

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

## **Telemark ITC Level 2/3**

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

Work through the skiing, teaching and technical elements of Level 2/3 Telemark Certification while enhancing personal performance and professional growth. Participants are required to download and complete the Telemark Level 2/3 Certification Workbook from the PSIA-RM website prior to attending the ITC. By utilizing the on-hill checklists, participants will be able to enhance and monitor progress throughout the 2 days.

Participants will earn Level 2 or 3 Certification upon successfully meeting all performance requirements during the 2-day Instructor Training Course. If you're not sure whether you're ready for Level 2 or 3 Certification, join us for the Tele Pre-Level 2/3 Workshop first!

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

- Ski to a student level 8 (Certification level 2)/ student level 9 (Certification level 3) (see appendix 1 in Nordic Handbook)
- Competently teach Telemark skiing through student level 6-9
- Describe basic movement patterns and cause and effect relationships in skiers through level 6-9
- Define and interpret all terminology as described in the Nordic handbook

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

- Short radius Telemark turns and link turns in blue bump terrain
- Demonstrate monomarks, 750/1000 shuffle and linked Telemark side slips
- Demonstrate how to apply the teaching model to meet the needs of the student
- Prescribe what a student should work on by prioritizing their skill needs through student level 6-9
- Understand the application of the fundamental movements in the telemark maneuvers to a student level 6-9

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

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