

Welcome to CXC's Ski for Ks Program

Thanks for helping your young skiers with CXC's Ski for Ks program, a division of Nordic Rocks. There are many ways to incorporate this program into your club practices. It's an easy way to motivate kids to get out skiing! Please read the Ski for Ks Info Sheet for all the details about the program.

WHAT IS NORDIC ROCKS?

Nordic Rocks is a collaboration between Central Cross Country Ski Association (**CXC**), New England Nordic Ski Association (**NENSA**), Far West Nordic Ski Education Association (**FWNSEA**) and Rocky Mountain Nordic (**RMN**) to promote Nordic skiing between our four regions!

This is not a competitive program, but a fun way to set ski goals for the winter and work to achieve them. Check out the **Leaderboard** to see which region is in the lead for kilometers skied!

SHOULD I HOLD ONTO ALL OF THE KILOMETER TRACKING SHEETS FOR MY CLUB?

This is up to you. You could designate a binder to hold all of the Kilometer Tracking Sheets at your clubhouse. Or, you can have each child keep his/her

own sheet. It really depends on how you want to use this program in your club.

Encourage them to sign up for their own online account at www.nordicrocks.com and periodically enter their kilometers there.

CAN THEY GET KILOMETERS FOR ACTIVITIES OTHER THAN NORDIC SKIING?

Yes they can!

Alpine, Telemark, Freestyle Skiing and Snowboard
1 hour of activity = 4km

Jumping and Nordic Combined
1 hour of jumping activity = 4km

Adaptive Cross Country Skiing
count and record total distance per workout multiplied by 2

“Join CXC to count all kilometers you ski this winter!”



HOW CAN I SUPPORT THIS PROGRAM IN MY CLUB?

The easiest way to support CXC's Ski for Ks program is just to let your members know that it exists! You can help answer their questions about the program and incorporate the idea in your regular club practices.

Another way to help is to create a poster that shows all of the kilometers that each kid skis. This is easily done with a grid on a piece of posterboard. Stickers or stamps work really well for kids to record the different levels they've reached.

Encourage them to check the Leaderboard on the Nordic Rocks website to see how your club is doing compared to other clubs.

HOW CAN I ENCOURAGE HEALTHY COMPETITION IN MY CLUB?

The CXC Ski for Ks program is not designed as a competition between skiers. It is intended to help kids set and reach attainable goals. The purpose is to motivate them to ski more kilometers than they thought they could! This also encourages families to ski together outside of ski club practices and for kids to set ski dates with their friends.

Help your skiers set achievable goals for their level and reward them when they reach this point! This program was not intended to only praise the skiers who ski the most kilometers. Keep in mind that this is an individual program and although some competition is healthy, that should not be the main focus.



“Nordic Rocks!” is not just for nordic skiing! We offer a conversion chart to help you keep track of all the ways you're active in the winter.

Use the Leaderboard in a friendly way, help kids to ski Ks to get their club in the lead, or to get CXC in the lead.

WHAT IF MY QUESTION WASN'T ANSWERED?

Contact Irina Komarova (webmaster@cxcskiing.org) for more information.