



Altius Nordic Ski Club Jump 'n Fly Skill League
LEVEL 1 - RABBIT: K-18 Landing Hill and K-18 Jump
First steps on cross country skiing skis.

R: I know the In-Run and Telemark position/ Getting around with cross country skiing equipment

I know and can demonstrate 5 main points of the in-run position (on the field and when ski-ing). I also know and can demonstrate the telemark position and can show it properly on the field and when skiing.

I know how to put on and take off properly my cross country ski gear. I know what outfit I should wear for cross country skiing, so I feel warm and comfortable at the training.

A: A+ for Control!

I can control my skis and I have good balance while skiing down the landing hill in the in-run position and can hold it through a transition curve. I can coordinate my arm, leg and body movements and know the difference between coming to a stop on saw-dust and snow. While in cross country skiing I can climb up hill utilizing the herringbone ski style. I can demonstrate both classic style and skating style while in cross country skiing.

B: Be Safe & Healthy

I know what I should do if I fall and can safely recover from it on the hall (falling to the side, back and offset forward. I know why stretching is important in ski jumping and can show three important stretches.

I know about cross country skiing trails etiquette and why it is important to obey it.

B: Belongings

I know how to take good care of my jumping and cross-country equipment (skis, boots, suits, helmets and goggles).

I - "Gold I"

I understand the V-Idea. Most of my jumps (80%) on K-18 are past 7 meters, with the ski tips wider than the tails. For the "Gold I" most of my jumps are past 10 meters with tele and "V". I can do skate style and maintain good balance over my skis while cross country skiing.

T - Terrific People Knowledge and Connections

I know the top Canadian male and female ski jumpers and Nordic combined skiers as well as 3 world-class ski jumpers. I've looked for their names at www.skijumpingcanada.com, www.nordiccombinedcanada.com and www.fis-ski.com. My parents and I also use the Altius Nordic Ski Club website for important training updates. www.altiusnordicskiclub.org.