CROSS COUNTRY SKIING
OED 048-02

Read: A Nordic Skiing Teaching Progression for the V-2 Skate
Read: Nordic Ski Technique Summaries
View Nordic Skiing Links on this Page

Meeting Time: M 12:30-5:20 p.m.
Meeting Place: The “Outpost” unless otherwise specified
Instructor: J. Grant White; Wh 312/Ext. 1350 gwhite@northland.edu

Syllabus On-Line: www.northland.edu/oe --> Course Descriptions Page --> Cross Country Skiing Syllabus page

Please note: Students in need of academic or medical accommodation should contact Judi Holevatz, R.N., ext. 1340, Rm. 206 of the Ponzio Center.

The first session will take place in the “Outpost” and will consist of presentations on ski repair, base preparation, and waxing.

Session two will consist of a downhill ski technique progression followed by basic flat track technique. There will be a general progression apparent on each of the ski sessions, as new skills are added and more challenging terrain sought out.

Because we will be outside in a winter environment, your clothing selection is a matter of both personal and group safety. A warm hat is mandatory. Try to obtain long underwear made of wool or one of the synthetics such as “Thermax” or polypropylene as any of these will keep you warm even when wet. Dress in multiple light layers made of one of the pile or fleece garments. A light wind shell is best over layers such as these. Avoid heavy coats which allow few adjustment options beyond on or off. You will become wet from perspiration and then become chilled in something such as this. You will need and can rent a daypack in which to store clothing layers as you heat up. Wool pants or wind pants over “polypro” or fleece may be best in cold weather and mittens are warmer than gloves. Cotton is neither serviceable nor appropriate.

Intended Course Outcomes

● A good skill foundation in diagonal stride technique
● A good skill foundation in the double pole and double pole with a kick
● Competent to negotiate hills, both up and down, at the beginner/low intermediate level
● A good skill foundation in waxing for grip and glide in a limited range of snow conditions
● Functional knowledge of how to dress appropriately for a variety of winter weather conditions

Grading

As of fall semester 1999, students in all Outdoor Education activity classes will receive a letter grade. Grades in this class will be calculated on a straight percentage basis. This is accomplished by dividing the number of points earned by the total number of points possible. I do not grade on improvement except to the extent that improved scores will bolster the student’s overall point total. Full and enthusiastic class participation is expected of all students and should not be viewed as something extra that can be counted on to compensate for poor performance in other aspects of the class.

In addition to attending every session, each student will write a research paper, which will be due at the end of the session. The papers will be graded and then copied and assembled into information packets, which will be distributed to students in the class. The papers should represent thorough research of a specific and focused topic. Papers should be concise while providing thorough coverage of the topic in question. A selection of Dexter Library and Internet...
resources are assembled at the end of this syllabus.

The grading scale is as follows: 93-100 A; 90-92 A-; 87-89 B+; 83-86 B; 80-82 B-; 77-79 C+; 73-76 C; 70-72 C-; 67-69 D+; 60-66 D; 0-59 F.

**Attendance**

Students must understand that attendance is of paramount importance in any activity class. It is more important than, and cannot be made up by, the written assignment. This class meets 7 times. Therefore, if classes are missed, each class will be considered to be worth 14% of the class, and 14% per session missed will be deducted from the final percentage total.

Students in the class will be expected to attend each session and participate to the fullest. Excused absences include illness; school sponsored activities, and selected family obligations. Missing a class to study for another class is not excused on the basis of being a school sponsored activity. Missed classes must be made up by researching an appropriate topic and writing a summary of the findings, or by completing an alternative substitution activity. Either alternative must be arranged in consultation with the instructor.

Under no circumstances should a student assume that by merely submitting a paper, they have made up for 100% of the class missed. In order to be considered equivalent, the paper must reproduce, or substitute for, the content covered on the day missed, and be of adequate length, substance, and quality based on the judgment of the course professor. For purposes of calculating a final grade for the class, the paper will be graded, and the 14% deduction for the one absence will be reduced, commensurate with the quality of the make-up assignment. Therefore, the degree to which the paper actually substitutes for the class experiences on the day missed, will be directly reflected in the final grade. In any case, the student must meet with the professor to discuss the possible make-up work. Only one miss (equivalent to one week of the course) can be made up in this way. Any student missing more than one session must drop the class.

Some possible topics include but are not limited to:

- Basic grip waxing techniques
- Grip waxing for special situations
- Use of klisters
- Ski repair
- Ski tuning
- Base structuring
- Contents of a minimalist wax kit
- Contents of a ski field repair kit
- Summary of local ski trails
- Glide waxing
- Dressing for cold weather activities
- Focused topics related to hypothermia or frostbite such as causes and prevention or treatment
- Construction of a specific style of snow shelter
- Ice travel and safety
- Surviving an unplanned night in the winter woods
- Selection of one specific category of ski equipment such as, waxable light touring skis, or back country skis
- Guidelines for assembling an emergency pack for off-trail skiing
- Winter trail nutrition

**Ski Related Web-Sites**

**Trail Info.**
- Cross Country Ski Northwest Wisconsin (Norwiski.com)
- North Star Ski Club
- Cross Country Ski Areas Association
- Adelsman's Cross-Country Ski Page (skinnyski.com)
- 4H Canski (Mt. Valhalla conditions, etc.)
- ABR (Active Backwoods Resort)
- Book Across the Bay

**Shops**
- New Moon Ski Shop
- Eagle River Nordic
- Snow Shack
### Reliable Racing Supply

### Information
- xc-ski.com
- xcskiworld.com
- Out There Winter Sports
- Nexski-Links
- Faster Skier

### Waxing and Tuning
- Swix Wax
- Rex Wax (in English)
- TOKO Wax
- Start Wax
- Rode Wax
- Fast Wax
- Holmenkol Wax
- Ski-Go Wax
- Solda Wax
- Star Wax

Cross Country Ski Association of Manitoba-Equipment and Waxing Links
- Ski Central Tuning and Waxing
- Skiward Race Team-Waxing
- SKI-SKI-SKI.COM
- Eagle River Nordic Wax Book (Excellent!)
- Viking Alpine Lodge-Alpine Ski Tuning
- XC SkiWorld-Performance
- XC SkiWorld-Waxing
- Tognar Toolworks