

JUNIOR NORDIC Group "SKILL REQUIREMENTS"

Wolverines (minimum 5-10 min instruction per practice THEN go have FUN!)

1. Diagonal Stride

- Kick & Glide with & without poles
- Diagonal Stride uphill w/ without poles
- Downhill tuck
- Downhill corners and FLAT corners
- Double pole Kick and regular Double pole
- ability to kick wax own skis, (Knowledge of Hot waxing too)

2. Common Sense

- absolute responsibility for their own comfort in the cold (Clothes)
- Adherence to Trail Etiquette at all Times
- Also awareness of Race Etiquette

3. SKating - ability to make smooth Transition of each of Following

- V₁ both sides
- V₂ (introduction)
- V_{1 1/2} both sides (also called open field skate or Gundersen)
- Marathon skate
- Diagonal skate
- Turbo skate
- Downhill (Fast) skate corners

4. Proper Attention to individual Technique problems

- ie. Weight forward, proper pole plants, flat ski, proper tuck, posture, etc.