

## Telemark Blues & Beyond

**Duration:** 12 hours (12 CEUs)

**Learning Connection Focus:** Technical Performance Skills

### Course Description:

This two-day clinic will address the needs of Telemark skiers who enjoy Telemark skiing in the intermediate zone and would like to step up to the next level. Possible terrain choices may include easy bumps, powder, and variable conditions, as well as steeper groomed 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 through intermediate zone
- 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

