

Telemark All Mountain Performance

Duration: 12 hours (12 CEUs)

Technical Performance Skills

Course Description:

This two-day clinic will address the needs of Telemark skiers who aspire to Telemark in all terrain and conditions. Terrain choices may include blue-black bumps, powder, and variable conditions, as well as steeper runs. Come prepared to safely stretch your limits and improve your skills with the best of our advanced educators. Video may be used to enhance learning.

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Safely ski all terrain (black, double black) and conditions
- Show desire to enhance personal skill development

Learning Outcomes:

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

- Improve personal skiing on Telemark equipment
- Build confidence and learn tactics on varying terrain while skiing the entire mountain
- Work on Movement Analysis skills and teaching (if applicable to group needs)

Learning Experiences: (examples)

- Video analysis
- Shuffles, monomarks, hockey stops, speiss and other cool maneuvers to enhance skills Technical and tactical application in terrain and conditions du jour

Materials/equipment

- Modern ski-area Telemark equipment

Telemark Fundamentals

