



PSIA Cross Country Academy 2017

When: November 26, 27, 28 2017

Where: West Yellowstone, Montana, Rendezvous Trails

Description: Spend 1, 2 or 3 days clinicing, skiing, training and living with the PSIA National XC Team. For all levels, all abilities. Open to PSIA members and non members

	November 26, Sunday	November 27, Monday	November 28, Tuesday
Morning Movement 7:00 am	foam rolling, stretching, muscle activation (OPTIONAL)		
Breakfast	On Your Own		
Register 8:30-9:00	Please register each morning at the Rendezvous Trailhead Warming Hut before joining your group		
Classic Skiing 9:00-11:30 <i>3 Sessions to choose from</i> <i>Meet @ Trailhead</i>	Beginner Skiers & Coaches/Instructors	Beginner Skiers & Coaches/Instructors	Beginner Skiers & Coaches/Instructors
	Personal Skier Improvement	Motor Learning, Agility & Skills Model	Teaching Improvement
	Uphill Technique	Skier Improvement w/ Video & Movement Analysis	Ski Strength Drills for Technique Development
Lunch	Lunch on your own, 2 hours		
Skate Skiing 1:30-4:00 <i>3 Sessions to choose from</i> <i>Meet @ Trailhead</i>	Beginner Skiers & Coaches/Instructors	Beginner Skiers & Coaches/Instructors	Beginner Skiers & Coaches/Instructors
	Personal Skier Improvement	Motor Learning, Agility & Skills Model	Teaching Improvement
	Uphill Technique	Skier Improvement w/ Video & Movement Analysis	Downhill Technique
Indoor Group Dinner & Presentations 5:30	Presentation: Training Motor Learning, Agility Drills and the Skills Model	Functional Movement: Screening, Assessment, Improvement	Academy Completed!
Evening	Social at condo	Social at condo	

Register at this link: <http://www.xcskiacademy.com/schedule/psia-xc-nordic-ski-academy>