

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Tele Extreme Mountain Performance

Course Description:

Improve your skills and accuracy while working on your steeps and bump technique. Participants will receive feedback on personal performance with video to enhance learning. Participants must be comfortable on steep black and double-black terrain. **Please note:** This clinic may utilize any available terrain included gated access and “hike to” areas. Anyone who does not exhibit the skills necessary to participate safely in this clinic will be asked to join another group or offered other options if another group is not available.

Course Outcomes:

- Improve Telemark technique on black, double black and off-piste terrain.
- Gain confidence and learn tactics in more difficult terrain & conditions with practice and feedback.
- Challenge your abilities in a supportive environment.

Sample Activities:

- Practice short radius turns, hop turns, hockey stops, retraction turns and other cool maneuvers to hone personal skiing skills.
- Video analysis
- Self-arrest techniques
- Pacing, layering and hydration for hiking
- 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