Color Group Skills

*Green*

* Smile and Tiger growl
* Learn how to dress and tell someone when cold
* Learn about safety and trail etiquette
* Trail maintenance if you fall
* How to pass on a hill and etiquette of a two-way trail
* Walking and moving on skis
* Falling and getting up
* Learning to glide down small and then larger hills.
* Herringbone up a small hill
* Herringbone up Swedetown Chalet hill
* Star turn
* Bend and pick up an object on the downhill while gliding
* Safe and controlled stop
* Kick and glide on skis
* Grip poles correctly
* Ski 2 km comfortably in 1 hour

*Blue*

* Snowplow and stop on a hill
* Herringbone up a moderate hill
* Double pole
* Know Safety rules
* Know courtesy rules
* Traverse across a slope
* Sidestep a short distance
* Hold and grip poles correctly
* Diagonal Stride with good glide
* Able to ski 3 km in one hour comfortably.

*Red*

* Hold and grip poles correctly
* Diagonal poling
* Double pole with kick
* Keeps body inclined forward while skiing
* Downhill tuck
* Make good snowplow turns
* Diagonal stride with good glide
* One ski wedge in track
* Skate without poles on the flats
* Skate up gentle hills without poles
* Marathon skate
* Correct V1 Skate timing
* Christy turns
* Able to stride 4 km in one hour.

*Yellow*

* Good diagonal stride
* Running herringbone up larger hill
* Learn to apply kick wax and cork wax smooth
* Good skate turn
* Maneuver on moderate up or down hills
* V1 on flats with strong right side
* V1 on flats with strong left side
* V1 uphill with strong right side
* V1 uphill with strong left side
* V2 alternate skate
* Skate turn
* Step turn

*Bronze*

* Diagonal stride on up hills and flats
* Work on double pole kick
* Work on pole technique
* Work on V1 Skate-able to switch from one side to another
* Work on V2 Skate
* Work on V1 Skate on up hills
* Work on diagonal skate technique on up hills
* Wax skis for most conditions
* Control down hills
* Make skate turns on down hills
* Knows when to use different techniques
* Helpful to the entire group
* Knows the courtesy and safety rules
* Able to ski 6 KM striding in 1 hour
* Able to ski 7 KM skating in 1 hour

*Development Team*

* Good diagonal stride on up hills and flats
* Good double pole kick
* Good double pole technique
* Good V1 Skate- able to switch from one side to another.
* Good V2 Skate
* Good V1 skate on uphills
* Good diagonal skate technique on uphills
* Wax skis for most conditions
* Control downhills
* Make skate turns on downhills
* Knows when to use different techniques
* Helpful to the entire group
* Knows the courtesy and safety rules
* Able to ski 6 km striding in one hour.
* Able to ski 7 km skating in one hour.