

## Telemark RMT Prep Clinic

### Course Description

This clinic is designed specifically to support Telemark Trainers in preparing for Telemark Rocky Mountain Trainer (RMT) assessment. Participants will receive coaching on skiing skills as they relate to tasks/maneuvers required for Telemark RMT. High-level technical discussions and improving skills as a trainer of other instructors will also be addressed during this in-depth two days. Participants are required to download the Telemark RMT Workbook from the PSIA-RM website prior to attending this clinic. This clinic is not a prerequisite for the Telemark RMT assessment but is highly recommended.

### Course Outcomes:

- Improve personal skiing with feedback and video
- Improve movement analysis skills of self and others
- Learn and share advanced teaching methodology
- Have fun skiing with others at the same level
- Have a clear understanding of what you need to work on to pass Telemark RMT in all categories
- Answering any questions concerning the Telemark RMT process and workbooks

### Sample Activities:

- Utilize video for movement analysis of self and others
- Practice blending or highlighting the Telemark Fundamentals/Skills in the tasks/maneuvers listed on the Telemark RMT Checklist
- Practice any of the applied/terrain tasks/maneuvers on Telemark RMT Checklist
- Clinic other participants
- Review Telemark RMT Workbook

### Materials Needed:

- Modern ski-area Telemark equipment
- Telemark RMT Workbook - download from PSIA-RM website

### Telemark Fundamentals

