

Telemark Early Season Primer with Video

Duration: 12 hours (12 CEUs)

Learning Connection Focus: Technical Performance Skills

Course Description:

This two-day clinic will get you ready for the upcoming season. Ski the variety of terrain available with early season conditions and spend time with video analysis. See your habits and movement patterns and develop a focus to help carry you through the season. Possible terrain choices may include groomers, easy bumps, powder, and variable conditions. While any terrain open may be skied, options will be available. You should be currently comfortable on blue/intermediate terrain. Video will be used to enhance learning.

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Safely ski all terrain through blue/intermediate terrain
- Show desire to enhance personal skill development

Learning Outcomes:

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

- Improve personal Telemark skiing
- Build confidence and learn tactics on varying terrain
- Work with Movement Analysis skills with video

Learning Experiences: (examples)

- Video analysis
- Free skiing, short turns, carving, shuffles, monomarks, hockey stops, more
- Technical and tactical application in terrain and conditions du jour

Materials/equipment

- Modern ski-area Telemark equipment

Telemark Fundamentals

