

## Telemark Blues and Beyond

### Course Description

This two-day clinic will address the needs of Telemark skiers who enjoy Telemark skiing in the intermediate zone 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.

### Learning 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 Learning Experiences:

- 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

