



Altius Nordic Ski Club Jump 'n Fly Skill League  
LEVEL 5: Raven: K-38/k-63 jump  
Cross country skiing Intro 3

**R: Raven Level Food & Focus**

I know the basics of an athlete's food and good nutrition and try to follow it. I'm 100% focused when ski jumping, cross country ski or doing imitations.

**A: A for Airtime!**

I effectively pull off the bar into the in-run set and hold the proper balanced in-run position until the take-off. I can control my timing and direction at takeoff in 90% of my jumps. I get quick into the flight position. My arms are quiet and my flight remains stable through landing. I do the "V" in 100% of my jumps.

**V: V Position**

I do the "V" in 100% of my jumps. Also, 80% of my jumps on the k-38 are past the 35 m with telemark and past 45 meters on the k-63.

Cross country skiing: I can ski continuously for 25 min. with easy, using a variety of skate skiing techniques. My stance is balanced and my whole body movements are well coordinated.

I look for speed and know how to pace myself properly, so I skate effectively from start to finish.

I have developed my own race day start routine. I know about mental training and can use some elements of it in my regular practices and on a race day.

**E: Excellent Exercise**

I can sprint 30 meters in 5.3 seconds. My long jump is over 180cm. Three long jumps are over 540 cm. I can do 10 single leg squats on each leg. My flexibility is over 5 cm (I reach under feet with hands when standing on a bench) and 10 cm for "Gold E."

**N: Now We Graduate!**

I'm following my favourite world-class athlete in Ski Jumping or Nordic Combined and I re-cord his or her yearly standings in my diary information. I'm acting more