

Telemark Extreme Mountain Performance

Duration: 12 hours (12 CEUs)

Technical Performance Skills

Course Description:

Improve your skills and accuracy while working on your steeps and bump technique. Participants will receive feedback on personal performance - may include video to enhance learning. Participants must be comfortable on black and double black terrain within the advanced zone. Please note: This clinic may utilize any available terrain including gated access and “hike to” areas. Self-arrest techniques should be understood. Anyone who does not exhibit the skills necessary to participate safely in this clinic will be asked to join another group or offered other options if another group is not available.

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Safely ski all terrain through black and double black terrain
- Show desire to enhance personal skill development

Learning Outcomes:

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

- Improve Telemark technique on black, double black and off-piste terrain within the advanced zone
- Gain confidence and learn tactics in more difficult terrain and conditions with practice and feedback
- Challenge your abilities in a supportive environment

Learning Experiences: (examples)

- Practice short radius turns, hop turns, hockey stops, retraction turns and other cool maneuvers to hone personal skiing skills
- Video analysis
- Learn and practice self-arrest techniques
- Learn about and practice pacing, layering, and hydration for hiking
- Discuss and practice tactics for the most demanding terrain

Materials/equipment

- Modern ski-area Telemark equipment

Telemark Fundamentals

