

Telemark, Refine Your Technique

Course Description

This two-day clinic will focus on refining the skills of Telemark skiers on terrain within the beginner and intermediate zones. Learn to make changes in your skill blend and your use of “D.I.R.T.” to adapt to different outcomes and changes in terrain. Improve your understanding of how refining your application of fundamentals can enhance your performance. Video may be used to enhance learning.

Course Outcomes:

- Refine your accuracy and understanding in your personal Telemark 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
- Synchro skiing, shuffles, monomarks, hockey stops, speiss and other cool maneuvers
- Technical and tactical application in terrain and conditions du jour
- Explore various freestyle maneuvers on Telemark equipment

Materials Needed:

- Modern ski-area Telemark equipment

Telemark Fundamentals

