

PSIA-Rocky Mountain-AASI

Tele: Refine Your Technique

Course Description:

This two-day clinic will focus on refining the skills of Telemark skiers on green and blue terrain. Learn how to make changes in your skill blend of the “DIRT” to adapt to different outcomes and changes in terrain. Improve your understanding of how refining your application of movements can enhance your performance! Video, when available, will be used to enhance learning.

Course Outcomes:

- Refine your accuracy and understanding in your personal Tele skiing.
- Build confidence and learn tactics on varying terrain.
- Work on Movement Analysis skills and teaching if applicable to group needs.

Sample Activities:

- Video analysis
- Syncro skiing, shuffles, monomarks, hockey stops, speiss and other cool maneuvers
- Technical and tactical application in terrain and conditions du jour
- Explore various freestyle maneuvers

Materials Needed:

- Modern Ski Area Telemark equipment