

MA Prescription

Level: Educ Initials: Comments:



Movements/ Skiing Skills

Level: Educ Initials: Comments:

Technical Knowledge Accurate

Level: Educ Initials: Comments:

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**PSIA-RM Telemark
RM Trainer
Certification Booklet**



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**PSIA-RM Telemark
RM Trainer
Certification Booklet**



PSIA-RM Telemark

RMT Booklet

Booklet is to be completed only DURING your 2-day Telemark Trainer event!!!!

This Booklet is designed to help you monitor your progress and log your current understanding of technical knowledge, teaching knowledge and skiing ability on your path to becoming a Rocky Mountain Telemark Trainer. You will want to use this Booklet to actively keep track of where you currently are in each area. Use this Booklet to write notes on feedback you have received and score your current level of understanding. Please have your Nordic Education Staff Member look over your Booklet every day of your 2-day RMT event. Ed Staff Members will check your notes, initial off areas in which you are meeting or exceeding the RM Trainer standard, and provide feedback and coaching for improved performance.

RMT Checklist: Technical Technical question is:

MA Description

Level: Educ Initials: Comments:

MA Cause & Effect

Level: Educ Initials: Comments:

PSIA-RM Telemark

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RMT Checklist: Technical Technical question is:

MA Description

Level: Educ Initials: Comments:

MA Cause & Effect

Level: Educ Initials: Comments:

Learning Styles / Teaching Styles / Presents in multiple ways

Level: Educ Initials: Comments:

Facilitates Safe Environment

Level: Educ Initials: Comments:

Delivers technically accurate lesson with feedback

Level: Educ Initials: Comments:

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Learning Styles / Teaching Styles / Presents in multiple ways

Level: Educ Initials: Comments:

Facilitates Safe Environment

Level: Educ Initials: Comments:

Delivers technically accurate lesson with feedback

Level: Educ Initials: Comments:

10

This Booklet is divided into three sections: technical, teaching and skiing. Each section has a checklist of those things you must know or be able to perform as a Rocky Mountain Telemark Trainer. To the side of the checklist is an area you can use to write notes and record feedback and coaching. This will greatly help in your process to becoming certified.

Be aware that although you are expected to know all the skiing maneuvers, teaching and technical elements in this Booklet, during your **two**-day event the Educators may or may not cover all those listed. This is up to the discretion of the Educator running the event.

Note: Please remember the Learner's Responsibility Code; **I am responsible for my own learning!** You are expected to take responsibility for your own learning, make sure you learn what you need to learn, ask the questions to get the answers you need, and use this checklist to track your learning and what you need to work on. Be an active learner!

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This Booklet is divided into three sections: technical, teaching and skiing. Each section has a checklist of those things you must know or be able to perform as a Rocky Mountain Telemark Trainer. To the side of the checklist is an area you can use to write notes and record feedback and coaching. This will greatly help in your process to becoming certified.

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RMT Checklist:
FundamentalManeuvers

Level 3: Railroad Tracks / Tele & Parallel
Level: Educ Initials: Comments:

Wedge ChristieAlpine
Level: Educ Initials: Comments:

Wedge ChristieBasic Telemark
Level: Educ Initials: Comments:

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RMT Checklist:
FundamentalManeuvers
Level 3: Railroad Tracks / Tele & Parallel
Level: Educ Initials: Comments:

Wedge ChristieAlpine
Level: Educ Initials: Comments:

Wedge ChristieBasic Telemark
Level: Educ Initials: Comments:

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RMT Checklist:
Teaching
Teaching Topic is:

Uses Teaching Model / ATS /
Lesson makes sense
Level: Educ Initials: Comments:

Develops Rapport / Engages Students /
Attends to individual motivations
Level: Educ Initials: Comments:

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Teaching
Teaching Topic is:

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Develops Rapport / Engages Students /
Attends to individual motivations
Level: Educ Initials: Comments:

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Ungroomed

Level: Educ Initials: Comments:

Bumps – No Poles

Level: Educ Initials: Comments:

Fall Line Black Bumps

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

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Pivot Slips / Speiss

Level: Educ Initials: Comments:

Basic Telemark & Basic Parallel

Level: Educ Initials: Comments:

Switch Basic Telemark

Level: Educ Initials: Comments:

5

Ungroomed

Level: Educ Initials: Comments:

Bumps – No Poles

Level: Educ Initials: Comments:

Fall Line Black Bumps

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

8

Pivot Slips / Speiss

Level: Educ Initials: Comments:

Basic Telemark & Basic Parallel

Level: Educ Initials: Comments:

Switch Basic Telemark

Level: Educ Initials: Comments:

5

Short Radius **Alpine**

Level: Educ Initials: Comments:

Medium Radius / Long Radius

Telemark & Parallel **Alpine**

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

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Tele Skiing Applied

Terrain Maneuvers & Tasks

1000 Shuffle

Level: Educ Initials: Comments:

Monomark

Level: Educ Initials: Comments:

Hourglass

Level: Educ Initials: Comments:

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Short Radius **Alpine**

Level: Educ Initials: Comments:

Medium Radius / Long Radius

Telemark & Parallel **Alpine**

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

6

Terrain Maneuvers & Tasks

1000 Shuffle

Level: Educ Initials: Comments:

Monomark

Level: Educ Initials: Comments:

Hourglass

Level: Educ Initials: Comments:

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