

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

## ***Telemark Blues and Beyond***

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

This two-day clinic will address the needs Telemark skiers who enjoy Tele skiing on blue terrain and would like to step up to the next level. Possible terrain choices may include easy bumps, powder and variable conditions as well as steeper groomed 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.
- 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