



PSIA-RM Telemark Level I

Certification Booklet



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1

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Certification Booklet

Booklet is to be completed only DURING your 2-day certification event!!!!

This certification Booklet is designed to help you monitor your progress and log your current understanding of technical knowledge, teaching knowledge and skiing ability on your path to becoming a Level I Certified Telemark Instructor. You will want to use this Booklet to actively keep track of where you currently are in each area. Use this Booklet to write notes on feedback you have received and score your current level of understanding. Please have your Nordic Education Staff Member look over your Booklet every day of your 2-day certification event. Ed Staff Members will check your notes, initial off areas in which you are meeting or exceeding the Level I standard, and provide feedback and coaching for improved performance.

2

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2

Performs movement analysis on levels 1-4

Level: Educ Initials: Comments:

Accurate technical knowledge

Level: Educ Initials: Comments:

11

Performs movement analysis on levels 1-4

Level: Educ Initials: Comments:

Accurate technical knowledge

Level: Educ Initials: Comments:

Level I Checklist Technical

Technical question is:

Knows Movements / Skiing Skill Applications

Level: _____ Educ Initials: _____ Comments: _____

10

Level I Checklist Technical

Technical question is:

Knows Movements / Skiing Skill Applications

Level: _____ Educ Initials: _____ Comments: _____

10

This Booklet is divided into three sections: technical, teaching and skiing. Each section has a checklist of those things you must know or be able to perform to be certified as a Level I Telemark Instructor. To the side of the checklist is an area you can use to write notes and record feedback and coaching. This will greatly help in your process to becoming certified.

Be aware that although you are expected to know all the skiing maneuvers, teaching and technical elements in this Booklet, during your **two**-day event the Educators may or may not cover all those listed. This is up to the discretion of the Educator running the event.

Note: Please remember the **Learner's Responsibility Code; "I am responsible for my own learning!"** You are expected to take responsibility for your own learning, make sure you learn what you need to learn, ask the questions to get the answers you need, and use this checklist to track your learning and what you need to work on. Be an active learner!

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3

This Booklet is divided into three sections: technical, teaching and skiing. Each section has a checklist of those things you must know or be able to perform to be certified as a Level I Telemark Instructor. To the side of the checklist is an area you can use to write notes and record feedback and coaching. This will greatly help in your process to becoming certified.

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3

Level I Checklist
Fundamental Maneuvers

Uphill Arc Both Directions
Level: Educ Initials: Comments:

Wedge Turn
Level: Educ Initials: Comments:

Wedge Christie
Level: Educ Initials: Comments:

4

Level I Checklist
Fundamental Maneuvers

Uphill Arc Both Directions
Level: Educ Initials: Comments:

Wedge Turn
Level: Educ Initials: Comments:

Wedge Christie
Level: Educ Initials: Comments:

4

Develops Rapport / Engages Group
Level: Educ Initials: Comments:

Moves group in safe manner
Level: Educ Initials: Comments:

Tele lesson is technically accurate / provides accurate feedback
Level: Educ Initials: Comments:

9

Develops Rapport / Engages Group
Level: Educ Initials: Comments:

Moves group in safe manner
Level: Educ Initials: Comments:

Tele lesson is technically accurate / provides accurate feedback
Level: Educ Initials: Comments:

9

**Level I Checklist
Teaching**

**Delivers Tele Lesson @ Level 1 - 4
Teaching Topic:**

**Understands teaching model / lesson
delivered in a logical manner /
understands ATS**

Level: Educ Initials: Comments:

8

**Level I Checklist
Teaching**

**Delivers Tele Lesson @ Level 1 - 4
Teaching Topic:**

**Understands teaching model / lesson
delivered in a logical manner /
understands ATS**

Level: Educ Initials: Comments:

8

Switch Wedge

Level: Educ Initials: Comments:

Wedge ChristieBasic Telemark

Level: Educ Initials: Comments:

**BasicOpen Stance Tele & Basic Parallel
Alpine**

Level: Educ Initials: Comments:

5

Switch Wedge

Level: Educ Initials: Comment:

Wedge ChristieBasic Telemark

Level: Educ Initials: Comments:

**Basic Tele & Basic Parallel
Open Stance / tele & alpine**

Level: Educ Initials: Comments:

Groomed Free ski

Level: Educ Initials: Comments:

5

Telemark Side-Slip or Hockey Stop

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

6

Ungroomed Free Ski

Level: Educ Initials: Comments:

500 Shuffle

Level: Educ Initials: Comments:

Level I Checklist

Tele Skiing Applied / Terrain

Maneuvers and Tasks

Groomed Free ski

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

6

7

Telemark Side-Slip or Hockey Stop

Level: Educ Initials: Comments:

Ungroomed Free Ski

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

500 Shuffle

Level: Educ Initials: Comments:

Level I Checklist

Tele Skiing Applied / Terrain

Maneuvers and Tasks

Educator's Choice

Level: Educ Initials: Comments:

