

## Telemark Trees

### Course Description

Improve your skills and refine your technique in the trees. Participants will receive feedback on personal performance - may include video to enhance learning. Participants should be willing to venture into treed terrain within the intermediate and advanced zones.

### Course Outcomes:

- Improve Telemark technique in terrain with trees in the intermediate and/or advanced zones
- Gain confidence and learn tactics in the trees with practice, feedback, and video
- Challenge your abilities in a supportive environment

### Sample Activities:

- Practice short and medium radius turns, hop turns, hockey stops, lane changes, retraction turns and other cool tasks to hone personal skiing skills
- Experiment with different lines through the trees, i.e., turn around every tree, every second tree, medium radius turns through easy trees
- Discussion of tree wells and the buddy system to safely ski off piste in the trees

### Materials Needed:

- Modern ski-area Telemark equipment and helmet

## Telemark Fundamentals

