

PA Nordic Ski Program Skills Outline

Bunnyrabbit Skills:	Jackrabbit I Skills:	Jackrabbit 2 Skills:	Jackrabbit 3 Skills:	Jackrabbit 4 Skills:	Track Attack Skills:
Ready Position	Ready Position	Ready Position	Ready Position	Ready Position	Ready Position
Falling and Rising	Falling and Rising	Falling and Rising	Falling and Rising	Falling and Rising	Falling and Rising
Side Stepping	Side Stepping	Side Stepping	Side Stepping	Side Stepping	Side Stepping
Star Turn	Star Turn	Star Turn	Star Turn	Star Turn	Star Turn
Diagonal Stride (no poles)	Diagonal Stride (+/- poles)	Diagonal Stride	Diagonal Stride	Diagonal Stride	Diagonal Stride
Herringbone (no poles)	Herringbone (+/- poles)	Herringbone	Herringbone	Herringbone	Herringbone
Free Glide (no poles)	Free Glide (+/- poles)	Free Glide	Free Glide	Free Glide	Free Glide
	Snow Plow Braking	Snow Plow braking	Snow Plow Braking	Snow Plow Braking	Snow plow braking
		Snow Plow Stop	Snow Plow Stop	Snow Plow Stop	Snow Plow Stop
		Double Poling	Double Poling	Double Poling	Double Poling
			Snow Plow Turn	Snow Plow Turn	Snow Plow Turn
				Free Skate	Free Skate
				Downhill Tuck	Downhill Tuck
					One-step Double Poling
					Marathon Skate
					Step Turn
					Offset*
					One Skate*
					Two Skate*
					 *IF time and ability of skiers permit.
		(Falling and rising, snow plow braking, snow plow stop, etc. will be practiced on gentle slope.)	(Falling and rising, snow plow braking, snow plow stop, etc. will be practiced on gentle to moderate slope.)	(Falling and rising, snow plow braking, snow plow stop, etc. will be practiced on moderate slope.)	(Falling and rising, snow plow braking, snow plow stop, etc. will be practiced on steep hills.)