

Level 2 Telemark Instructor



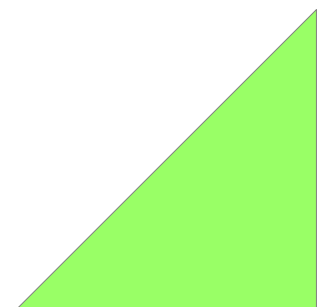
Technical Assesment Criteria

The following criteria are broken down under the headings of **Core Skier Development (CSD)**, **Piste Perfomance, Bumps** and **Variable Conditions**. It sets out what you, as potential level 2 instructors need to “Show” by the end of th course.

CORE SKIER DEVELOPMENT: on appropriate terrain for each phase.

Show

- Dry Running – Telemark stance and movements with and without skis stationary.
- Straight running on flat terrain moving upwards, forward and flexing downwards into Telemark position
- Parallel alpine turns in a wider corridor controlling speed through out the turn with accurate steering
- Basic telemark turns with and without pole plant, both with delayed lead change and lead change around the fall line
- Garlands and swing to the hill / fan turns. - Good posture and balance throughout for all of the above
- A full range of motion. High position at the end of the last turning phase/pressure phase and standing tall during the initiation of the first phase of the turn.
- A good posture on all above





PISTE PERFORMANCE

Show

- Wide radius turns using a good blend of the steering elements to produce rounded skidded turns (simultaneous rotation of the skis/feet/hips). Each descent should be rhythmic and flowing with good control of speed
- Active telemark turn using a good blend of the steering elements to produce rounded edged turns with a gradual rotation of the skis in a wider corridor. Turns should be rhythmic and flowing.
- Shorter telemark turns using a good blend of the steering elements to produce rounded turns with a gradual rotation of the skis in a narrower corridor. Turns should be rhythmic and flowing.
- Carved Telemark Turns leaving clean lines in the snow so that tail follows the tips. Angulation and dynamics should be shown, (Not banking or static)

Bumps (Easy bumps)

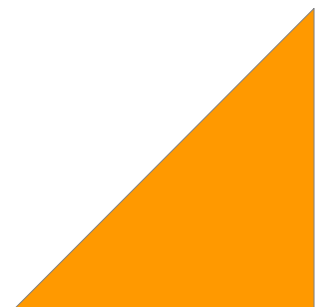
Show

- Linked rhythmic turns (not necessarily in the fall line) matching the movements to the terrain
- Linked turns while traversing showing absorption and extension of the bumps and troughs.
- A well timed pole plant, good posture and balance in the above .

Variable Conditions (Easy terrain)

Show

- Ability to perform in chopped up snow, powder and other non pisted variants of snow.
- Rounded continuous and variable turns according to the terrain.
- Dynamic movements.
- Effective posture and balance.





SWITCH / BACKWARDS SKIING

Show

- Ability to show some linked backwards turn in telemark turns down easy green terrain.
- Effective posture and balance
- To ensure good vision, the upper body will have rotation so the turning effort won't be only from the lower body.

(This is part of the level 2 course but is not part of the assessment)

Bumps (Easy bumps)

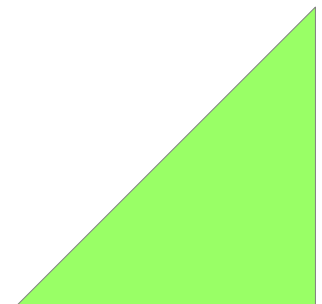
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ADDITIONAL ACTIVITIES

Show

- Mono-mark - The ability to make one sided turns with dynamic movement to weight and unweight the skis from edge to edge without making a lead change. And to release the edge to a new edge.
- Fakø Mark turns. To link turns with the wrong foot forwards to show control over edges, body position and pressure.
- Jump turns - Explosive movements, separation and active edging.
- Braquage (Pivoting on the fall line) on steeper terrain with in a narrow corridor and as straight a line as possible (one cat track width) keeping the upper body facing the valley and uninvolved with the lower body and using active turning of the legs and feet.
- Effective posture and balance.

RESOURCES

- 1) Irish association of Snowsports Telemark Instructors Manual - iasisnowsports.ie
 - 2) Irish association of Snowsports Telemark Instructors outcome standards – iasisnowsports.ie
- Direct Youtube link - <https://youtu.be/3D86iez7d8k?si=08yOpW567V2yXLmZ>
- 3) 10 FIS Rules of Conduct for skiers & boarders

