



KidSki Program at Snowflake

The KidSki program is designed to inspire a lifelong love of cross-country skiing and the outdoors in our children. KidSki emphasizes a fun, game-based approach to learning to ski, and is staffed by local volunteers who want to share their talents and love of skiing. Skiers of all abilities are welcome.

Skill Levels and Equipment – scroll down for Levels 1 – 5

Level 1

Age Range Level 1 is for kids who HAVE NOT skied before. Koalas: 4-5 year olds; parents welcome to walk/ski with kids. Kodiaks: 6-11 year olds; parents welcome to walk/ski with kids.

Equipment *Koala*: Waxless (fishscale) XC skis. Koalas do not use poles. Skis that strap on over snow boots are okay, but not recommended for Koalas. *Kodiak*: Waxless XC skis. Poles are used. Please send your child with ski-specific boots attach to skis—SNS binding or NNN binding (any ski shop or KidSki coach can help explain the differences).

Goals

- Review safety & courtesy rules
- Learn to put on and take off equipment
- Learn to walk and move on skis
- Learn to fall down and get up
- Have fun playing games
- Learn to go up hill with side stepping
- Begin to learn to snow plow
- Ski a ½ km loop without falling

Level 2

Age Range For kids 5 and older who have mastered Level 1.

Equipment Classic skis, boots and poles. Waxless skis with ski-specific boots are the best option at this level. Please help your child wax their skis before KidSki if they have waxable skis.

Goals Through both games and trail-work, kids will:

- Extend glide from ski to ski
- Learn to transfer weight for diagonal stride
- Learn to go up hills with diagonal stride
- Learn to go up hills with herring bone
- Become more comfortable going down larger hills in the track
- Learn how to grip and use poles correctly
- Master the snow plow
- Turn using wedge turns
- Increase strength & endurance and
- ski at least 3 km of moderately hilly terrain

Level 3

Age Range For kids 7 and older who have mastered Level 2.

Equipment Classic skis, boots and poles; waxable or waxless. Many kids will be ready for waxable skis by now. They offer superior glide, but require more technique when going up hills.

Goals Through trail work and games:

- Refine uphill technique (diagonal stride)
- Continue to work on using poles correctly
- Double Poling Single kick, double pole
- Downhill techniques: more wedge turns, step turns, downhill turns in the track
- Learning to use the terrain: choosing best technique
- Bumps and jumps
- Learn correct body position-lean and incline
- Learn to use kick wax
- Increase strength & endurance and
- ski at least 5 km of moderately hilly terrain

Level 4 – SKATE Skiing

Age Range For kids 9 and older who have mastered Level 3. This technique requires strength and endurance, and kids must be ready to be physically challenged. KidSki coaches reserve the right to reassign kids who are not yet ready for this level.

Equipment Must have skate skis (non-fishscale classic skis are acceptable, but glide suffers), longer poles (chin- to nose-length). Skate skiing is easiest with skate-specific boots (classic boots will work, but require greater ankle strength and make learning to skate ski more difficult).

Goals Through trail work and games:

- Learn the basic V1 technique on flats
- Correct use of poles
- Learn how to climb hills with the V1 technique

- Open field skate or V2 alternate
- Introduction to V2 technique
- Downhill techniques
- Using the best technique for the terrain
- Long glide on one ski
- Increase strength & endurance and
- ski at least 7 km of moderately hilly terrain

Level 5 – CLASSIC and SKATE Skiing (advanced)

Age Range For kids 10 and older, who have mastered Level 4.

Equipment Classic and skate skis, poles and boots. Classic skis must be waxable (no fishscales). ‘Combi’ equipment may be used, but technique-specific equipment is preferable. Classic skis must be appropriate to the skier’s weight. Classic poles generally reach to armpit and skate poles generally reach between the chin and the nose.

Goals Level 5 is for kids who are serious about developing skills in both techniques, and who have an eye toward joining their high school ski team (kids can join their high school team in 7th grade). These kids must be comfortable with both techniques and able to ski 10 km. Come prepared for classic skiing at the first class. Skiers will work with some of our advanced coaches.

Classic Goals:

- Diagonal stride refined
- Double poling
- Single kick double pole mastered
- Waxing for the conditions

Skate Skiing Goals:

- V1 will be refined
- Open field and V2 reviewed
- Poling
- Downhill technique