

Telemark 401 Workshop

Course Description

This high-level workshop is designed for Level 3 Certified Telemark instructors who want to take their skills to the next level. Explore cutting-edge Telemark technique, upper level progressions and exercises, and advanced training methodology during these exciting two days. Improve your coaching for alpine and snowboard cross-over instructors as well as for Telemark instructors. Emphasis will be on fun, sharing of ideas and personal improvement in skiing, training and technical knowledge. This is not an exam prep clinic. However, this Workshop can provide useful, high-end skiing and clinic preparation should you decide to pursue the Telemark Rocky Mountain Trainer (RMT) certification.

Course Outcomes:

- Improve personal skiing with feedback and video
- Utilize video for movement analysis of self and others
- Learn and share advanced teaching methodology
- Have fun skiing with others at the same level

Sample Activities:

- Video analysis
- Practice any of the telemark RMT Basic Skiing tasks listed on the telemark RMT Checklist
- Practice any of the telemark RMT Task Skiing tasks on the telemark RMT Checklist
- Practice any of the telemark RMT Performance Skiing tasks listed on the telemark RMT Checklist
- Clinic other participants

Materials Needed:

- Modern ski-area Telemark equipment
- Telemark RMT Checklist - download from PSIA-RM web site
- Telemark RMT Workbook (highly recommended) - download from PSIA-RM website

Telemark Fundamentals

