

PSIA-Rocky Mountain-AASI
**Telemark Rock Mountain Trainer
 Development and Skills Checklist**

Name: _____

Prerequisites	Signature	Date	Comments and Feedback
Level III Certification			
Letter of Application & Intent			
Waiver of Liability			
Professional Development	Signature	Date	Comments and Feedback
Tele Trainer Workshop or the Tele RMT Prep Clinic			
Technical Foundations			
25 Hours Clinic Leading			
Director/Trainer Endorsement & Role Model			
Telemark RMT Task Skiing	Signature	Date	Comments and Feedback
Railroad Tracks Tele & Alpine or alternative highlighted edging skill task			
Pivot Slips Tele & Alpine or alternative highlighted rotary skill task			
Spiess Tele & Alpine or alternative highlighted pressure control task			
Delayed lead change			
Accelerated lead change (snakebite)			
Shuffle; 1000, 750 and 500			
Monomark			

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Telemark RMT Basic Skiing	Signature	Date	Comments and Feedback
Wedge Christie Alpine			
Wedge Christie Telemark			
Basic Parallel Alpine			
Basic Parallel Telemark			
Basic Ungroomed (bumps/variable)			
Switch Basic Telemark			
Telemark RMT Performance Skiing	Signature	Sign-off	Comments and Feedback
Telemark Short Radius			
Telemark Medium/Long radius			
Telemark Fall Line Black Bumps			
Telemark Variable/Ungroomed Back			
Telemark No Poles, All Conditions			
Telemark Transition Skiing hourglass, lane changes, etc			
MA Describe & Discuss Observations	Signature	Date	Comments and Feedback
Skis & Body Performance, Multiple Skills, Multiple			
Cause & Effect Relation, Skis to Body, Multiple Phases			
Cause & Effect Relation, Skill to Skill, Multiple Phases			

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Describe & Discuss Prescription for More Efficient & Effective Movements	Signature	Date	Comments and Feedback
Skis & Body Performance, Multiple Skills, Multiple			
Cause & Effect Relation, Skis to Body, Multiple Phases			
Cause & Effect Relation, Skill to Skill, Multiple			
Clinicing and Teaching	Signature	Date	Comments and Feedback
Professionalism, is a role model for other instructors			
Develops Rapport / Engages Student			
Addresses both group and Indv. 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			