

## Beginner Instruction 2021

Instructors: Ewan Craig, Nick Cox, Bob Donders, Phil and Dianne Davies and myself

Because things are different this year there will be no introduction and waxing demo by me prior to the on-snow lessons starting. We will have established the wax of the day prior to our students' arrivals which will be staggered by 15 minutes or so to wax skis appropriately for each group. This time each instructor will have to do the basic instruction for their group right off the bat. I have offered some tips for beginners (on the DRXC website) specifically for those taking the lessons so their skis should be clean to start with and they will have practiced attaching their boots to their bindings ahead of time and know how to put their poles on. Hopefully! The instructors will have to gauge how fast to work through the lessons based on the competence of the group.

We will know how many students there will be altogether this weekend and therefore how many instructors will be needed and how big the groups will be. I will try and grade the students before we start so the groups will be as uniform as possible. With your feedback I will match the groups and the instructors for the second lesson. Again, the instructors should progress through the lessons as fast as they think fit to bring the whole group along, for example moving off the hydro lines and onto the trail. This is very important for some beginners. We should emphasize that the more you get out on skis the faster you will progress. Practice makes perfect.

### Lesson 1

Basic posture. i.e. slight lean forward and knees slightly bent.

How to do a star turn

How to fall and get up again.

Diagonal stride. Sequence of kick and glide, pole action and pole placement. Weight transfer from side to side so the centre of gravity is over the gliding ski.

Easy downhill running on a slight slope with slightly bent and therefore relaxed knees

It will be up to you whether your group skis without poles or not.

Watch for the shortening of the glide phase which is usually marked by a slap-slapping of the tails of the skis when the kicked ski is rushed back onto the snow. Watch for straight armed poling as opposed to a bent elbow and for placing of the pole too far forward.

### Lesson 2

Uphill diagonal stride. Faster tempo and more upright posture.

Double poling downhill.

Herring-bone and side-step.

Snow-plough downhill to slow down. Snow-plough turn.

Single kick double pole if the students progress fast.