

PSIA-Rocky Mountain-AASI

Women's Telemark Clinic at Spring Fling

Course Description:

Ski with some of the best women Telemark clinic leaders in the business! Have fun and challenge yourself in an all-women group of similar ability level. Explore the vast terrain at Vail while getting feedback for personal improvement.

Course Outcomes:

- Improve personal skiing in a comfortable, supportive environment.
- Challenge your ability on more difficult terrain.
- Share ideas on skiing, teaching and building rapport within a group.
- Stretch yourself and challenge your ideas of what is possible.

Sample Activities:

- Skiing to warm up on appropriate terrain and establish goals for clinic, while creating a supportive environment conducive to success.
- Identify group/individual needs.
- Depending on group level, develop skills to ski with more confidence on appropriate terrain; green, blue, black, groomed, un-groomed. Activities may include “monomarks”, shuffling, reverse Telemark, shadowing a peer, exploring new terrain in an encouraging and supportive environment.

Materials Needed:

- Standard Ski Area Telemark equipment.