



**SKI &  
SNOWBOARD**  
CENTRAL CROSS COUNTRY SKIING

## LEVEL 50 CXC COACH CERTIFICATION

Central Cross Country Skiing (CXC) offers Level 50 certification, which delivers essential foundational knowledge required for coaching cross-country skiing. This level of certification is open to all participants but is particularly designed to cater to entry-level coaches, assistant coaches, volunteers, parents, or individuals seeking a refresher course.

STEP 1: [Register for the Level 50 Certification](#) and in-person technique progressions clinic (\$50).

STEP 2: Complete Level 50 Course Content Assessment (online)

### LEVEL 50 COURSE OUTLINE (2hrs)

- A. Theoretical Part
  - Programming
  - Training
  - Technical and Tactical
  - Equipment Selection and Preparation
  - Competition
  - Goal Setting
- B. Practical Part
  - Dry-land Technique Progressions
  - Skate Technique Progressions
  - Classic Technique Progressions

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**RECOMMENDED:** Become a [CXC/U.S. Ski & Snowboard Cross Country Club Volunteer](#) Member (\$80)

### MEMBERSHIP INCLUDES

- SafeSport Training and Certification (2.5hrs)
- Background Screening (0.25hrs)
- Introduction to Avalanches Course (0.5hrs)

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The proceeds from all CXC Coaches Certification at Level 50 contribute to the CXC Excellence Fund. CXC Excellence Fund covers 50% of the trip cost for the qualified athletes from the Central Region to the U18 Nordic Nation's Championships, Junior and U23 World Championships. The National Nordic Foundation (NNF) supports the remaining 50%. In return, supported athletes offer their time to assist at the CXC Regional Elite Camp, Dream Camp, and Igor Camps as athletes, coaches, and mentors for our next generation of athletes.