

PSIA-Rocky Mountain-AASI

Introduction to Telemark Skiing

Course Description:

This is a clinic for instructors who are new to Telemark skiing and can Alpine or Telemark ski easy terrain. Participants will become familiar with Telemark equipment while learning Telemark techniques on easy terrain. Practice with feedback from our top Telemark Education Staff and learn what it takes to become a “Nord”!

Course Outcomes:

- Learn to balance and move effectively on Telemark equipment.
- Learn how to turn in both Telemark and parallel positions.
- Practice techniques with feedback for success.

Sample Activities:

- How to properly fit and use telemark equipment
- Practice parallel and tele turns on green terrain on telemark gear
- Make a telemark turn efficiently and safety

Materials Needed:

- Modern Ski Area Telemark equipment.