

Introduction to Telemark Skiing

Duration: 6 hours (6 CEUs)

Learning Connection Focus: Technical Performance Skills

Course Description:

This clinic is for instructors who are new to Telemark skiing and can Alpine or Telemark ski on terrain within the beginner zone. Participants will become familiar with Telemark equipment while learning Telemark techniques in the beginner to intermediate zones. Practice with feedback from our top Telemark Education Staff. Explore the Telemark Fundamentals and learn what it takes to become a proficient Telemark skier.

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Safely ski all terrain through beginner zone
- Show desire to enhance personal skill development

Learning Outcomes:

By the end of this course, successful participants will be able to:

- Learn to balance and move effectively on Telemark equipment
- Learn how to turn in both Telemark and Alpine parallel
- Practice techniques with feedback for success
- Learn similarities and differences in Telemark and Alpine to be able to guide/teach guests

Learning Experiences: (examples)

- Learn how to properly fit and use Telemark equipment
- Practice Alpine parallel and Telemark turns within the beginner to intermediate zones on Telemark equipment
- Make Telemark turns efficiently and safely

Materials/equipment

- Modern ski-area Telemark equipment
- NTN Recommended

Telemark Fundamentals

