

## Telemark Skiing for Alpine Certification

### Course Description

This two-day clinic will focus on accuracy in Alpine skiing through the use of Telemark equipment and/or technique. Improve your sense of balance and accuracy in the application of fundamentals in any terrain and any task. Highlight and refine your movement patterns to create the best outcome. Options will be made available to change between Telemark and Alpine equipment. While any terrain may be skied choices will be based on individual needs and safety. Telemark equipment can be made available on a first come first served basis.

### Learning Outcomes:

- Improve personal Alpine skiing and learn something about Telemark
- Develop a heightened awareness personal movement patterns
- Increase accuracy in all skiing

### Sample Learning Experiences:

- Alpine skiing with Telemark equipment
- Task skiing at any level with a focus on the refined accuracy required
- Alpine skiing with Alpine equipment highlighting the crossover skills gained
- Telemark skiing with a focus on the practical use of Telemark technique

### Materials Needed:

- Modern ski-area Telemark equipment (can be provided as available)
- Alpine Equipment for crossover (as needed)

### Telemark Fundamentals

