

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Telemark: Bumps

Course Description:

Improve your skills and refine your technique in the moguls! Participants will receive feedback on personal performance with video to enhance learning. Participants should be willing to venture onto blue, blue-black and/or black mogul runs.

Course Outcomes:

- Improve Telemark technique on blue, blue-black and/or black bump runs.
- Gain confidence and learn tactics in the moguls with practice, feedback and video.
- Challenge your abilities in a supportive environment.

Sample Activities:

- Practice short radius turns, hop turns, hockey stops, retraction turns and other cool tasks to hone personal skiing skills.
- Video analysis
- Experiment with different lines through bumps, eg. turn every bump, every second bump, medium radius thru easy bumps.

Materials Needed:

- Modern ski area Telemark equipment