



Track Attack award: Ski Striding

Purpose:

Ski striding is a dryland training technique to simulate skiing when there's no snow. Diagonal stride technique has two parts: a kick phase and a gliding phase. Ski striding is a very efficient simulation of the kick phase. It strengthens the right muscles and it trains them to fire in the correct pattern to optimize your kick.

Criteria for achieving the Ski Striding award:

To deserve the Ski Striding award, a skier must have demonstrated all the skills on the checklist below.

Evaluator Checklist for Ski Striding:

Skier's Name: _____

SKILLS	YES	NO
Forward body lean comes from a flexed ankle so that the middle of hips is over toes at initiation of leg push (falling forward).		
Complete extension of the leg and arm at the end of their respective pushes. (NB: shorter poles than for skiing on snow must be used to achieve this)		
The skier's strides end by landing the recovery leg on a flat foot (not on the heel!), as if the skier had skis on.		
On pole plant, hands are at or below shoulder height with a 90° angle at the elbow.		