

Telemark Bumps

Duration: 12 hours (12 CEUs)

Learning Connection Focus: Technical Performance Skills

Course Description:

Improve your skills and refine your technique in the moguls. Participants will receive feedback on personal performance - may include video to enhance learning. Participants should be willing to venture into bump terrain within the intermediate and advanced zones.

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Safely ski all terrain through intermediate and advanced zones
- 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
- Gain confidence and learn tactics in the moguls with practice, feedback, and video
- Challenge your abilities in a supportive environment

Learning Experiences: (examples)

- Practice short radius turns, hop turns, hockey stops, retraction turns and other cool tasks to hone personal skiing skills
- Video analysis
- Experiment with different lines through bumps, i.e., turn every bump, every second bump, medium radius turns through easy bumps

Materials/equipment

- Modern ski-area Telemark equipment

Telemark Fundamentals

