BYU CROSS COUNTRY SKIING REVIEW

**Skate skiing**: Cross-country skiing technique where the skier keeps the tips apart and the tails together and gets the kick by pushing off the inside edge of alternating skis (as in ice skating). Also called skating or freestyle skiing, this form of skiing is highly aerobic and can be very fast.

**Camber**: The upward curve built into the middle of a ski, which can be seen when the ski is laid on a flat surface. The amount of camber helps determine a ski's performance characteristics.

In most cases Classic Skis have a single camber and Skate Skis have a double camber but this is NOT universally accepted.

In Classic skiing, if the skis are correctly sized, the wax pocket will remain off of the snow when equally weighted.

Classic skiing incorporates the following skills, **Push off**, **Weight transfer**, and **Glide** while maintaining continuous forward motion down the track.

**Skate Skiing Gears**

- First Gear: **V1**. The foundation of all skating. One two-armed stroke for every right-left stride. Most non-racers will spend most of their time here (but not necessarily most of the distance).
- Second Gear: **V2**. For when you are moving fast. One two-armed stroke for every leg push.
- Third Gear: **V2-Alternate**. One two-armed stroke per leg push, but with the same timing as V2. So V1 cadence at V2 timing (more on this).
- Fourth Gear: **Free Skate**. Usually in a tuck, skating downhill with poles tucked in.
- Fifth Gear: **Downhill** tuck or rest tuck.

If the Ski Trail has a “*tilt*” (laterally, one side of the trail is higher than the other) the Skier utilizing V1 would have their “**power side or Hang side**” on the higher side to facilitate glide.
• **Diagonal Stride** is called what it is because of the cross lateral relationship of the upper and lower body (arms and legs)

• **Kick Double Pole or Double Pole Kick** is usually used on flats and mild up hills.

• While Classic skiing uses wax or mechanical pattern to create push off, Skate skiing must utilize weight transfer from a naturally edged ski due to body position and progressive leg extension

• The best way to describe the difference between Classic and Skate skiing: **To propel, a Classic ski has to stop for a fraction of time and the Skate ski propels from a moving platform**

• The timing (Points of contact referring to skis and poles touching the snow) between V1 and V2 Alternate are **V1 has a 3-1 timing and V2 Alternate has a 1-2-1 timing**