

# ***PSIA-Rocky Mountain-AASI***

## **2-day Telemark Level 2/3 Skiing Certification**

### ***Course Description:***

Work through the skiing elements of Level 2/3 Telemark Certification while enhancing personal performance and professional growth. **This 2-day format allows for greater practice and coaching opportunities than the 3-day Telemark certification event.** By utilizing the on-hill checklists, participants will be able to enhance and monitor progress throughout the event. Participants will earn Level 2 or 3 Certification of the Telemark Skiing Certification Requirement upon successfully meeting all performance requirements during the 2-day Skiing Certification. If you are not sure whether you are ready for Level 2 or 3 Certification, take this clinic as a practice, or join us for the Tele Level 2/3 Prep Clinic first!

Participants are required to download and complete the Telemark Level 2/3 Certification Workbook from the PSIA-RM website prior to attending this event. You are required only to complete the Skiing questions for this certification event, Level 2 questions for Level 2, both Level 2 and Level 3 applicable questions for Level 3. However it is highly recommended that you complete the entire workbook for your level if attending this 2-day certification module.

### ***Course Outcomes:***

- Ski to a student level 8 (Certification level 2)/ student level 9 (Certification level 3) (see appendix 1 in Nordic Handbook)
- Understand the application of the fundamental movements in the Telemark maneuvers to a student level 6-9
- Enhance your understanding of the PSIA Telemark Skiing Model
- Earn Level 2 or 3 Certification for the Telemark Skiing Certification Requirement upon successfully meeting all performance requirements during the 2-day Skiing Certification.

### ***Sample Activities:***

- Short and Medium radius Telemark turns
- Demonstrate monomarks, 750/1000 shuffle and linked Telemark side slips
- Group discussions of the PSIA Skiing Model and the fundamental movements of the Telemark skiing maneuvers.
- Video review of personal skiing.

### ***Materials Needed:***

- Modern Ski Area Telemark Equipment
- Completed Telemark Level 2/3 Certification Workbook (download from PSIA-RM web site)