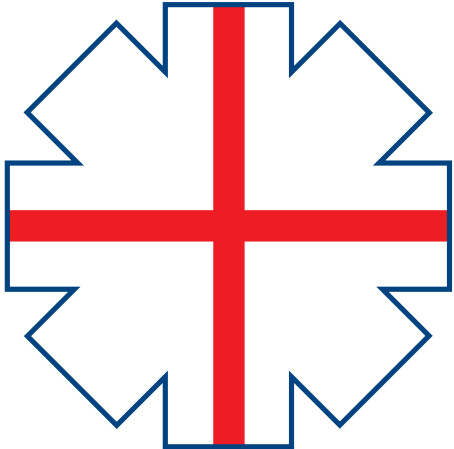


<b>FOUR STAR</b> S=snow R=roller skis	Max Pts	Score	Level 2 XC Coach (snow)
<b>XC Classic</b>	<b>Total 45</b>		
Diagonal Stride SR	15		Y
Double Pole SR	10		Y
Double pole with stride SR	15		Y
Track change or exit from tracks S	5		Y
<b>XC Skating</b>	<b>Total 50</b>		
Herringbone Skate SR	5		Y
Skate 1 SR	10		Y
Skate 2 SR	10		Y
Skate 3 SR	10		Y
Free Skate SR	5		Y
Dynamic turns (step & skate) SR	10		Y
<b>XCD Cross Country Downhill</b>	<b>Total 60</b>		
Linked snowplough & stem turns S	10		Y
Traversing, side slipping S	10		Y
Linked parallel turns S	20		
Linked telemark turns S	20		
<b>Common Techniques for XC and XCD</b>	<b>Total 15 (5)</b>		
Static turn (kick turn) S	5		Y
Good knowledge of equipment & waxing XC, XCD S	10		Y
Good knowledge of equipment R	5		
<b>Total points for XC</b>	<b>S 110</b>		
<b>Required points XC</b>	<b>66</b>		
Assessed by.....	Date.....		
<b>Total points for XCD</b>	<b>S 75</b>		
<b>Points required for XCD</b>	<b>45</b>		
Assessed by.....	Date.....		
<b>Total points for R</b>	<b>R 95</b>		
<b>Required points R</b>	<b>57</b>		
Assessed by.....	Date.....		
<b>Total points L2</b>	<b>S 130</b>		<b>Y</b>
<b>Points required L2</b>	<b>78</b>		
Assessed by.....	Date.....		

Design and layout by Richard Gill

<b>FIVE STAR</b> S=snow R=roller skis	Max Pts	Score	Level 3 XC Coach (snow)
<b>XC Classic</b>	<b>Total 40</b>		
Diagonal Stride SR	15		Y
Double Pole SR	10		Y
Double pole with stride SR	10		Y
Track changes or exit from tracks S	5		Y
<b>XC Skating</b>	<b>Total 40</b>		
Skate 1 SR	10		Y
Skate 2 SR	10		Y
Skate 3 SR	10		Y
Free Skate SR	5		Y
Dynamic turns (step & skate) SR	5		Y
<b>XCD Cross Country Downhill</b>	<b>Total 60</b>		
Refined parallel S	20		
Refined telemark S	20		
Refined XCD skills from previous stars S	20		Y
<b>Common Techniques for XC and XCD</b>	<b>Total 20 (5)</b>		
Static turn (kick turn) S	5		Y
Advanced knowledge equip & waxing XC & XCD S	15		Y
Advanced knowledge of equipment R	5		
<b>Total points for XC</b>	<b>S 100</b>		
<b>Required points XC</b>	<b>60</b>		
Assessed by.....	Date.....		
<b>Total points for XCD</b>	<b>S 80</b>		
<b>Points required for XCD</b>	<b>48</b>		
Assessed by.....	Date.....		
<b>Total points for R</b>	<b>R 80</b>		
<b>Required points R</b>	<b>48</b>		
Assessed by.....	Date.....		
<b>Total points L3</b>	<b>S 120</b>		<b>Y</b>
<b>Points required L3</b>	<b>72</b>		
Assessed by.....	Date.....		



# SNOWSPORT ENGLAND

Nordic Proficiency Scheme



Name.....