

NORDIC PATHWAYS

FACTS SHEET FOR SCHOOLS

X COUNTRY SKI PROGRAMS| NORDIC PATHWAYS |

WHERE

K7 Ski School operates from the Perisher Nordic Trails. Find us at the Nordic Shelter or in the Orange Dome Tent at the head of the Nordic Trails. We also conduct training at Falls Creek and Mt Buller for National Interschools.

WHEN

JULY SCHOOL HOLIDAYS -
Daily ski programs.

WEEKENDS: Every Saturday
and Sunday.

TERM III - Tailored cross
country ski programs for your
school.

SUMMER: Join a K7 Ski School
overseas trip for sensational
recreational skiing and training
overseas. Come explore with
K7.

WHO

K7 Ski School is a collegiate
organisation built from fully
qualified, professional and
highly experienced cross
country ski instructors &
coaches! Proficient, passionate,
purposeful - we love to teach!



Nordic Pathways for Cross Country Skiers

Cross country skiing is a 'life long passion' and for some, a profession as an athlete, instructor or coach.

Once your students have stepped onto the snow on 'cross country' or nordic skis, they will never look back! As a professional Ski School, the first impression we have of young people on snow is the key word **FUN** and the second yet equally important experience, **FREEDOM**. There is nothing quite like putting on a pair of classic skis and heading out on the nordic trails and letting your feet fly. There is nothing more invigorating for young people with a few skills behind them skiing 'off piste' on classic cross country skis - when conditions are favourable - and simply exploring! The very fast progression of young skiers on classic skis (forward running motion) fuelled by a shared desire to **explore** and **have fun** means a skill quickly learned that will bring multiple rewards for a lifetime.



PROGRAMS

JULY SCHOOL HOLIDAYS

- Daily instruction 9.30 - 11.30 am and 1.30 - 3.30 pm
- 3 day introductory ski program
- Private and Group lessons

WEEKENDS

- Daily instruction 9.30 - 11.30 am and 1.30 - 3.30 pm
- Race training & readiness for junior race programs

TERM III & TERM IV

- School Snowsports Program in Cross Country Skiing
- Half day, full day, 3 day program.

SUMMER HOLIDAYS

- December: Silverstar Canada Nordic Ski Program
- January: Hakuba Japan Nordic Ski Program
- January: Les Saisies France Nordic Ski Program January

The Major Nordic Ski Pathways

There are three major nordic pathways:

RECREATIONAL, PROFESSIONAL AND ATHLETE.

Recreational

The majority of young people become lifelong recreational cross country skiers, mixing their skills base and fitness with a range of co-existing sports such as running, soccer, swimming, cycling, triathlon, netball etc. School Cross Country Skiing is *great fun!* The nordic or cross country ski community in Australia is relatively small compared to other sports, with the advantage of forming lasting relationships and decades of meeting people you know on snow! Hundreds of hours of volunteer time go into maintaining the Perisher Nordic Trails and the Sverre Kaaten Nordic Shelter where **everyone is welcome. Donate time, money or contribute in any way you wish to to keep the Nordic Shelter vital.**

Professional

From the strong mix of skiers across different age groups, there is a clear stream for a professional career as a Nordic Ski Instructor, Coach or Sports Administrator. In Australia, the Australian Professional Ski Instructors - APSI (apsi@apsi.net.au) is the peak professional body responsible for training Snow Sports Instructors. In all disciplines apart from cross country skiing, the APSI also conducts Coaching Courses. Snow Sports Australia - SSA at present conducts coaching. Introductory Coaching Courses and Athlete Development Courses are available online through the government portal <http://www.ausport.gov.au/>. Outdoor Education Teachers for the Secondary School System can study at La Trobe University for example (www.latrobe.edu.au). Sports Administrators can study at Victoria University (<http://www.vu.edu.au>).



Athlete - Squad and / or Elite Training Program

There are opportunities for **competition** including **Interschools Competitions** and **Social Races** throughout the ski season. **Skiers can at any point decide to focus** primarily on cross country skiing and engage in **private elite training** or **state squad training** or a mix of both. The competitive pathway requires, as in any sport, academic, artistic or any other endeavour, commitment of time.

Young people mostly ski down the committed pathway at around 15 - 16 years of age, mixing up fitness training for balanced development. This is especially important for cross country skiers - **to ensure all muscle groups develop equally** - especially noticeable when skiers 'prefer' right or left hand 'offset skate skiing'. Starting your cross country ski career with classic skiing ensures overall fitness and muscle group development essential for a healthy sports person. National Interschools Competitions when conducted in Victoria, require classic cross country skiing alongside skate skiing.

A balanced approach and commitment at the right time in physical, academic, psychological & social development will ensure a happy and strong athlete with achievable goals as a part of overall life goals including tertiary education.

Where to from here?

K7 Ski School suggests that you start your young skiers with a view to fun, fitness, positive social outcomes and developing new skills that will last a lifetime! Being a part of the nordic / cross country ski community is as rewarding as you want it to be as a teacher, parent or skier. There are plenty of fun activities on most weekends in winter whether you ski Buller, Hotham, Falls Creek, Perisher . Thredbo - especially in September and October - is a great place to start out on classic cross country skis! Cross country skiing is more than just 'walking and running on water' it is the freedom to fly and explore! There are so many places to go and areas to ski, so many people to meet; new friends and old friends who are all part of the national and international cross country skiing community.

Start with the first steps - Basic Skills Lessons on Classic Skis. For students who don't want to ski, talk to K7 about Snow Shoeing and Snow Craft options.

Talk to us: SMS: 0402 298 821 e: skischool@k7adventures.com

Book early for discounts. Additional 10% off lessons when your school books and pays for programs in advance. We will organise easy to collect ski, boots and pole hire on way to Perisher for teachers and students.

