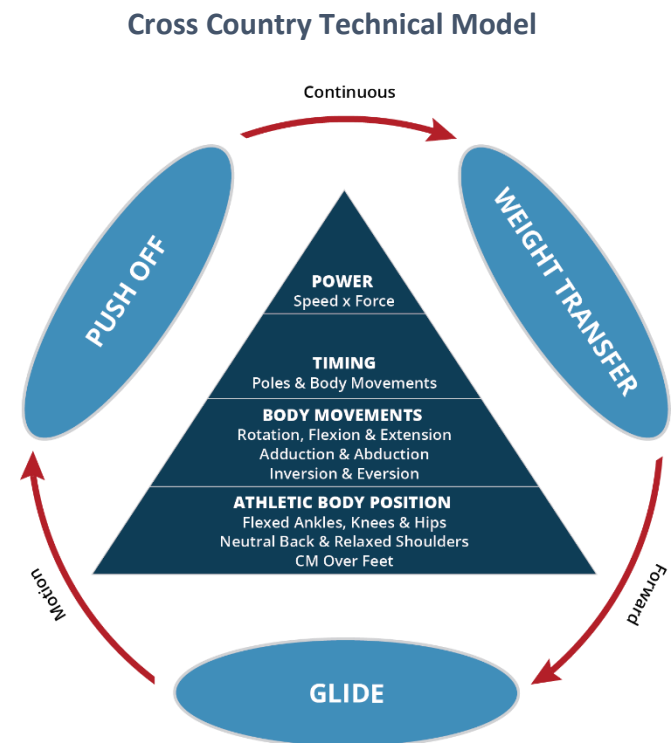
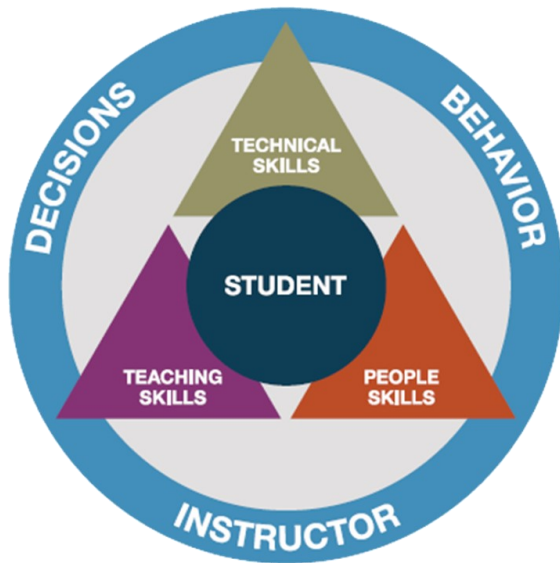


Cross Country Fundamentals

- **Body Position fore/aft** Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the ski
- **Weight Transfer ski to ski** Control the Center of Mass to the Base of support from ski to ski
- **Propulsion** Control the timing of body movements while regulating power application through skis and poles to optimize propulsion
- **Momentum** Utilize body movements to manage momentum



Learning Connection Model



People Skills Fundamentals

- Develop relationships based on trust.
- Engage in meaningful, two-way communications.
- Identify, understand and manage your emotions and actions.
- Recognize and influence the behaviors, motivations and emotions of others.

Teaching Skills Fundamentals

- Collaborate on long-term and short-term objective.
- Promote play, experimentation , and exploration.
- Facilitate the learner's ability to reflect upon experiences and sensations.
- Manage information, activities, terrain selection, and pacing.
- Adapt to the changing needs of the learner.
- Manage emotional and physical risk.