School you attend _____
How many years of skiing experience do you have? _____
What skiing questions do you have? _____

The **Paul Bunyan First Steppers** - for "new" skiers to very beginner skiers.

 dress and put on skis walk and move forward on skis
 fall and get back up glide down small hills

The **Bemidji Climbers** - for skiers "who are ready to try the trails."

 ski up and down hills snowplow herringbone
 sidestep turn going down hill glide & balance on skis

The **Montebello Gliders** - for beginning to intermediate "classical" skiers.

 know how to use ski poles double poling diagonal stride
 double pole & kick turning and stopping can ski up hills
 has classical skis can ski more than 2 kilometers at a time

The **Northland Skaters** - for beginning going on intermediate "skate" skiers.

 know how to V-1 know how to V-2 double poling
 "skating" skis (required) skate up & down hills balance & downhill tuck
 can ski more than 2 kilometers at a time