

# Telemark, Introduction to the New Telemark Norm (NTN)

## Course Description

New Telemark Norm (NTN), is here and has been for a while. Get on board with NTN step-in Telemark bindings and ski brakes. Let go of old images and come enjoy the most modern Telemark equipment available. This is a clinic for instructors who are new to Telemark skiing and for those who are new to NTN Telemark gear. Participants will become familiar with NTN equipment while learning Telemark technique within the beginner and intermediate zones, with our top Telemark Education Staff. Experience the future of Telemark skiing. Arrangements will be made for free or discounted access to “top of the line” NTN equipment.

## Course Outcomes:

- Learn about NTN equipment and its similarities and differences to other Telemark boot and binding systems
- Have the opportunity to demo the most modern NTN gear
- Learn to balance and move effectively on NTN equipment
- Learn how changes in equipment change the sport
- Practice techniques with feedback for success

## Sample Activities:

- Learn how to properly fit and use Telemark equipment
- Use NTN Equipment to make efficient and safe Telemark turns
- Apply Telemark technique and tactics in terrain and conditions du jour

## Materials Needed:

- NTN Telemark equipment

## Telemark Fundamentals

