



## MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 1: Red: Fun in the Snow

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 1 Goals:

- Get up when fallen
- Side Step
- Star turn in both directions
- Shuffle on Skis
- Glide down a gentle hill
- Hop up and down on skis.
- Duck walk up gentle hill

Coach Signature: \_\_\_\_\_



## MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 1: Red: Fun in the Snow

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 1 Goals:

- Get up when fallen
- Side Step
- Star turn in both directions
- Shuffle on Skis
- Glide down a gentle hill
- Hop up and down on skis.
- Duck walk up gentle hill

Coach Signature: \_\_\_\_\_



## MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.

Level 2 Purple: Fun on the Trails

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 2 Goals:

#### Without poles:

- Put on skis with assistance
- Get up when fallen on a slight hill
- Stand on one ski
- Push with each foot resulting in forward movement
- Herringbone (duck walk) up incline
- Sidestep down a slight incline
- Wedge on slight down hill
- Wedge-turn on slight down hill
- Glide down hill in athletic stance
- Ski with arm swing

#### With poles:

- Ski with arm swing while dragging poles
- Ski 1 km of flat trail

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



## MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.

Level 2 Purple: Fun on the Trails

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 2 Goals:

#### Without poles:

- Put on skis with assistance
- Get up when fallen on a slight hill
- Stand on one ski
- Push with each foot resulting in forward movement
- Herringbone (duck walk) up incline
- Sidestep down a slight incline
- Wedge on slight down hill
- Wedge-turn on slight down hill
- Glide down hill in athletic stance
- Ski with arm swing

#### With poles:

- Ski with arm swing while dragging poles
- Ski 1 km of flat trail

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



# MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 3 Blue: Fun with Rhythm

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 3 Goals:

(Level 2 Skills are a pre-requisite for 7 - 8 year olds)

- Generate momentum with arm swing with poles
- Demonstrate efficient movement and rhythm
- Push off of each foot resulting in forward movement
- Wedge around 4 cones placed on a medium hill
- Come to a wedge stop at the bottom of a medium hill
- Sidestep up and down a medium hill
- Move between gliding downhill and wedge to a stop repeatedly down a hill
- Herringbone up a moderate hill
- Double pole with forward motion
- Perform a downhill tuck with poles
- Ski 1km on rolling trail with good technique

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



# MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 3 Blue: Fun with Rhythm

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 3 Goals:

(Level 2 Skills are a pre-requisite for 7 - 8 year olds)

- Generate momentum with arm swing with poles
- Demonstrate efficient movement and rhythm
- Push off of each foot resulting in forward movement
- Wedge around 4 cones placed on a medium hill
- Come to a wedge stop at the bottom of a medium hill
- Sidestep up and down a medium hill
- Move between gliding downhill and wedge to a stop repeatedly down a hill
- Herringbone up a moderate hill
- Double pole with forward motion
- Perform a downhill tuck with poles
- Ski 1km on rolling trail with good technique

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



# MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.

Level 3\* Blue (beginners ages 11-14)

Fun with Rhythm

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 3\* Goals:

- Get up when fallen on a slight hill
- Generate momentum with arm swing (no poles)
- Demonstrate efficient movement and rhythm
- Ski with arm swing while dragging poles
- Push off of each foot resulting in forward movement
- Wedge around 4 cones placed on a medium hill
- Come to a wedge stop at the bottom of a medium hill
- Sidestep up and down a medium hill
- Move between gliding downhill and wedge to a stop repeatedly down a hill
- Herringbone up a moderate hill
- Double pole with forward motion
- Perform a downhill tuck with poles
- Ski 2km on rolling trail with good technique

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



# MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.

Level 3\* Blue (beginners ages 11-14)

Fun with Rhythm

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 3\* Goals:

- Get up when fallen on a slight hill
- Generate momentum with arm swing (no poles)
- Demonstrate efficient movement and rhythm
- Ski with arm swing while dragging poles
- Push off of each foot resulting in forward movement
- Wedge around 4 cones placed on a medium hill
- Come to a wedge stop at the bottom of a medium hill
- Sidestep up and down a medium hill
- Move between gliding downhill and wedge to a stop repeatedly down a hill
- Herringbone up a moderate hill
- Double pole with forward motion
- Perform a downhill tuck with poles
- Ski 2km on rolling trail with good technique

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



## MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 4 Yellow: Fun with Glide

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 4 Goals:

(Level 3 Skills are a pre-requisite)

- Demonstrate one-legged glide while striding (one foot off of ground)
- Wedge around 4 cones placed on a medium hill
- Come to a snowplow stop at the bottom of a large hill
- Demonstrate a hockey-stop
- Herringbone up a large hill
- Double pole with powerful forward motion
- Demonstrate double pole with a kick
- Perform a downhill tuck on large down hill
- Track skills; skiing in crowds, passing, getting in/out of tracks and relay tags
- Ski 3km on hilly trails demonstrating proper technique and transistions

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



## MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 4 Yellow: Fun with Glide

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 4 Goals:

(Level 3 Skills are a pre-requisite)

- Demonstrate one-legged glide while striding (one foot off of ground)
- Wedge around 4 cones placed on a medium hill
- Come to a snowplow stop at the bottom of a large hill
- Demonstrate a hockey-stop
- Herringbone up a large hill
- Double pole with powerful forward motion
- Demonstrate double pole with a kick
- Perform a downhill tuck on large down hill
- Track skills; skiing in crowds, passing, getting in/out of tracks and relay tags
- Ski 3km on hilly trails demonstrating proper technique and transistions

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



# MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 5 Green: Fun with Skating

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 5 Goals:

(Level 4 skills are a prerequisite)

- Skate without poles on flat terrain
- Skate without poles up a gentle hill
- Double poling with arm momentum
- Marathon skate
- V2 Alternate on flat terrain
- V2 on uphill terrain
- Flying herringbone
- V1 Timing
- Best lines on downhills
- Track skills; Getting in and out of tracks, passing, relay tags
- Hockey stop in both directions
- Skate ski 3km on rolling terrain

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



# MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 5 Green: Fun with Skating

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 5 Goals:

(Level 4 skills are a prerequisite)

- Skate without poles on flat terrain
- Skate without poles up a gentle hill
- Double poling with arm momentum
- Marathon skate
- V2 Alternate on flat terrain
- V2 on uphill terrain
- Flying herringbone
- V1 Timing
- Best lines on downhills
- Track skills; Getting in and out of tracks, passing, relay tags
- Hockey stop in both directions
- Skate ski 3km on rolling terrain

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



# MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 6 Pink More Fun with Skating

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 6 Goals:

(Level 5 skills are a prerequisite)

- Skate without poles
- V1 on both sides
- V2 up and over hills
- V2 Alternate for efficiency
- V1 on steep hills with continuous movement
- Transitions and reading terrain
- Maintaining and generating speed on downhills, free skating
- Track skills; skiing in crowds, passing and relay tags
- Momentum efficiency, using tracks
- 180 degree turn on flat
- Skate ski 3km on hilly terrain

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_



# MyXC SkiSparks

Ski for Fun. Ski for Sport. Ski for Life.  
Level 6 Pink More Fun with Skating

Skier Name: \_\_\_\_\_

Skier demonstrated mastery of:

### Level 6 Goals:

(Level 5 skills are a prerequisite)

- Skate without poles
- V1 on both sides
- V2 up and over hills
- V2 Alternate for efficiency
- V1 on steep hills with continuous movement
- Transitions and reading terrain
- Maintaining and generating speed on downhills, free skating
- Track skills; skiing in crowds, passing and relay tags
- Momentum efficiency, using tracks
- 180 degree turn on flat
- Skate ski 3km on hilly terrain

Recommended level next year: \_\_\_\_\_

Coach Signature: \_\_\_\_\_