



## Nordic Senior Program Skiing Performance Evaluation

After reviewing skills and completing practice exercises,  
the following maneuvers should be observed and evaluated.

<p><b>TRACK/PREPARED SURFACE</b></p> <ul style="list-style-type: none"> <li>• Diagonal Stride (flat, uphill, downhill)</li> <li>• Double Poling (flat, uphill, downhill)</li> <li>• Skating (flat, uphill)</li> <li>• Braking Techniques (downhill)</li> </ul>	<p><b>OFF-TRACK</b></p> <ul style="list-style-type: none"> <li>• Climbing Maneuvers (unpacked snow, trees, obstacles)</li> <li>• Descending Maneuvers (unpacked snow, trees, obstacles)</li> <li>• Basic Turns: Stem, Stem Christies, Wedge Christies (open slope)</li> <li>• Advanced Turns: Parallel or Telemark (open slope)</li> </ul>
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NORDIC SKIING PROFICIENCY	Cand. #1	Cand. #2	Cand. #3	Cand. #4	Cand. #5
Terrain: Mildly Rolling to Most Difficult Track or Prepared Surfaces and Off-track Situations	+ = -	+ = -	+ = -	+ = -	+ = -
<p><b>EVALUATION CRITERIA</b></p> <p>1. Demonstrate ability to ski in any track or prepared surface terrain encountered using proper:</p> <ul style="list-style-type: none"> <li>a. Weight transfer</li> <li>b. Body position</li> <li>c. Timing and type of pole plant</li> <li>d. Arm swing</li> <li>e. Edging and pressure</li> <li>f. Balance</li> </ul> <p>2. Demonstrate ability to ski in any off-track terrain encountered using proper:</p> <ul style="list-style-type: none"> <li>a. Weight transfer</li> <li>b. Body position</li> <li>c. Timing and type of pole plant</li> <li>d. Arm swing</li> <li>e. Edging and pressure</li> <li>f. Balance</li> </ul>	Comments	Comments	Comments	Comments	Comments
<p><b>OVERALL RATING FOR NORDIC SENIOR SKIING</b> (Note: These scores represent the majority opinion of the instructors. Do not assign an overall rating until a majority opinion has been determined.)</p>					