

Nordic Kids Report Card 2019

Chipmunks (Level 1)

- Basics
 - ☐ Putting on and taking off skis
 - ☐ Falling (sit down when out of control)
 - ☐ Getting up
 - ☐ Stopping with snow plow
- Body Position
 - ☐ Knees and ankles flexed
 - ☐ Shoulders slightly rounded
 - ☐ Head up
 - ☐ Hands move with bent elbows
- Climbing
 - ☐ Herringbone
 - ☐ Classic Uphill
- Descending
 - ☐ Relaxed position (arms forward, head up, knees and ankles bent)
 - ☐ Turning with snow plow
 - ☐ Tuck

Nordic Kids Report Card 2019

Ravens (Level 1)

- Basics
 - ☐ Putting on and taking off skis
 - ☐ Falling (sit down when out of control)
 - ☐ Getting up
 - ☐ Stopping with snow plow
- Body Position
 - ☐ Knees and ankles flexed
 - ☐ Shoulders slightly rounded
 - ☐ Head up
 - ☐ Hands move with bent elbows
- Climbing
 - ☐ Herringbone
 - ☐ Classic Uphill
- Descending
 - ☐ Relaxed position (arms forward, head up, knees and ankles bent)
 - ☐ Turning with snow plow
 - ☐ Tuck

Nordic Kids Report Card 2019

Owls (Level 2)

- Diagonal Stride
 - ☐ Diagonal stride without poles
- Poling
 - ☐ Diagonal stride poling
 - ☐ Double poling
- Skating
 - ☐ Marathon skate

Nordic Kids Report Card 2019

Lynx(Level 1 & 2)

- Basics
 - ☐ Putting on and taking off skis
 - ☐ Falling (sit down when out of control)
 - ☐ Getting up
 - ☐ Stopping with snow plow
- Body Position
 - ☐ Knees and ankles flexed
 - ☐ Shoulders slightly rounded
 - ☐ Head up
 - ☐ Hands move with bent elbows
- Diagonal Stride
 - ☐ Diagonal stride without poles
- Poling
 - ☐ Diagonal stride poling
 - ☐ Double poling
- Climbing
 - ☐ Herringbone
 - ☐ Classic Uphill
- Descending
 - ☐ Relaxed position (arms forward, head up, knees and ankles bent)
 - ☐ Turning with snow plow
 - ☐ Tuck
- Skating
 - ☐ Marathon skate

Nordic Kids Report Card 2019

Yetis (Level 3)

- Descending
 - ☐ Step turns (small steps changing direction of skis)
- Skating
 - ☐ V2
 - ☐ V1
 - ☐ V2 Alternate

Nordic Kids Report Card 2019

Foxes (Level 1 & 2)

- Basics
 - ☐ Putting on and taking off skis
 - ☐ Falling (sit down when out of control)
 - ☐ Getting up
 - ☐ Stopping with snow plow
- Body Position
 - ☐ Knees and ankles flexed
 - ☐ Shoulders slightly rounded
 - ☐ Head up
 - ☐ Hands move with bent elbows
- Diagonal Stride
 - ☐ Diagonal stride without poles
- Poling
 - ☐ Diagonal stride poling
 - ☐ Double poling
- Climbing
 - ☐ Herringbone
 - ☐ Classic Uphill
- Descending
 - ☐ Relaxed position (arms forward, head up, knees and ankles bent)
 - ☐ Turning with snow plow
 - ☐ Tuck
- Skating
 - ☐ Marathon skate

Nordic Kids Report Card 2019

Wolves (Level 3)

- Descending
 - ☐ Step turns (small steps changing direction of skis)
- Skating
 - ☐ V2
 - ☐ V1
 - ☐ V2 Alternate