

PSIA-Rocky Mountain-AASI

Telemark Trainers Workshop

Course Description:

This high-level workshop is designed for Level 3 Certified Telemark instructors who want to take their skills to the next level. Explore cutting edge Telemark technique, upper level progressions & exercises and advanced training methodology during these exciting two days. Improve your coaching for alpine and snowboard cross-over instructors as well as for Telemark instructors. Emphasis will be on fun, sharing of ideas and personal improvement in skiing, training and technical knowledge. This is not an exam prep clinic (please take Telemark RMT Prep Clinic), but is a one possible requirement for Telemark Trainer Accreditation.

Course Outcomes:

- Improve personal skiing with feedback and video
- Utilize video for movement analysis on self and others.
- Learn and share advanced teaching methodology
- Have fun skiing with others at the same level

Sample Activities:

- Video analysis
- Practice any of the fundamental maneuvers listed on the Tele RMT Checklist
- Practice any of the applied/terrain maneuvers and tasks on Tele RMT Checklist
- Clinic other participants

Materials Needed:

- **Modern** Ski Area Telemark equipment.
- Telemark **RMT** Workbook (download from PSIA-RM web site)
- if you want to work on it!!!!