



Nordic Senior Program Skiing Performance Evaluation

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

TRACK/PREPARED SURFACE

- Diagonal Stride (flat, uphill, downhill)
- Double Poling (flat, uphill, downhill)
- Skating (flat, uphill)
- Braking Techniques (downhill)

OFF-TRACK

- Climbing Maneuvers (unpacked snow, trees, obstacles)
- Descending Maneuvers (unpacked snow, trees, obstacles)
- Basic Turns: Stem, Stem Christies, Wedge Christies (open slope)
- Advanced Turns: Parallel or Telemark (open slope)

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	+ = -	+ = -	+ = -	+ = -	+ = -
EVALUATION CRITERIA 1. Demonstrate ability to ski in any track or prepared surface terrain encountered using proper: <ol style="list-style-type: none"> a. Weight transfer b. Body position c. Timing and type of pole plant d. Arm swing e. Edging and pressure f. Balance 2. Demonstrate ability to ski in any off-track terrain encountered using proper: <ol style="list-style-type: none"> a. Weight transfer b. Body position c. Timing and type of pole plant d. Arm swing e. Edging and pressure f. Balance 	Comments	Comments	Comments	Comments	Comments
OVERALL RATING FOR NORDIC SENIOR SKIING (Note: These scores represent the majority opinion of the instructors. Do not assign an overall rating until a majority opinion has been determined.)					