

# Introducing Ski Jumpers to Nordic Combined Skiing

- Any size ski jump will do (K10 - K120)
- You don't need a long loop, even 250 meters is enough
- Utilize as much of the transition (R2) and outrun as possible
- Find as much space as possible in and around the jump outrun
- Try to incorporate lots of variety in the terrain
  - Short quick hills (up and down)
  - Banked corners
  - Rollers
  - Jumps
  - Turns
  - Etc.
- Get a local shop to help with loaner x-c skis and lessons
- Organize short, easy, fun races in conjunction with your jump tournament
- Contact USSA - Nordic Department for more information

