

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America

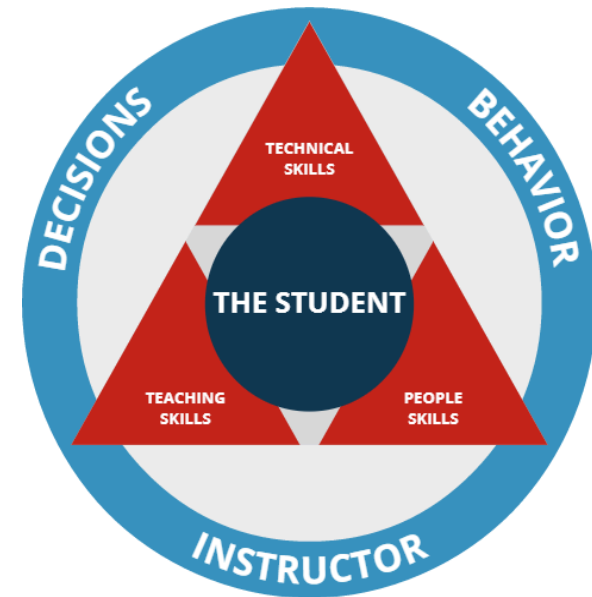
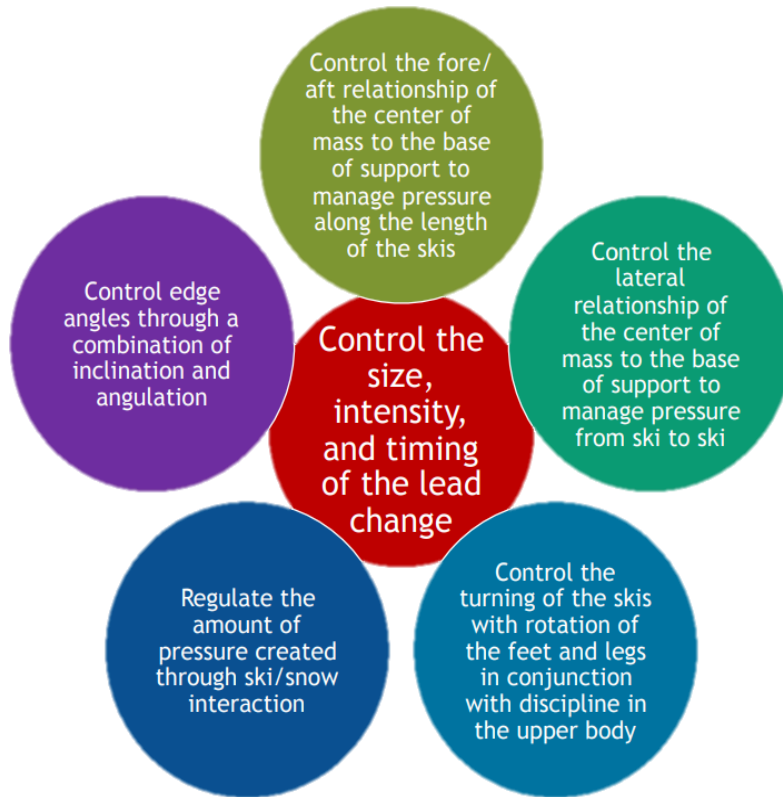
American Association of Snowboard Instructors

## PSIA-RM Telemark Trainer Checklist

The Telemark Trainer Checklist is divided into five sections: Skiing Skills, Clinic Leading People Skills, Clinic Leading Training/Teaching Skills, Technical Understanding and Movement Analysis. Each section has a list of things that you must know or be able to perform as a Telemark Trainer. Please download this document to your phone, or have a copy with you, for your prep clinics or in-house training. Then you will be able to add notes and feedback that you receive to your personal version of this document. You can ask Telemark Education Staff Members (Tele Ed Staff) to check your notes and provide additional feedback and coaching.

**Note:** Please remember the **Learner's Responsibility Code**; ***"I am responsible for my own learning!"*** You are expected to take responsibility for your own learning, make sure you learn what you need to learn, ask the questions to get the answers you need, and use this checklist to track your learning and what you need to work on. Be an active learner.

## Telemark Fundamentals



Learning Connection Model

# PSIA-RM Telemark Trainer Checklist

<b>SKIING</b> <b>Adjusts and adapts the Telemark Skiing Fundamentals at all speeds for various training needs including: inspiration, participant understanding, highlighting skill blends, highlighting tactical choices, and problem solving.</b>	Date	Level	Comments / Feedback
Railroad Tracks – Telemark and Alpine			
Pivot Slips - Telemark and Alpine			
Wedge Christie Telemark and Alpine			
Basic Parallel; Telemark and Alpine			
Switch Wedge Christie Telemark and Parallel Telemark			
Short Radius Telemark and Alpine			
Medium Radius, Telemark and Alpine Parallel			
500, 750 and 1000 Shuffles			
Monomark; Short, Medium, Basic			
Bumps; black/double black			
Bumps; blue/basic			
Ungroomed; All terrain			

Extreme Terrain			
6 Educators Choice			
<b>CLINIC LEADING PEOPLE SKILLS</b>			
	<b>Date</b>	<b>Level</b>	<b>Comments / Feedback</b>
Communication: Customizes verbal and non-verbal communication to support individuals and represent PSIA-AASI.			
Active Listening: Uses varied active listening tactics to support the individuals and represent PSIA-AASI.			
Feedback Delivery: Adapts feedback delivery methods and timing to help participants engage with the clinic leader and represent PSIA-AASI.			
Interaction: Manage the group dynamic to maintain a positive relationship between individuals and PSIA-AASI.			
Motivations/Emotions: Builds group consensus when possible and manages discontent if needed.			
Assess: Continually assesses participants' motivations, performances, and understanding to adapt learning experiences and clinic plan.			

<b>CLINIC LEADING TRAINING/TEACHING SKILLS</b>	<b>Date</b>	<b>Level</b>	<b>Comments / Feedback</b>
<b>Assess &amp; Plan: Plans learning experiences for the clinic participants based on resort needs and the learners' needs.</b>			

Assess: Continually assesses participants' motivations, performances, and understanding to adapt learning experiences and clinic plan.			
Collaborate: Creates a collaborative environment with clinic participants to establish a clinic plan for achieving the learning outcomes on the outline.			
Plan Lesson: Plans creative, playful, and/or exploratory learning experiences that connect individuals' needs			
<b>CLINIC LEADING TRAINING/TEACHING SKILLS</b> <b>Implement: Adapts learning experiences to meet the clinic participant's needs without sacrificing the resort's needs.</b>			
Organize: Tailor the learning environment to align participants' and PSIA-AASI needs.			
Descriptions, Demonstrations, and Feedback: Provide clear and relevant information that encourages understanding that can be used in ski lessons with the public.			
Risk Management: Proactively manage physical and emotional risk to enhance professional growth in others.			
<b>CLINIC LEADING TRAINING/TEACHING SKILLS</b> <b>Reflect/Review: Fosters the ability to recognize, reflect upon, and assess experiences to enhance understanding and apply what was learned.</b>			
Explore, Experiment, and Play: Customize and pace learning activities to allow students to explore,			

experiment, and/or play toward desired outcomes.			
Describe Change: Encourage the students to communicate change in performance and/or understanding.			
Relate Change: Collaborate with students to apply gained skills to skiing situations.			
<b>MOVEMENT ANALYSIS</b> <b>Demonstrates knowledge of cause-and-effect relationships to prepare certification candidates for assessments and enhance clinic participants' skiing.</b>	<b>Date</b>	<b>Level</b>	<b>Comments / Feedback</b>
Describe Performance: Accurately describes detailed ski and body performances to enhance skier's understanding.			
Cause-and-Effect: Prioritizes skiing fundamentals and cause-and-effect relationships using any combination of skiing fundamentals for the benefit of the skier's understanding.			
Evaluate: Comparison of observed performance to the intended specific outcome includes speed, turn shape, turn size, line, and/or ski-snow interaction as needed.			
Prescription: Prescribes specific changes to help the skier achieve their specific outcome and affect speed, turn shape, turn size, line, and/or ski-snow interaction as needed.			
Equipment: Identifies positive or negative effects of equipment on skier's performance towards desired outcomes.			

<b>TECHNICAL UNDERSTANDING</b> <b>Uses technical expertise to enhance clinic participants' knowledge; make technical, tactical, and/or equipment recommendations; and discuss the sport from various perspectives.</b>			
Understanding of Desired Performances: Accurately identify and describe desired performances, using multiple Telemark fundamentals in blended relationships.			
Understanding of Biomechanics/Physics: Accurately use and describe relevant biomechanics and physics principles to describe skiing outcomes. Utilizes Resources: Prioritizes information from multiple resources (PSIA and other relevant content) relative to the desired outcome for the skier's benefit.			
Communication: Descriptions and demonstrations aid in understanding for other participants.			
Certification-Specific Analysis: Differentiates and prioritizes technical information for each level of certification using any fundamental.			