

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

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

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

Work through the technical 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 provided checklists, participants will be able to enhance and monitor progress throughout the event. Participants will earn Level 2 or 3 Certification of the Telemark Technical/MA Certification Requirement upon successfully meeting all performance requirements during the 2-day Technical/MA 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 Pre- Level 2/3 Workshop 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 Technical 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. Please also download and review the Telemark 2/3 Movement Analysis Format document from PSIA-RM.

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

- Develop enhanced knowledge/proficiency of movement analysis and improved technical understanding of Telemark skiing.
- Describe basic movement patterns and cause and effect relationships in Telemark skiers thru level 6-9.
- Define and interpret all terminology as described in the Nordic Handbook.
- Earn Level 2 or 3 Certification for the Telemark Technical/MA Certification Requirement upon successfully meeting all performance requirements during the 2-day Skiing Certification.

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

- Practice on-snow observation of Telemark skiers, emphasizing accurate descriptions of ski performance and associated body performance.
- Practice your movement analysis skill indoors with video.
- Group discussions of technical Telemark skiing concepts and fundamental movements of the Telemark skiing.
- Perform movement analysis on your own skiing (video).

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

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