

Skill	November	December	January	February
Skate Skiing				
V1 to the left				
V1 to the right				
V2				
Open Field				
Up Hill Technique				
Jump Skate				
Diagonal V				
Turning				
Step Turn				
Hop Turn				
Classic Skiing				
Diagonal Stride				
Double Pole				
Kick double pole				
Up Hill Technique				
Herringbone				
Shortened				
Diagonal Stride				
Stopping				
Snowplow				
Turning uphill				
Hockey Stop				
Equipment Use				
Pole straps				
Carrying skis				
Waxing				
Choosing correct wax				
Applying kick wax				
Applying glide wax				