

JUNIOR NORDIC GROUP "SKILL REQUIREMENTS"...

HAWKS (10-15 minute instruction - Then Have Fun!)

1. Total independance concerning:
 - a) Trail Etiquette and Race Rules
 - b) Dressing correctly for conditions
 - c) Caring for their own skis, Hotwaxing and Kickwaxing (some clue about Temp° and wax!)
2. Diagonal Stride / should be proficient / concentrate on individual Technique Problems
 - a) i.e: weight transfer, proper pole plants, flatski, proper tuck, more glide, etc
 - b) work on downhills, corners, uphill, flats
3. Skating / should be proficient / concentrate on individual's technique:
 - a) V_1 , V_2 , $V_{1\frac{1}{2}}$ (open field skate), Diagonal skate, marathon skate, Turbo skate, (Transitions)
4. More intense workouts (but STILL Fun!)
 - a) speed and endurance
 - b) Quick, efficient transitions
 - c) challenging games
5. WILL DO 50% Diagonal No matter what the conditions! (Yes that means Hawk coaches may need their own special Wax box with lots of KLISTER)