

Introduction to Telemark Skiing

Course Description

This clinic is for instructors who are new to Telemark skiing and can Alpine or Telemark ski on terrain within the beginner zone. Participants will become familiar with Telemark equipment while learning Telemark techniques in the beginner to intermediate zones. Practice with feedback from our top Telemark Education Staff. Explore the Telemark Fundamentals and learn what it takes to become a proficient Telemark skier.

Course Outcomes:

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

Sample Activities:

- Learn how to properly fit and use Telemark equipment
- Practice Alpine parallel and Telemark turns within the beginner to intermediate zones on Telemark equipment
- Make Telemark turns efficiently and safely

Materials Needed:

- Modern ski-area Telemark equipment - NTN recommended

Telemark Fundamentals

