

# PSIA-RM Telemark Trainer

## Workbook

Professional Development &  
Skills Proficiency Log<sup>1</sup>

<b>NAME</b> _____
<b>ADDRESS</b> _____ _____
<b>HOME PHONE</b> _____
<b>SKI SCHOOL</b> _____

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# C hecklist \_\_\_\_\_ Trainers

Ask your RM Education Staff Members to sign and date where applicable.

Name \_\_\_\_\_

Date \_\_\_\_\_ RM Status \_\_\_\_\_

## Home School Involvement

Telemark Rocky Mountain Trainer Candidate is recognized as a positive contributor to home Ski School. Is competent and widely accepted by instructor staff and its management at the following levels.

(Directors please check, sign, and date)

Level # 1 Certification Training \_\_\_\_\_

Level # 2 Certification Training \_\_\_\_\_

Level # 3 Certification Training \_\_\_\_\_

Beyond Level # 3 Certification Training \_\_\_\_\_

Director \_\_\_\_\_ →

Initial	Date

### Comments:

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## Technical Knowledge

Completed video review of self skiing dynamic short and medium radius telemark turns with a fellow Telemark Trainer. Develop a lesson plan of self improvement. Your responsibility is to review your turns and express changes and improvements (if any) you plan to make. The job of your partner is to diplomatically assist you in this process.

This is an excellent growth opportunity for both parties.

Peer \_\_\_\_\_ →

Initial	Date

**Comments:**

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Completed video review of levels 1, 2, and 3 certification candidates

Level 1 Candidate \_\_\_\_\_

Level 2 Candidate \_\_\_\_\_

Level 3 Candidate \_\_\_\_\_

Again, pair up with a fellow Telemark Trainer and review the tapes to communicate & exchange your views of the candidate's performance and acceptable Movement Analysis by a candidate at that level.

Peer \_\_\_\_\_ →

Initial	Date

**Comments:**

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# Technical Knowledge ----- Continued

Telemark Trainer has completed professional alignment assessment and has incorporated findings into personal equipment setup.

*Alignment Professional* →

\*\*This is to insure Telemark Trainers are educated in alignment and its effects on performance\*\*

Initial	Date

**Comments:**

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# PSIA-RM Telemark Trainer

## Checklist

### Professional Development & Skills Proficiency Log<sup>2</sup>

# C

hecklist  Rocky Mountain Trainer

Welcome to the wonderful world of Telemark instruction! 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 Rocky Mountain Telemark Trainer. You will want to use this Checklist 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 Checklist during your PSIA clinic. Ed Staff Members will 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 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 progress to becoming certified. This checklist will be used during the Telemark Trainer Prep Clinic and may be used during the Telemark Trainer Workshop.

Be aware that although you are expected to know all the skiing tasks and maneuvers in this Checklist, during the two day Trainer Selection 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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## Telemark Trainer Checklist

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

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

Skiing Maneuvers		Educ Initials	Level	Comments / Feedback
1	Railroad Tracks: Telemark & Parallel			
2	Wedge Christie			
3	Wedge Christie Telemark			
4	Pivot Slips / Spiess			
5	Basic Telemark and Parallel			
6	Switch Basic Telemark			
7	Short Radius			
8	Medium Radius / Long Radius Telemark & Parallel			
9	Educator's Choice			

Skiing Applied / Terrain Maneuvers & Tasks		Educ Initials	Level	Comments / Feedback
1	1000 Shuffle			
2	Monomark			
3	Hourglass			
4	Ungroomed			
5	Bumps – No Poles			
6	Fall Line Black Bumps			
7	Educators Choice			
8	Educators Choice			

## Telemark Trainer Checklist

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

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

Teaching		Educ Initials	Level	Comments / Feedback
<i>RMT teaches to peers: Clinic topic is:</i>				
1	Uses Teaching Model / ATS / Lesson makes sense			
2	Develops Rapport/Engages Students/Individual Motivations			
3	Learning Styles / Teaching Styles / Presents multiple ways			
4	Facilitates safe learning environment			
5	Technically Accurate Lesson with Feedback			
6	Facilitates Clinic: Emphasis on Instructor Development			
7	Professionalism			

Technical		Educ Initials	Level	Comments / Feedback
<i>Technical Question Is:</i>				
1	Accurate Movement Analysis description: any level			
2	Accurate Movement Analysis cause and effect			
3	Accurate Movement Analysis prescription for change			
4	Skiing Skills / Movements			
5	Technical Knowledge accurate			