



**ROCKY MOUNTAIN**

# Telemark Educational Event Catalog



ROCKY MOUNTAIN

## Table of Contents

<b>Telemark Education Events</b>	<b>5</b>
Introduction to Telemark Skiing	6
Telemark All Mountain Performance	7
Telemark Blues and Beyond	8
Telemark Bumps	9
Telemark Early Season Primer with Video	10
A Deep Dive into Telemark Fundamentals	11
Telemark Extreme Mountain Performance	13
Telemark Precision Skiing	14
Telemark Trees	15
<b>Telemark Assessment Prep Events</b>	<b>21</b>
Telemark Level 1 Prep Clinic	22
Telemark Level 2 & 3 Prep Clinic	24
Telemark Level RMT Prep Clinic	26
<b>Additional Resources and FAQs</b>	<b>29</b>



ROCKY MOUNTAIN

## Introduction:

Supporting snowsports instructors in their professional development qualifies the skill sets outlined for great instruction outlined in the PSIA-AASI National Standards. These skill sets are grouped into the following assessment modules with Learning Outcomes defining attainable milestones in professional development.

- Teaching & People Skills
- Movement Analysis & Technical Understanding Skills
- Technical Performance Skills

At educational events, participants can expect a supportive, engaging environment focused on skill improvement, teaching methodology, and movement analysis. Educational events are designed to align with national standards, offering personalized feedback and hands-on experience to help instructors grow and succeed on their certification path.

**Members must meet the minimum certification level required to participate in an event.** For further questions or concerns, please contact the office at [events@psia-rm.org](mailto:events@psia-rm.org) or (970)-879-8335.

## Materials and Equipment Needed for All Educational Events:

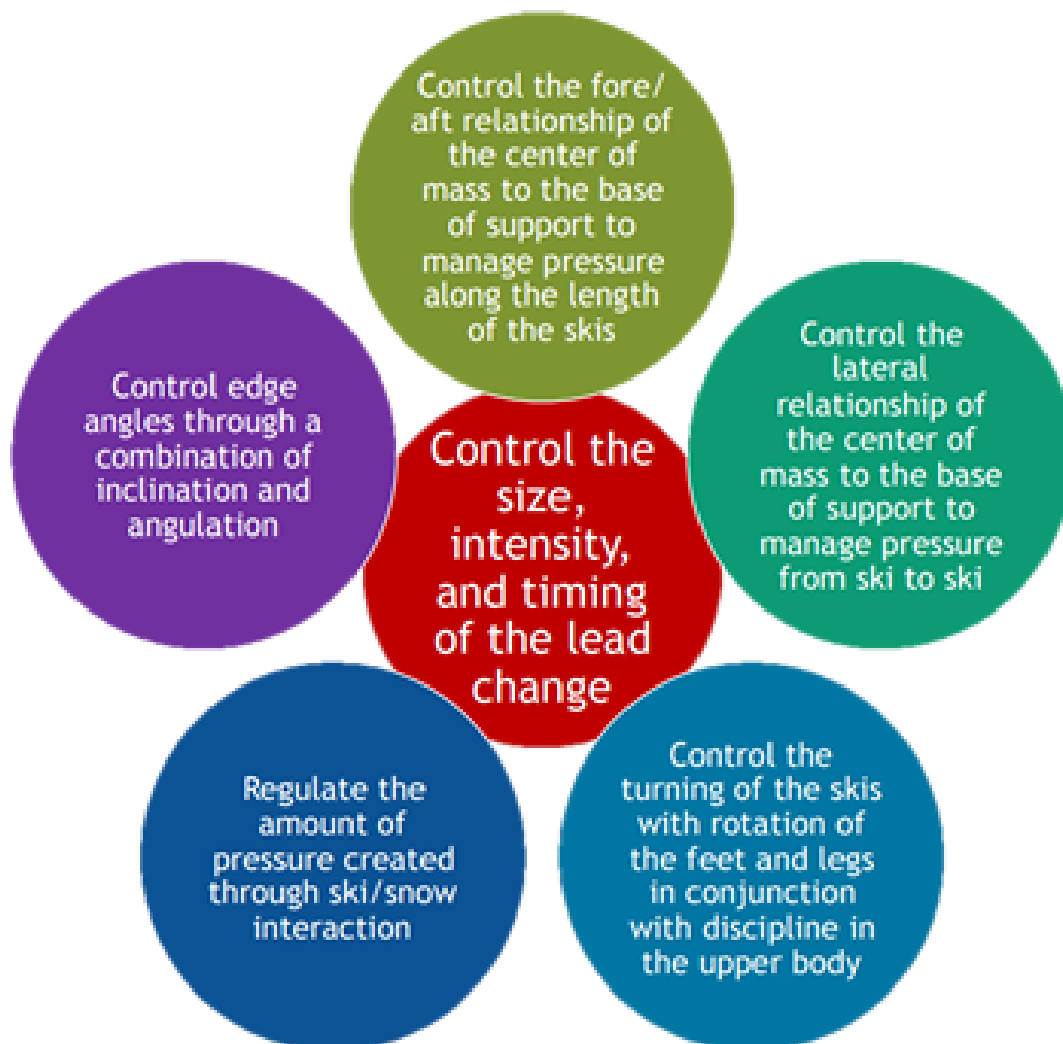
- Appropriate riding/ski gear to be on-snow in all weather
- Helmets are required



ROCKY MOUNTAIN

## Telemark Fundamentals Used for all Clinics and Assessments:

### Telemark Fundamentals





ROCKY MOUNTAIN

# Telemark Education Events



ROCKY MOUNTAIN

# Introduction to Telemark Skiing

## Duration (Hours/CEUs)

1 or 2 days / 6 or 12 CEUs

## Learning Connection Highlight

Technical Performance Skills

## Course Description:

This clinic is for instructors who are new to Telemark skiing and can Alpine or Telemark ski on terrain within the beginner zone. Participants will become familiar with Telemark equipment while learning Telemark techniques in the beginner to intermediate zones. Practice with feedback from our top Telemark Education Staff. Explore the Telemark Fundamentals and learn what it takes to become a proficient Telemark skier.

## Recommended Preparatory Learning Resources:

- Telemark Manual

## Prerequisite skills:

- Safely ski all terrain through beginner zone
- Show desire to enhance personal skill development

## Learning Outcomes:

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

- balance and move effectively on Telemark equipment
- turn in both Telemark and Alpine parallel
- practice Telemark techniques with a knowledge of effective movement
- describe similarities and differences in Telemark and Alpine to be able to guide/teach guests

## Learning Experiences: (examples)

- Learn how to properly fit and use Telemark equipment
- Practice Alpine parallel and Telemark turns within the beginner to intermediate zones on Telemark equipment
- Make Telemark turns efficiently and safely



ROCKY MOUNTAIN

# Telemark All Mountain Performance

## Duration:

12 hours (12 CEUs)

## Learning Connection Highlight

Technical Performance Skills

## Course Description:

This two-day clinic will address the needs of Telemark skiers who aspire to Telemark in all terrain and conditions. Terrain choices may include blue-black bumps, powder, and variable conditions, as well as steeper runs. Come prepared to safely stretch your limits and improve your skills with the best of our advanced educators. Video may be used to enhance learning.

## Recommended Preparatory Learning Resources:

- Telemark Manual

## Prerequisite skills:

- Safely ski all terrain (black, double black) and conditions
- Show desire to enhance personal skill development

## Learning Outcomes:

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

- Improve personal skiing on Telemark equipment
- Build confidence and learn tactics on varying terrain while skiing the entire mountain
- Work on Movement Analysis skills and teaching (if applicable to group needs)

## Learning Experiences: (examples)

- Video analysis
- Shuffles, monomarks, hockey stops, speiss and other cool maneuvers to enhance skills Technical and tactical application in terrain and conditions du jour



ROCKY MOUNTAIN

## Telemark Blues and Beyond

**Duration:** ‘

12 hours (12 CEUs)

### Learning Connection Highlight:

Technical Performance Skills

### Course Description:

This two-day clinic will address the needs of Telemark skiers who enjoy Telemark skiing in the intermediate zone and would like to step up to the next level. Possible terrain choices may include easy bumps, powder, and variable conditions, as well as steeper groomed runs. Come prepared to safely stretch your limits and improve your skills with the best of our advanced educators. Video may be used to enhance learning.

### Recommended Preparatory Learning Resources:

- Telemark Manual

### Prerequisite skills:

- Safely ski all 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 personal skiing on Telemark equipment
- Build confidence and learn tactics on varying terrain while skiing the entire mountain
- Work on Movement Analysis skills and teaching (if applicable to group needs)

### Learning Experiences: (examples)

- Video analysis
- Shuffles, monomarks, hockey stops, speiss and other cool maneuvers to enhance skills Technical and tactical application in terrain and conditions du jour





**ROCKY MOUNTAIN**

# Telemark Bumps

## **Duration:**

12 hours (12 CEUs)

## **Learning Connection Highlight:**

Technical Performance Skills

## **Course Description:**

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

## **Recommended Preparatory Learning Resources:**

- Telemark Manual

## **Prerequisite skills:**

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

## **Learning Outcomes:**

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

- Improve personal skiing on Telemark equipment
- Gain confidence and learn tactics in the moguls with practice, feedback, and video
- Challenge your abilities in a supportive environment

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

- Practice short radius turns, hop turns, hockey stops, retraction turns and other cool tasks to hone personal skiing skills
- Video analysis
- Experiment with different lines through bumps, i.e., turn every bump, every second bump, medium radius turns through easy bumps



ROCKY MOUNTAIN

# Telemark Early Season Primer with Video

**Duration:** 2 hours (12 CEUs)

## Learning Connection Highlight:

Technical Performance Skills

## Course Description:

This two-day clinic will get you ready for the upcoming season. Ski the variety of terrain available with early season conditions and spend time with video analysis. See your habits and movement patterns and develop a focus to help carry you through the season. Possible terrain choices may include groomers, easy bumps, powder, and variable conditions. While any terrain open may be skied, options will be available. You should be currently comfortable on blue/intermediate terrain. Video will be used to enhance learning.

## Recommended Preparatory Learning Resources:

- Telemark Manual

## Prerequisite skills:

- Safely ski all terrain through blue/intermediate terrain
- Show desire to enhance personal skill development

## Learning Outcomes:

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

- Improve personal Telemark skiing
- Build confidence and learn tactics on varying terrain
- Work with Movement Analysis skills with video

## Learning Experiences: (examples)

- Video analysis
- Free skiing, short turns, carving, shuffles, monomarks, hockey stops, more
- Technical and tactical application in terrain and conditions du jour



**ROCKY MOUNTAIN**

## **A Deep Dive into Telemark Fundamentals**

**Duration :** 1 day/6 CEU's

### **Learning Connection Highlight**

Technical Performance/ MA and Technical Understanding

### **Course Description**

This one-day clinic will focus on developing an understanding of Telemark Fundamentals and their application in skiing all terrain. Learn to make changes in your Telemark Fundamental blend to create different outcomes and manage all conditions. Develop your ability to highlight, integrate and vary your application of fundamentals as needed. Video may be used to support learning.

### **Recommended Preparatory Learning**

- Read the PSIA Telemark Technical Manual
- A copy of the Telemark Fundamentals

### **Prerequisite Courses and Skills**

- Level 1 Certification in any discipline
- Competently Telemark ski at a blue trail level

### **Learning Outcomes:**

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

- Develop an understanding of Fundamentals in Telemark skiing
- Highlight, integrate and vary application of Fundamentals for specific outcomes
- Create tactics on varying terrain using specific Fundamental blends
- Enhance Movement Analysis skills and tech understanding
- Demonstrate through movement and discussion how specific application of Fundamentals create varying outcomes

### **Learning Experiences:**

- Explore ski performance through the Telemark Fundamentals
- Shuffles, Monomarks, Moonwalks, Air Tele, and variations to highlight Fundamentals
- Basic and performance short radius turns to integrate Fundamentals
- Bumps and powder to vary Fundamentals



## ROCKY MOUNTAIN

- Actively seek to engage participants in discussions and questions to create understanding.
- Video may be used to enhance learning

### **Materials/Equipment Needed**

- Telemark IDP
- Contemporary Telemark equipment



ROCKY MOUNTAIN

# Telemark Extreme Mountain Performance

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

## Learning Connection Highlight:

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



ROCKY MOUNTAIN

## Telemark Precision Skiing

### Duration:

12 hours (12 CEUs)

### Learning Connection Highlight:

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



ROCKY MOUNTAIN

## Telemark Trees

### Duration:

12 hours (12 CEUs)

### Learning Connection Highlight:

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



**ROCKY MOUNTAIN**

- Modern ski-area Telemark equipment and helmet





ROCKY MOUNTAIN

# Technical Foundations on Snow

## Duration

1 day/6 CEU's

## Learning Connection Highlight

Technical and Teaching Skills

## Course Description

This one day on snow course focuses on the technical aspects of contemporary skiing and the foundations for understanding the Alpine Technical Fundamentals. Participants will have the opportunity to learn key technical concepts and relate these concepts to their personal skiing and that of their students. Through activities participants will experience how biomechanics and basic physics principles affect skiers and riders.

## Recommended Preparatory Learning

- Read the PSIA Technical Manual
- A working understanding of the Telemark Technical Fundamentals

## Prerequisite Courses and Skills

- Level 1 Certification

## Learning Outcomes

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

- Identify multiple concepts in physics and how these concepts have an effect on a skier's performance. E.g.; mass, inertia, momentum, centripetal force, Newton's Laws and others as needed.
- Identify concepts in biomechanics and how these concepts relate to a skier's ability to perform. E.g.; Joints of the feet & legs, types of movements available in these joints (flex/extend, rotation, evert/invert, etc.)
- Discuss differences in equipment and how these differences can affect a skier's performance. (ski width, shape, length, etc.)
- Utilize biomechanics and physics principles to better recognize and enhance effective skiing movements.
- Demonstrate through movement and discussion how physics, biomechanics and equipment interrelate and are supported by the Telemark Technical Fundamentals and the Skills Concept.

## Learning Experiences

- During warm up runs discuss physics principles (CoM, momentum, Newton's Laws, etc.), biomechanics and the Alpine Technical Fundamentals
- Using a variety of skiing tasks from the IDP (and variations) explore how and why skis turn from the perspective of physics and through ski/snow interaction



## ROCKY MOUNTAIN

- Using a variety of skiing tasks from the IDP (and variations) explore how the body is able to move (biomechanics) to enhance the application of the Telemark Technical Fundamentals.
- Apply the principles and understandings to Basic Telemark turns. Adjust the skill blend to highlight how these principles affect performance.
- Using a spectrum of Centerline tasks (wedge turns through dynamic mediums) use the Centerline tasks to highlight the concepts at all levels
- Highlight technical concepts through discussion, questions and answers.
- Relate the technical concepts to teaching experiences.

### **Materials/Equipment Needed**

- Skiing IDP
- Modern Telemark equipment



**ROCKY MOUNTAIN**

# Women's Telemark Clinic

**Duration:** 1 day/6 CEU's

**Learning Connection Highlight:**  
People skills and Technical Skills

**Course Description:** Come spend the day getting back to the roots of skiing while connecting with other like minded women and femmes. Drop a knee and learn in a safe, fun and super supportive space. In this clinic you will learn about your own skiing as well as tools to develop relationships with your students. This clinic is designed for you to get what you need, connect and laugh, level up your bumps skiing or improve your teaching skills, we got you!

## Recommended Preparatory Learning:

- Review the Telemark technical manual
- Review the Learning Connection model
- Review the Telemark Technical Fundamentals
- Review the People skill Fundamentals

## Prerequisite Courses and Skills:

- Ski comfortably on blue terrain on Telemark equipment using Telemark or Alpine technique

## Learning Outcomes:

Successful participants will:

- Improve telemark technique and technical understanding through group activities
- share their understanding of how to build a supportive learning environment through group and technical activities.
- Share their understanding of their own skiing and what tools are needed to continue improving.

## Learning Experiences:

- Group building activities such as synchronized skiing, relay "races," reciprocal learning to promote camaraderie and build trust (people skills)
- Technical activities such as basic telemark, blue/black bumps, telemark side slips, falling leaves to build skiing skills and improve understanding



## ROCKY MOUNTAIN

- Group discussion centered around activities to promote technical understanding and improve technique.
- Optional - Movement Analysis thru Video of your own skiing and others

### **Materials/Equipment Needed:**

Modern telemark equipment.



ROCKY MOUNTAIN

# Telemark Assessment Prep Events



ROCKY MOUNTAIN

# Telemark Level 1 Prep Clinic

**Duration:**

12 hours (12 CEUs)

**Learning Connection Highlight:**

Technical Performance Skills, Teaching Skills, People Skills

**Course Description:**

This clinic is for Telemark instructors seeking Level 1 Certification. The two days will cover all materials required for successful assessment at the Level 1 standard. Topics covered will include the Telemark fundamentals/skills, skiing activities, teaching skills, and technical understanding. Participants will gain a clear understanding of their strengths and weaknesses, while finding out what to work on for the Level 1 assessment. Participants are required to download the Telemark Level 1 Certification Workbook from the PSIA-RM website prior to attending this workshop. Please fill out as much as possible before the event.

**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 1 Certification Checklist
- PSIA-RM Telemark Level 1 Assessment Workbook

**Prerequisite skills:**

- PSIA membership
- Safely ski all terrain through easy intermediate terrain
- Possess knowledge of Level 1 Assessment Activities
- Show desire to enhance personal skill development

**Learning Outcomes:**

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

- Learn and practice the Telemark skiing activities for Level 1 Certification
- Explore progressions and methodologies for teaching Telemark skiing
- Expand technical knowledge and understanding through discussion and practice



**ROCKY MOUNTAIN**

- Work through the Telemark Level 1 Assessment Workbook to prepare for the Telemark Level 1 Assessment

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

- Learn to identify equipment needs for Telemark skiers in the beginner zone
- Practice wedge turns, basic parallel turns, Telemark and Alpine
- Practice 500 shuffles, uphill arcs, Telemark sideslips and Telemark hockey stops
- Learn the Responsibility Code
- Learn about the teaching model
- Learn and practice how to handle a Telemark class in the beginner zone
- Manage group behavior based on student goals

### **Materials/equipment**

- Modern ski-area Telemark equipment
- PSIA-RM Telemark Level 1 Assessment Workbook (download from the PSIA-RM web site)



ROCKY MOUNTAIN

## Telemark Level 2 & 3 Prep Clinic

### Duration:

12 hours (12 CEUs)

### Learning Connection Highlight:

Technical Performance Skills, Teaching Skills, People Skills

### Course Description:

Take the guessing out of your certification preparation with this two-day clinic. Gain a clear understanding of what will be required to obtain a Telemark Level 2 or 3 Certification. This clinic will use the workbook and Level 2/3 assessment forms to guide activities and discussion to help participants prepare and plan for their Level 2 or 3 Telemark Assessment event.

### 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 2 or 3 Overview
- PSIA-RM Telemark Level 2 and 3 Certification Checklist
- PSIA-RM Telemark Level 2 and 3 Assessment Workbook

### Prerequisite skills:

- Telemark Level 1 Certification
- Safely ski all terrain through easy Black terrain
- Possess knowledge of Level 2/3 Assessment Activities
- Show desire to enhance personal skill development

### Learning Outcomes:

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

- Learn and practice skiing tasks/maneuvers for Level 2 or 3 Certification standard

Revised 10/25





## ROCKY MOUNTAIN

- Explore progressions and methodologies for teaching Telemark skiing within the intermediate or advanced zones
- Expand technical knowledge and understanding through discussion
- Work through the Telemark Level 2/3 Certification Checklist to prepare for the assessment

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

- Explore Level 2/3 Assessment Activities
- Video analysis, if available
- Practice applying the teaching model to meet the needs of the student
- Practice movement analysis on yourself and fellow participants

### **Materials/equipment**

- Modern ski-area Telemark equipment
- PSIA-RM Telemark Level 2 and 3 Assessment Workbook (download from the PSIA-RM web site)



**ROCKY MOUNTAIN**

## **Telemark Level RMT Prep Clinic**

### **Duration:**

12 hours (12 CEUs)

### **Learning Connection Highlight:**

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



## ROCKY MOUNTAIN

- 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)



## ROCKY MOUNTAIN



ROCKY MOUNTAIN

# Additional Resources and FAQs

## How to Register for an Event?

There are a few ways to register. You can register online through the Rocky Mountain website under the ‘Events’ tab, or you can download an application form from the ‘Events’ tab and email it to [events@psia-rm.org](mailto:events@psia-rm.org). We do not accept phone registrations as you need to sign the waiver for the event and cannot complete that over the phone.

## If online registration is closed, can I still register for an event?

Yes, you can still register for an event after online registration is closed, please download a form fillable PDF Event application from the ‘Events’ tab and email it to [events@psia-rm.org](mailto:events@psia-rm.org).

## Resources:

The event calendar is available at: <http://www.psia-rm.org>

[View the event cancellation policy on the PSIA-RM website](#)

[View the waitlist policy on the PSIA-RM website](#)

[View the CEU education requirement policy on the PSIA-RM website](#)

For additional questions or concerns, please email [events@psia-rm.org](mailto:events@psia-rm.org)



## ROCKY MOUNTAIN