



Track Attack award: Diagonal Stride

Purpose:

Diagonal stride is one of the main classic techniques and is mostly used for climbing hills. At the L2T stage, this technique can be practiced on flat or gradually rising terrain with set tracks but should be assessed on gradual uphill.

Criteria for achieving the Diagonal Stride award:

Below is the list of the most important skills and benchmarks that make up perfect execution of the diagonal stride technique. L2T stage skiers are not yet expected to perform each of those skills perfectly, but they should be able to perform the technique well overall, ie with ease for a prolonged time.

The technique checklist below is meant to assist you in your assessment of your participants' skill level. **To deserve the award, a skier should be able to perform most skills autonomously and on a regular basis. Not more than two particular skills may necessitate corrective feedback from the coach in order for the skier to perform the skill adequately.**

Evaluator Checklist for Diagonal Stride:

Skier's Name: _____

SKILLS	YES	NO
The skier commits weight fully to the gliding/supporting ski in the gliding phases.		
The glide leg is extended just before becoming the pushing leg to generate a powerful pre-loading motion.		
Forward body lean comes from a flexed ankle so that the middle of hips is over toes at initiation of leg push.		
Complete extension of the leg and arm at the end of their respective pushes.		
On pole plant, hands are at or below shoulder height with a 90° angle at the elbow.		

Track Attack award: Double Pole



Purpose:

The double pole technique is used in situations when a skier is on a gradual downhill or flat terrain where double poling will generate more speed than the diagonal stride or the one-step-double pole technique.

Criteria for achieving the Double Pole award:

Below is the list of the most important skills and benchmarks that make up perfect execution of the double pole technique. L2T stage skiers are not yet expected to perform each of those skills perfectly, but they should be able to perform the technique well overall, ie with ease for a prolonged time.

The technique checklist below is meant to assist you in your assessment of your participants' skill level. **To deserve the award, a skier should be able to perform most skills autonomously and on a regular basis. Not more than two particular skills may necessitate corrective feedback from the coach in order for the skier to perform the skill adequately.**

Evaluator Checklist for Double Pole:

Skier's Name: _____

SKILLS	YES	NO
The hips, upper body and arms are well forward and high to load the poles on pole plant (poles are planted in front of the bindings).		
The skier pulls down on the poles, engaging the back, shoulder, core and arm muscles.		
Legs are slightly flexed on pole plant, with flex increasing noticeably – but not excessively– during the poling action.		
Upper body compression ends before the horizontal position.		
At pole plant, the shafts are nearly vertical, with grips slightly ahead of pole tips to allow for lag time before applying significant force onto the poles.		
Poles are planted parallel to each other and at shoulder width for maximal power transfer into poles (straight back and down).		



Track Attack award: One Step Double Pole

Purpose:

The One Step Double Pole classic technique is usually used on flat terrain or gentle uphill. One Step Double Pole is the technique used when the skier's speed is too great for an effective Diagonal Stride and too slow for using Double Poling. It is a powerful technique that incorporates both a strong leg push and a strong poling action.

The skier should first be able to execute the Diagonal Stride and Double Pole techniques correctly, as the main components of these techniques are combined in the One Step Double Pole technique.

Criteria for achieving the One step double pole award:

Below is the list of the most important skills and benchmarks that make up perfect execution of the One Step Double Pole technique. L2T stage skiers are not yet expected to perform each of those skills perfectly, but they should be able to perform the technique well overall, ie with ease for a prolonged time.

The technique checklist below is meant to assist you in your assessment of your participants' skill level. **To deserve the award, a skier should be able to perform most skills autonomously and on a regular basis. Not more than two particular skills may necessitate corrective feedback from the coach in order for the skier to perform the skill adequately.**

Evaluator Checklist for One Step Double Pole:

Skier's Name: _____

SKILLS	YES	NO
As the kick is initiated, the push leg is fully weighted with weight shifting dynamically to the striding leg as the push ends.		
The upper body and arms are well forward and high to load the poles for pole plant (poles are planted well in front of the binding of the gliding ski).		
There is a pre-load of the push leg before the push.		
Arms and legs are moderately flexed on pole plant.		
Upper body compression ends well before the horizontal position (i.e. there is less compression than in Double Pole).		



Track Attack Achievement: One Skate

Purpose:

One Skate is used on flat and gradual uphill terrain and is the most powerful skating technique. It is used when the skier is moving too quickly to use Offset but still too slowly to be using Two skate. In competitive skiing, the One Skate technique is usually used to accelerate (for instance, at the start and finish of a race) or to maintain a high speed in situations that permit this powerful technique to be used effectively and efficiently. This technique should be practiced and assessed on flat or a gradual uphill terrain.

Criteria for achieving the One Skate award:

Below is the list of the most important skills and benchmarks that make up perfect execution of the One Skate technique. L2T stage skiers are not yet expected to perform each of those skills perfectly, but they should be able to perform the technique well overall, ie with ease for a prolonged time.

The technique checklist below is meant to assist you in your assessment of your participants' skill level. **To deserve the award, a skier should be able to perform most skills autonomously and on a regular basis. Not more than two particular skills may necessitate corrective feedback from the coach in order for the skier to perform the skill adequately.**

Evaluator Checklist for One Skate:

Skier's Name: _____

SKILLS	YES	NO
The skier plants the poles (two points) when the feet are closest.		
The skier assumes a "high" position for the initiation of each Double Pole.		
The Double Pole action and the leg push are completed almost simultaneously as the skier's weight shift to the gliding ski is completed.		
The follow-through of the arms generally stops just past the hips. (but varies with tempo)		
During the recovery of each leg, the foot passes underneath the hip of that side (feet come close together).		
Maximum leg push on each side resulting in full extension of the pushing leg.		

Track Attack award: Two Skate



Purpose:

Two Skate is the technique used when the slope of the terrain varies from flat to slightly downhill and the skier has already generated quite a bit of speed. It is a technique that is commonly used when the skier is interested in maintaining speed as opposed to accelerating. This technique should be practiced and assessed on flat or gradual up/downhill terrain.

Criteria for achieving the Two Skate award:

Below is the list of the most important skills and benchmarks that make up perfect execution of the Two Skate technique. L2T stage skiers are not yet expected to perform each of those skills perfectly, but they should be able to perform the technique well overall, ie with ease for a prolonged time.

The technique checklist below is meant to assist you in your assessment of your participants' skill level. **To deserve the award, a skier should be able to perform most skills autonomously and on a regular basis. Not more than two particular skills may necessitate corrective feedback from the coach in order for the skier to perform the skill adequately.**

Evaluator Checklist for Two Skate:

Skier's Name: _____

SKILLS	YES	NO
Timing is the same as for One Skate, with poles being planted when weight shift is initiated.		
The skier assumes a "high" position for the initiation of the Double Pole on the poling side – hips are high, legs relatively straight, upper body is erect with slight forward lean.		
Body compression results in a lowering of the body by the end of the poling motion (more than for one skate because of faster speed and longer gliding phase).		
The follow-through of the arms and hands is longer than for One Skate because of two leg pushes for one poling motion (arms usually fully extended back).		
During the recovery of each leg, the foot passes underneath the hip of that side (feet come fairly close together).		
Maximum leg push on each side resulting in full extension of the pushing leg.		



Track Attack award: Offset technique

Purpose:

Offset is the technique used to climb hills in skate skiing, when a skier's speed is too slow to use the One skate technique efficiently. This technique should be practiced and assessed on gradual and increasingly steeper uphill terrain, as much as the strength of the skier permits.

Criteria for achieving the Offset award:

Below is the list of the most important skills and benchmarks that make up perfect execution of the Offset technique. L2T stage skiers are not yet expected to perform each of those skills perfectly, but they should be able to perform the technique well overall, ie with ease for a prolonged time.

The technique checklist below is meant to assist you in your assessment of your participants' skill level. **To deserve the award, a skier should be able to perform most skills autonomously and on a regular basis. Not more than two particular skills may necessitate corrective feedback from the coach in order for the skier to perform the skill adequately.**

Evaluator Checklist for Offset:

Skier's Name: _____

SKILLS	YES	NO
Both poles are planted as new gliding ski touches snow.		
Double Pole-type motion on the lead side with staggered pole placement.		
Knee and hip are driven up the hill and are aligned over the gliding ski.		
Ankle, knee and hip joints are flexed as required by terrain.		
Maximum leg pushes on each side resulting in full extension of the pushing leg.		
At the completion of the leg push, the ski is raised slightly off the snow. The tip and tail of the ski leave the snow at the same time.		
Follow-through of the arms and hands is short, and generally stops at or just past the hips.		

Track Attack award: Rollerskiing



Purpose:

The purpose of a Rollerskiing activity for young skiers is to simply introduce kids to the concepts of rollerskiing and teach them basic skills and safety practices. By the end of an introductory Roller Skiing practice season kids should know what rollerskiing is, what equipment is used, safety considerations and have worked on some basic skills.

Criteria for achieving the Rollerskiing award:

To deserve the Rollerskiing award, a skier must have demonstrated all the skills on the checklist below.

Evaluator Checklist for Rollerskiing:

Skier's Name: _____

SKILLS	YES	NO
The skier is able to properly clip in and out of rollerskis		
The skier can demonstrate step turn in both directions and can slow down and safely stop on flat terrain		
The skier learned about roller ski safety and always wears a helmet and visible clothing		
The skier practiced roller ski speed control techniques		



Track Attack award: Ski Striding

Purpose:

Ski striding is a dryland training technique to simulate skiing when there's no snow. Diagonal stride technique has two parts: a kick phase and a gliding phase. Ski striding is a very efficient simulation of the kick phase. It strengthens the right muscles and it trains them to fire in the correct pattern to optimize your kick.

Criteria for achieving the Ski Striding award:

To deserve the Ski Striding award, a skier must have demonstrated all the skills on the checklist below.

Evaluator Checklist for Ski Striding:

Skier's Name: _____

SKILLS	YES	NO
Forward body lean comes from a flexed ankle so that the middle of hips is over toes at initiation of leg push (falling forward).		
Complete extension of the leg and arm at the end of their respective pushes. (NB: shorter poles than for skiing on snow must be used to achieve this)		
The skier's strides end by landing the recovery leg on a flat foot (not on the heel!), as if the skier had skis on.		
On pole plant, hands are at or below shoulder height with a 90° angle at the elbow.		



Track Attack awards:

Dryland and On Snow Ski Camps

Purpose:

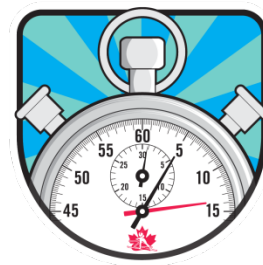
Dryland and On-snow ski camps give young athletes the opportunity to focus on ski techniques and skills, teamwork, self reliance and good eating habits. They can motivate, promote friendships, influence lifestyle choices and provide a positive introduction to cross country skiing as a life sport to improve fitness and wellbeing.

Criteria for achieving the Ski Camps awards:

To deserve the Dryland and On Snow Ski Camps awards, a skier must have participated in a club camp comprised of different activities spanning at least over a full day and requiring an overnight stay.

At the clubs' or coaches' discretion, the following requirements may also be considered to award these prizes:

- ✓ Packed and organized for the camp including any specialized equipment that might be needed
- ✓ Learned about the importance of nutrition, flexibility, strength and other important training considerations
- ✓ Participated in "core strength" and ski-specific strength exercises
- ✓ Practiced and improved skating and classic techniques, either on dryland or on snow
- ✓ Assisted in the preparation of camp meals
- ✓ Contributed his/her share in camp duties and completed the tasks that I was assigned
- ✓ Remembered to take all of personal belongings with him/her when left camp



Track Attack award: Racing

Purpose:

Racing is a fun and satisfying way to test your skills and compete with other skiers of the same age. All the training has prepared the skier to enjoy the sport of cross country skiing and racing is another component that is introduced at the Track Attack level.

Criteria for achieving the Racing award:

To deserve the Racing award, a skier must have participated in at least one competitive event (on snow). Examples of such events could be any of the official racing events on the regional or provincial calendars, a Racing Rocks! event, a loppet, etc.

At the clubs' or coaches' discretion, the following requirements may also be considered to award this prize:

- ✓ Skier arrives on time for pre-race warm up
- ✓ Skier has prepared/assists in preparing skis for race
- ✓ Skier understand expectations of the race
- ✓ Skier demonstrates good sportsmanship before, during, and after the race
- ✓ Skier follows rules of the race and listens to course marshals
- ✓ Skier participates in post-race cool down ski



Track Attack award: Spirit

Purpose:

The mind and body work together to achieve success. The Spirit award is given to a skier who exhibits a positive mindset, is supportive of others, shows perseverance, and is a team builder.

Criteria for achieving the Spirit award:

To deserve the Spirit award, a skier must have demonstrated all the skills on the checklist below.

Evaluator Checklist for Spirit award:

Skier's Name: _____

SKILLS	YES	NO
Skier is respectful to coaches, teammates, parents and volunteers.		
Skier is willing to try new things, is open to ideas and feedback.		
Skier perseveres through challenges and consistently shows good effort.		
Skier demonstrates good sportsmanship and a positive mindset most of the times.		



Track Attack award: Waxing

Purpose:

Waxing skis is a necessary part of cross country skiing and the application of kick wax (at least...) is something that every Track Attack skier should be able to understand and do.

Criteria for achieving the Waxing award:

To deserve the Waxing award, a skier must have demonstrated all the skills on the checklist below.

Evaluator Checklist for Waxing award:

Skier's Name: _____

SKILLS	YES	NO
Can clean the "kick zone" of the classic ski using a sharp, plastic scraper or putty knife, followed by safely wiping down the base with wax remover		
Understands the difference between klistor, hard wax and glide wax and that different waxes exist for different types of snow and temperatures		
Can properly apply and cork in kick wax to the kick zone of the classic ski		
Understands what determines the need to apply glide wax on a ski		



Track Attack award: Off Trail Fun

Purpose:

The Off Trail Fun award is aimed at getting young skiers to participate in special activities that take them off groomed trails. The idea is to expose the skiers to the variety of ways in which to enjoy skiing in nature and to help them to think about terrain, safety and a bit of adventure.

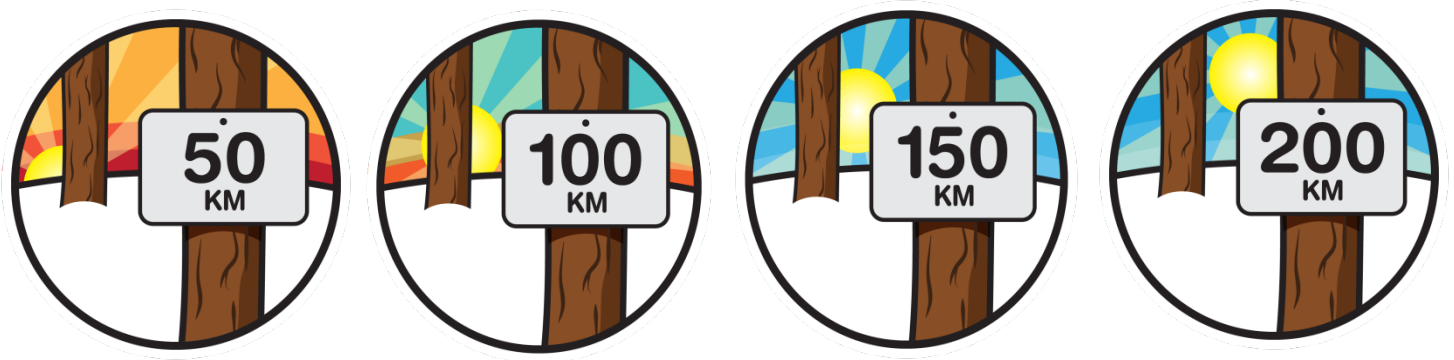
Criteria for achieving the Off trail fun award:

To deserve the Off trail fun award, a skier must have participated in at least one skiing activity (on snow) that was mostly off groomed trails. Examples of such activities could be skiing on a ski playground with all kinds of features, backcountry skiing, a scavenger hunt around the ski lodge, etc.

At the clubs' or coaches' discretion, the following requirements may also be considered to award this prize:

- ✓ Learned about winter safety (animals, natural hazards, cold, hunger/thirst) and safety measures on a ski playground
- ✓ Learned what type of clothing was best for off trail skiing
- ✓ Stayed together with the group, so to not get lost
- ✓ Packed all the food that was brought and garbage out: no littering
- ✓ Packed enough food and water for the activity

Track Attack awards:
Distance (50km, 100km, 150km, 200km)



Purpose:

Learning how to cross country ski well is a committed process. Many kilometers need to be logged to learn a skill. Cumulative distance is therefore a good measure of how well skills are practiced and learned.

Criteria for achieving the Distance awards:

To deserve a distance award, a skier must have cumulatively skied (on snow) the number of kilometers of the award over the course of a single season.

At the clubs' or coaches' discretion, the following requirements may also be considered to award these prizes:

- ✓ Skier participates in almost all training sessions
- ✓ Skier participates in ski outings outside of Track Attack sessions
- ✓ Skier honestly logs the distance of each ski outing and practice session over the course of the season
- ✓ Skier comes prepared for longer ski outings with water, nutritious snacks and other layers for warmth