

PSIA-Rocky Mountain-AASI

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 examination at the Level 1 standard. Topics covered will include fundamental skiing maneuvers and tasks, 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 exam.

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 event.

Course Outcomes:

- Learn and practice fundamental skiing maneuvers for Level 1 Certification.
- Explore teaching progressions and methodologies for teaching Telemark skiing.
- Expand technical knowledge and understanding through discussion.
- Work through Telemark Level 1 Certification Workbook to prepare for exam.

Sample Activities:

- Learn to identify equipment needs for beginner Telemark skiers
- Practice wedge turns, basic Telemark, open Telemark and open parallel turns
- Practice 500 shuffle, uphill arcs, Tele sideslips and Tele hockey stops
- Learn the skier's responsibility code
- Learn about the teaching model
- Learn and practice how to handle a beginner Telemark class and manage group behavior based on student goals

Materials Needed:

- Standard Ski Area Telemark equipment.
- Telemark Level 1 Certification Workbook (download at PSIA-RM web site).