

## Telemark All Mountain Performance

### Course Description

This two-day clinic will address the needs of Telemark skiers who aspire to Telemark in all terrain and conditions. Terrain choices may include blue-black bumps, powder, and variable conditions, as well as steeper runs. Come prepared to safely stretch your limits and improve your skills with the best of our advanced educators. Video may be used to enhance learning.

### Course Outcomes:

- Improve personal skiing on Telemark equipment
- Build confidence and learn tactics on varying terrain while skiing the entire mountain
- Work on Movement Analysis skills and teaching (if applicable to group needs)

### Sample Activities:

- Video analysis
- Shuffles, monomarks, hockey stops, speiss and other cool maneuvers to enhance skills
- Technical and tactical application in terrain and conditions du jour

### Materials Needed:

- Modern ski-area Telemark equipment

### Telemark Fundamentals

