



Altius Nordic Ski Club Jump 'n Fly Skill League
LEVEL 2 - ANTELOPE: K-18/38 Landing Hill and K-18 Jump
Cross Country skiing Intro

A: Aware of 6 Phases/Ability to demonstrate basic technique of the offset /2 skate skiing styles.

I know 6 phases of the ski jump and can show all of them using imitations.
I can do skate skiing and ski continuously for 15 minutes using the offset and two skate style. I can skate skiing light up hills without stopping and feel confident while going down on a small hill.

N: Nifty Imitations

I can properly perform in-run imitations (5 x 5 second in-run sets on flat; from 8" to 20" high box, drop right into a correct in-run position; 3 in-run-up-in-run on the k18 and k38 landings.

T: Telemark Position/Cross country skiing basics

I can quickly switch from the flight position to the telemark position jumping off the bench (10 out of 10 telemark landings off the 15" bench; telemark set on the k18/k38 landing - hold tele through transition curve! 3 tele-up-tel/hop-tele on the k18/k38 landing. I can use double poling technique while skating on the flats and light downhill. I ski confidently while making turns and cruising over a series of the rollers. I have a good balanced-athletic stance over my skis.

E: Effective Balance and Coordination

I have a good sense of balance skiing on 1 ski down the k18/k38 landing hill. I have also practiced my balance and coordination through gymnastics on;

1. The Trampoline - Flip forward, land on feet for Silver (in telemark for Gold P); In-run, flight position and telemark landing.
2. The Balance Beam - Walk on toes one way, turn around, walk back; flight position and reverse telemark imitations.
3. The Floor - 5 forward rolls/5 back rolls.

L: Long Stretch.

When stretching, I can touch my toes with my hands while my knees are straight. I can keep this position for 20 seconds.

O: Over 10 Meters

Over 80% of my jumps on K-18 are past 10m with telemark and "V". For a "Gold O" I can jump past 12.5 M with telemark and "V".

P: Positive people knowledge and connections

I know 3 world-class Nordic Combined skiers. I know 3 ski jump clubs in North America through looking www.fis-ski.com and doing a Google/Yahoo search. I help my younger team-mates when they need or ask for help like changing uniforms in the trailer, equipment care etc.

E: Antelope EXCELLENCE!