



Altius Nordic Ski Club Jump 'n Fly Skill League  
LEVEL 4: Seagull: K-38 Jump and Landing Hills of K-63 and K-89  
Cross country skiing Intro 2

**S: Sure of Flight Position/Upper body stability (xc skiing)**

I sure know the flight position well. I know why it's critical to get quickly into this position after takeoff, and how moving shoulders up affects distance. I know why the "V" style will take me further down the hill. I understand why it is important to maintain upper body stable while in skate skiing. I maintain a good alignment while ski on steep up hills.

**E: Excellent Imitations**

I know and can show 3-4 flight position imitations that I can do by myself or with a partner.

**A: Always Wait**

When I get ready for a jump at the top of the hill, I wait. I take 30 second to 1 minute to focus and think of the coaches' comments, and what I will do to improve my jump.

**G: Good Technique/One skate skiing**

I am good with timing take-off and control my upper body and arms. My hips are traveling around the knees and climbing up to get me into an aggressive flight position. My back is parallel to the plane of my skis. I'm doing "V" in all my jumps. I know how to ski one skate style, double pole on every leg. I feel very comfortable while ski different terrain, snow conditions and switching from a track onto the trail and vice versa.

**U: Up on k-63 and k-89 landing hills.**

I can ski down the k-63 and k-89 landing hills in the balanced in-run and telemark positions as well as I can switch them (inrun-tele-inrun) on the way down. I'm confident doing aggressive hop and solid tele on both landing hills.

**L: "Gold L" and Long Stretches**

At least 80% of my jumps on the k-38 are past the 32 m with a telemark (k-63 capability for "Gold L". When stretching (standing on my feet):

- With my legs straight and spread wider than my shoulders I can reach the ground with my elbows.
- I can reach my toes with my palm bases and hold this position for 20 seconds. I can reach my knees with my forehead and hold is for 20 seconds for a "Gold L2". Also, I can do 30 push-ups and 60 squats within 1 minute.

**L: Lift-off to Raven!**

Now I have a favorite SJ or NC world class skier and know his or her 3 best results for the last two years. I make sure to help the younger club members, and am ready for the Raven level!