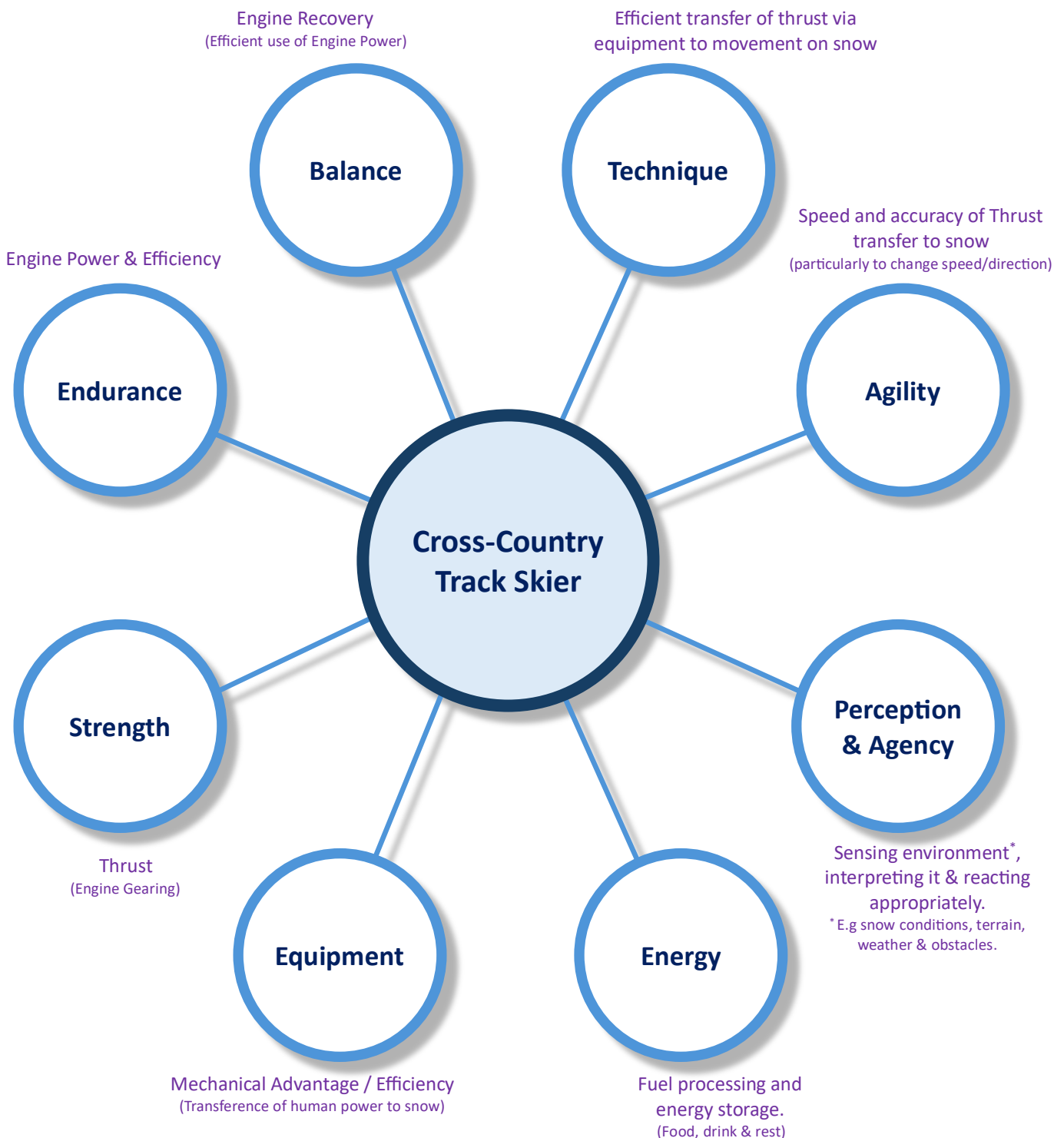


# Total Cross-Country Track Skier Performance



## Notes

- Try to improve all these elements to become a better skier. Whilst these elements are all interlinked (improving one element will help improve other elements). focusing on only one element for extended periods of time will limit your progress.
- Think of rating yourself for each element e.g 1 to 5 (poor to good) and focus on those elements with lowest score.