



HOW TO DETERMINE NORDIC ABILITY LEVEL

Nordic skiing consists of two disciplines: Classic and Skate. Classic consists of a walking/jogging/running type motion whereas **Skate** is compared to ice skating. We highly recommend starting with the Classic technique as refined balance on one ski is required for any level of success in the Skate discipline.



FIRST TIMER

New to skiing:

CLASSIC: I have never skied before; starting with the Classic technique is highly recommended.

SKATE: I have never skied before; an example of a candidate who is appropriate to start with the Skate technique would be an endurance athlete or speed skater.



BEGINNER

Basic Skills Aquired:

CLASSIC: I have tried Nordic skiing in the past. I am already a competent downhill skier looking to try Nordic skiing. Focus is on improving balance and diagonal stride.

SKATE: I have good balance in the Classic technique may move onto skate at this point. Focus is on finding/ improving balance, one skate and free skate.



INTERMEDIATE

Seeking Improvement:

CLASSIC: I am refining basic skills on more difficult terrain, further developing diagonal striding and an introduction to double poling.

SKATE: I am refining basic skills on more difficult terrain, further developing one skate, free skate and an introduction to uphill skate, two skate and double poling.



ADVANCED

Refinement:

CLASSIC: I am able to ski all blue trails well and most black trails including ascents and descents. Looking to improve efficiency, learn advanced techniques and build strength while trying to correct any bad habits.

SKATE: I am able to ski all blue trails well and most black trails including ascents and descents. Looking to improve efficiency, learn advanced techniques and build strength while tryingto correct any bad habits.



EXPERT:

Efficient & Smooth:

CLASSIC: I can ski the entire trail network with confidence and am looking to improve overall efficiency, improve fitness and push my limits.

SKATE: I can ski the entire trail network with confidence and am looking to improve overall efficiency, improve fitness and push my limits.