



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Telemark Level 1 Prep Clinic

Course Description

This clinic is for Telemark instructors seeking Level 1 Certification. The two days will cover all materials required for successful assessment at the Level 1 standard. Topics covered will include the Telemark fundamentals/skills, skiing tasks/maneuvers, teaching skills, and technical understanding. Participants will gain a clear understanding of their strengths and weaknesses, while finding out what to work on for the Level 1 assessment.

Participants are required to download the Telemark Level 1 Certification Workbook from the PSIA-RM website prior to attending this workshop. Please fill out as much as possible before the event.

Course Outcomes:

- Learn and practice the Telemark skiing tasks/maneuvers for Level 1 Certification
- Explore progressions and methodologies for teaching Telemark skiing
- Expand technical knowledge and understanding through discussion and practice
- Work through the Telemark Level 1 Certification Workbook to prepare for the Telemark Level 1 Assessment

Sample Activities:

- Learn to identify equipment needs for Telemark skiers in the beginner zone
- Practice wedge turns, basic parallel turns, Telemark and alpine
- Practice 500 shuffles, uphill arcs, Telemark sideslips and Telemark hockey stops
- Learn the Responsibility Code
- Learn about the teaching model
- Learn and practice how to handle a Telemark class in the beginner zone
- Manage group behavior based on student goals

Materials Needed:

- Modern, ski-area Telemark equipment
- Telemark Level 1 Certification Workbook, Note: download from PSIA-RM website

Telemark Fundamentals

