



TELEMARK INSTRUCTORS

Telemark Level 3

Certification Overview

We aim to provide a fun, friendly educational environment that allows you to learn and develop the skills required to successfully complete the exam.

The following information is important; keep it handy during your course.

- What you need to bring everyday: Telemark Manual, available on line- we do not have a printed version (not actually needed on the snow) - ensure that you are familiar with the Manual. This will help you to understand the teaching progressions as they are presented.
- Your skis, boots and poles! These should be comfortable, well maintained and tuned. Warm, waterproof clothing including beanie, or helmet and gloves. You'll be outside everyday (if the mountain is open) for up to 6 hours per day. Eye protection (goggles recommended).
- A notebook to take down important points.
- Money for lift tickets. Some participants may be eligible for discounted lift tickets during courses. Please inform the Course Director if lift tickets are required.
- Food and water or lunch money and a snack for out the snow is optional.

Daily Procedure

The day starts at 8.45am when we meet your trainer/examiner in the mountain café to discuss the course and course expectations. We will make sure you have your lift pass and all you need for the course. Please have your boots on and ready to ski prior to the meeting. You will get a letter from the course director with a meeting point for the first day – the examiner will arrange a meeting point and time on each other day. The day finishes around 4.00pm.

Closed Days.

If the mountain is closed we will contact you in the morning, so make sure we have your contact number and your phone is turned on - feel free to call us if you are not sure. An alternative venue will be organised and a full day's content covered.

Fitness.

We spend a nearly all our time on the snow so being Telemark fit is essential! For the level 3 course it is expected that you can comfortably with a variety of turn shapes on any part of the mountain - we do spend time on your technique and you will be coached through progressions that will improve your ability and comfort on this terrain.



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Thursday, 17 May 2018

Safety policy and Incidents/Accidents

NZSIA Telemark courses/exams may require you to ski in a variety of conditions, terrain, and park/pipe features while completing specific tasks. If at any time you feel unsafe or at risk of injury you should tell your trainer that you wish to opt out of the particular task. Depending on the situation this may affect the results of your examination. Course participants should be aware of and follow the Snow Responsibility Code at all times (the code can be found in your manual). Please report any incidents/accidents to your Examiner or directly to the Course Manager with the details, witnesses, location etc.

Photos/Video

We may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your trainer if you do not want images of yourself used in this way.

Administration.

All matters concerning registration, payments etc should be referred to the admin office. NZSIA exam process has been developed to ensure that each candidate is assessed in as fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided at each course. Completed forms can be returned to either the course director or NZSIA office. If you wish to personally discuss your results or any other matter relating to the course please contact the Course Director or write to NZSIA at the address below.

Email: admin@nzsia.org

Phone: 03 4511534

Post: NZSIA, P.O. Box 2283, Wakatipu.

Course Manager cell number is 027 226 2822 and is for URGENT calls only



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Telemark Level Three –

Level Three certified instructor outcome.

A level 3 instructor will have a comprehensive understanding of the NZSIA Telemark Instructors Manual and be able to demonstrate all movements at a proficient level. You will be able to clinic on all aspects utilising methodology and good teaching technique, showing good technical understanding, communication skills, group handling, choice of terrain, and demonstrations.

Telemark level 3 Standards

Candidates must be able to ski all terrain on and off piste with control, showing good form, consistency, and fluidity in a series of turns, with no static phase or step.

Example of the expected-on snow scope:

- Ski a mogul slope using fall-line, without stopping, unless a fall is encountered. Incorporate elements of Carved turns in high speed, medium/long radius turns. Demonstrate well-timed pole plants for a variety of turns.
- Execute fluid intermediate turns with or without pole plants. Ski on and off piste without poles.
- Demonstrate speed control on a steep slope through short radius turn shape, maintaining ski contact with the snow throughout.
- Demonstrate appropriate movements adapting to the situation.

Technical knowledge of the following movements and concepts is essential for candidates:

- Stance, balance, steering, rotational, lateral, flexion/extension, edging, arm and hand movements, and Rhythm.

Clinic Topics

The following are potential topics to be presented during the workshop/exam:

- Situational and appropriate movements
- Short radius turns
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- The beginner skier
- Carved and edge turns
- Pole plants
- Situational telemarking including Moguls, breakable crust / powder
- Difficult condition techniques

NZSIA

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Telemark Level Three - Course Outline

The course covers the demonstration and clinicing of upper-level skills and techniques including, carved turns and switch turns as well situational skiing for varying conditions. Time is also spent improving the candidates' personal telemark teaching and skiing skills.

Day 1

AM: Meet at the cafe 8.30am READY TO SKI! On snow review of the planes of movement, form and ski performance. Go over the expectations for the week.

PM: An introduction to turn shape turn shape, ski performance on a variety of terrain. This will also be a time for personal ski development and improvement

PM: Day 2

AM: Situational skiing what we do when and how.

PM: Teaching aids and drills. Detection/Correction Clinics lead by participants Skier analysis

Day 3

AM: Ski edge use, and pressure management for edge control. Student practice teach

PM: Turn radius on piste.

Day 4

AM: Off Piste and bump (if we can find some) technique. Difficult Conditions technique- jump, unweighted turns.

PM: Personal skier improvement.

Video of off piste. Situational movement clinic then indoors movement analysis of video.

Day 5

AM: Teach practice with students taking clinics. Student choice clinic.

PM: Video personal skiing and movement analysis on snow. Dynamic turn teaching and demo. In door review of the days video today's video

Day 6

Final Ski Assessments, and ski exam. There is internally assessment so that the final results are not totally based on the last day assessment. On this day real students will be used for the lesson. Candidates will take turns leading the lesson. The results and certificate presentation will be early evening at a location suitable of all the candidates.

Please note: the course leader may change the daily content to cater for various circumstances.