

Telemark Trees

Duration: 12 hours (12 CEUs)

Learning Connection Focus: Technical Performance Skills

Course Description:

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

Recommended Preparatory Learning Resources:

- Telemark Manual

Prerequisite skills:

- Safely ski variable terrain through intermediate zone
- Show desire to enhance personal skill development

Learning Outcomes:

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

- Improve Telemark technique in terrain with trees in the intermediate and/or advanced zones
- Gain confidence and learn tactics in the trees with practice, feedback, and video
- Challenge your abilities in a supportive environment

Learning Experiences: (examples)

- Practice short and medium radius turns, hop turns, hockey stops, lane changes, retraction turns and other cool tasks to hone personal skiing skills
- Experiment with vision patterns, different lines through the trees, i.e., turn around every tree, every second tree, medium radius turns through easy trees
- Discussion of tree wells and the buddy system to safely ski off piste in the trees

Materials/equipment

- Modern ski-area Telemark equipment and helmet

Telemark Fundamentals

