

Telemark Precision Skiing

Duration: 12 hours (12 CEUs)

Learning Connection Focus: Technical Performance Skills

Course Description:

This two-day clinic will focus on refining the skills of Telemark skiers on terrain within the beginner and intermediate zones. Learn to make changes in your skill blend and your use of “D.I.R.T.” to adapt to different outcomes and changes in terrain. Improve your understanding of how refining your application of fundamentals can enhance your performance. Video may be used to enhance learning.

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Safely ski all terrain through beginner and intermediate zones
- Show desire to enhance personal skill development

Learning Outcomes:

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

- Refine your accuracy and understanding in your personal Telemark skiing
- Build confidence and learn tactics on varying terrain
- Work on Movement Analysis skills and teaching (if applicable to group needs)

Learning Experiences: (examples)

- Video analysis
- Synchro skiing, shuffles, monomarks, hockey stops, speiss and other cool maneuvers
- Technical and tactical application in terrain and conditions du jour
- Explore various freestyle maneuvers on Telemark equipment

Materials/equipment

- Modern ski-area Telemark equipment

Telemark Fundamentals

