

S2 PE

Cross Country Skiing

Cross Country Skiing is an excellent aerobic fitness activity utilizing arms and legs simultaneously. The toe of the boot is attached and the heel is free. In Alpine Skiing (downhill), the entire foot is attached to the ski.

Lingo

Base	the bottom of the ski
Classic Technique	traditional, diagonal style; involves opposite leg-opposite arm motion in a straight ahead direction
Skating Technique	using the edges of your skis to skate in a slight V position
Header	face first fall (face plant)
Nordic Skiing	refers to any form of cross country skiing (biathlon, jumping, orienteering, etc.)
Off-track skiing	skiing on unprepared snow
Track skiing	skiing on machine prepared snow for classic or skating techniques
Sitzmark	a large indentation in a track or open area caused by the hindmost end (butt) of a previously fallen skier
Waxless skis	skis with small ridges on the bottom to provide grip (instead of kick wax)
Wax	Kick wax – for grip and Glide wax for gliding
Herringbone	a walking up hill technique with skis in the shape of an open V

3 Techniques of Cross Country Skiing

1. Classic – aka Diagonal Stride
 - looks like a sliding walk
 - skis stay parallel
2. Skating
 - looks like you are skating
 - skis go in a ‘V’
3. Downhill
 - similar to alpine skiing
 - be careful as your heels are not secure!!

Sizing

A ski is sized based on a skier's weight first and then height. This is because the ski flexes and this is more important than length of ski. So a ski is matched to a skier's weight, strength and skill. Manufacturers match ski lengths to a skier's weight using a table as a starting point.

Sizing of poles depends on technique chosen. Classic poles should fit under your armpits when you standing. Skate poles should touch the cleft of your chin.