

Northern Kettle Moraine Nordic Ski Team Levels of Proficiency

Developmental Group 1 (Newcomers/Novice Group): SKIS THE BROWN TRAIL

New or continuing skier who lacks basic coordination of skiing movements, needs fundamental skill development in kick & glide, double pole, & basic V1 skate motion. May lack strength or fitness for age or may just be a very young skier whose stamina is appropriate for age and tires easily. May have difficulty following instructions or modeling/return demonstration of demonstrated techniques. Can identify their classic versus skate equipment. **Participates in home ski events/races.**

Developmental Group 2: SKIS THE BROWN AND RED TRAILS, OCCASIONALLY A PURPLE

Skier with 1-3 years of experience who understands the basic motions of skate and classic techniques, coordination still developing and average fitness. Can name and perform the techniques, but still lacks ability to consistently maintain form. Likes to ski for the fun of skiing and not necessarily for competition. **Participates in home ski events/races.** Can verbalize weather conditions and dresses appropriately, knows the wax of the day and can kick wax their classic skis with assistance.

Competitive Group: CAN REGULARLY SKI THE PURPLE TRAIL WITH AN OCCASIONAL GREEN

Skier is competent at all techniques and can consistently maintain proper form and control, has good physical fitness for age, enjoys skiing and wants to improve. Competition has become part of skiing fun. **Participates in home ski events/races as well as some other HS/MS races.** Finishes in the top 50-75%. Success is measured by how much they improved from previous events. Is dressed appropriately for the temperature and can kick wax their classic skis without assistance. Able to assist with ski maintenance.

Elite Group: REGULARLY SKIS THE GREEN AND PURPLE TRAILS AND CAN SKI A RAINBOW

Skier is highly skilled in all techniques. Demonstrates appropriate techniques for given terrain and can demonstrate understanding by verbalizing why it would be important to use that technique at a given time. Trains on their own (outside of formal classes) as well as participates in additional offerings such as camps when available. Maintains a high level of physical fitness year around. Is sensitive to fellow skiers and assists others with technique and training goals. **Competes in races on a regular basis and is consistently in the top 25% of their competition.** May pursue goals of Junior Olympic competition. Skis are maintained by the athlete without assistance from an adult.

Adapted from the Wausau Night Gliders