

Marshall Nordic Ski Team Skill Checklist

This is a list of what we hope you learn on the ski team. We'll assess ourselves each month during the season. Use this list to set your workout and racing goals!

Skill	November	December	January	February
Skate Skiing				
V1 to the left				
V1 to the right				
V2				
Open field				
Classic Skiing				
Diagonal stride				
Double pole				
Kick double pole				
Up Hill				
Skate: jump skate				
Skate: Diagonal V				
Classic: Shortened diagonal stride				
Classic: herringbone				
Turning				
Skate: step turn				
Skate: hop turn				
Classic: hop turn				
Stopping				
Snowplow				
Turning uphill or into snow				
Hockey stop				
Equipment Use				
Carrying skis and poles				
Safe falling				
Use of pole straps				
Waxing				
Choosing appropriate glide wax				
Applying glide wax				
Choosing appropriate kick wax				
Applying kick wax				