

# **Telemark RMT Prep Clinic**

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

Learning Connection Focus: Technical Performance Skills, Teaching Skills, People

Skills

# **Course Description:**

This clinic is designed specifically to support Telemark Trainers in preparing for Telemark Rocky Mountain Trainer (RMT) assessment. Participants will receive coaching on skiing skills as they relate to tasks/maneuvers required for Telemark RMT. High-level technical discussions and improving skills as a trainer of other instructors will also be addressed during this in-depth two days. Participants are required to download the Telemark RMT Workbook from the PSIA-RM website prior to attending this clinic. This clinic is not a prerequisite for the Telemark RMT assessment but is highly recommended.

# **Recommended Preparatory Learning Resources:**

- Telemark Manual
- Telemark Certification Standards
- People Skills Performance Guide
- Teaching Skills Performance Guide
- Telemark Skiing Technical Skills Performance Guide
- PSIA-RM Telemark Level RMT Overview
- PSIA-RM Telemark Level RMT Certification Checklist
- PSIA-RM Telemark Level RMT Assessment Workbook

# Prerequisite skills:

- Telemark Level 3 Certification
- Safely ski all terrain through easy Black terrain
- Possess knowledge of RMT Assessment Activities
- Show desire to enhance personal skill development

#### **Learning Outcomes:**

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

- Improve personal skiing with feedback and video
- Improve movement analysis skills of self and others
- Learn and share advanced teaching methodology



- Have fun skiing with others at the same level
- Develop a clear understanding of what you need to work on to pass Telemark RMT in all categories
- Answer any questions concerning the Telemark RMT assessment process and workbook

### **Learning Experiences: (examples)**

- Utilize video for movement analysis of self and others
- Practice any of the skiing activities listed on the PSIA-RM Telemark RMT Certification Checklist
- Clinic other participants
- Review PSIA-RM Telemark RMT Assessment Workbook

### Materials/equipment

- Modern ski-area Telemark equipment
- PSIA-RM Telemark RMT Assessment Workbook (download from the PSIA-RM web site)

#### **Telemark Fundamentals** Control the fore/ aft relationship of the center of mass to the base of support to manage pressure along the length of the skis Control the Control edge relationship of angles through a the center of mass to the base Control the combination of inclination and size, of support to angulation intensity, manage pressure from ski to ski and timing of the lead change Control the turning of the skis with rotation of Regulate the amount of pressure created the feet and legs in conjunction through ski/snow interaction with discipline in the upper body