



## **Telemark RMT Certification Checklist**

### **Professional Development & Skills Proficiency Log**

This Certification Checklist 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 PSIA Telemark Rocky Mountain Trainer. Use this Checklist to write notes on feedback you have received and score your current level of understanding. Please have your Telemark Education Staff (Tele Ed Staff) member look over your Checklist during PSIA clinics and in-house training. Tele Ed Staff members may check your notes, initial off areas, and provide feedback and coaching for improved performance.

This Checklist is divided into three sections: skiing, teaching, and technical. The beginning of each section has a checklist of those things you must know or be able to perform to be certified as a Telemark RMT. 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 progress to becoming certified. This checklist may be used during the Telemark RMT Prep Clinic, Telemark 401 Workshop, or events you may be auditing.

Although you are expected to know all the skiing tasks and maneuvers in this Checklist during the 2-day Telemark RMT Assessment, the Educators may or may not cover all those listed. This is up to the discretion of the Educator(s) 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!

## Telemark RMT Checklist

Candidate's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Location: \_\_\_\_\_ Educators: \_\_\_\_\_

Prerequisites	Signature	Date	Comments and Feedback
Level III Certification			
Letter of Intent and Application			
Waiver of Liability			
Prerequisites	Signature	Date	Comments and Feedback
Telemark Trainer Workshop or the Telemark RMT Prep Clinic			
Technical Foundations			
25 Hours Clinic Leading			
Director/Trainer Endorsement and Role Model			

<b>Telemark RMT Task Skiing</b>	<b>Signature</b>	<b>Date</b>	<b>Comments and Feedback</b>
Railroad Tracks Telemark and Alpine or alternative highlighted edging skill task			
Pivot Slips Telemark and Alpine or alternative highlighted rotary skill task			
Spiess Telemark and Alpine or alternative highlighted pressure control task			
Delayed lead change			
Accelerated lead change, snakebite			
Telemark Shuffles 1000, 750, and 500			
Monomark			
<b>Telemark RMT Basic Skiing</b>	<b>Signature</b>	<b>Date</b>	<b>Comments and Feedback</b>
Wedge Christie Alpine			
Wedge Christie Telemark			
Basic Parallel Alpine			
Basic Parallel Telemark			
Basic Ungroomed, bumps/variable			
Switch Basic Telemark			

<b>Telemark RMT Performance Skiing</b>	<b>Signature</b>	<b>Date</b>	<b>Comments and Feedback</b>
Telemark Short Radius			
Telemark Medium/Long radius			
Telemark Fall Line Black Bumps			
Telemark Variable/Ungroomed Black			
Telemark No Poles, All Conditions			
Telemark Transition Skiing: hourglass, lane changes, etc.			
<b>MA Describe and Discuss Observations</b>	<b>Signature</b>	<b>Date</b>	<b>Comments and Feedback</b>
Ski Performance to Body Performance, Multiple Skills, Multiple Phases			
Cause and Effect Relation, Skis to Body, Multiple Phases			
Cause and Effect Relation, Skill to Skill, Multiple Phases			

<b>Describe and Discuss Prescription for More Efficient and Effective Movements</b>	<b>Signature</b>	<b>Date</b>	<b>Comments and Feedback</b>
Ski Performance to Body Performance, Multiple Skills, Multiple Phases			
Cause and Effect Relation, Skis to Body, Multiple Phases			
Cause and Effect Relation, Skill to Skill, Multiple Phases			
<b>Clinic Leading and Teaching</b>	<b>Signature</b>	<b>Date</b>	<b>Comments and Feedback</b>
Professionalism; is a role model for other instructors			
Develops Rapport / Engages Student			
Addresses both group and Individual Motivation			
Clinic/Lesson Makes Sense / Flows in a Logical Manner			
Clinic/Lesson and Feedback are Technically Accurate			
Addresses Learning Modalities with Various Teaching Methods / Presents Information in Multiple Ways			
Emphasis on Instructor Development			
Creates a Safe Environment for self and participants			