

## Level III Telemark Tasks

### *Baseline Movement Pattern*

While constantly moving forward in the direction of travel, the skier redirects their center of mass (COM) diagonally to allow their legs to move actively. This allows them to make adjustments within the turn at any point, and thus maintain flow down the hill.

### *General Considerations*

The tasks are designed to be training tools for skill development. It is not so important that you master any given task; rather the tasks are in place to highlight the skills that should be present. Not all the tasks may be used in the exam, nor are they graded as pass/fail. What is being assessed is the application of the skills and the ability to properly blend them to create efficient movements.

While there is some latitude for accuracy in the parameters of the tasks, the candidates must routinely (80% of the time) demonstrate the skills necessary to do the task, as opposed to occasionally (less than 80% of the time).

### *Tasks and Maneuvers*

**Medium Radius Telemark and Alpine Turns** (*blue and black terrain*) Ski a series of CARVED alpine and telemark turns of consistent size (1½ to 2 packer widths) and speed with appropriate progressive edging and rotary movements.

#### VISUAL CUES

1. Skis are tipped on edge and fully engaged **immediately**.
2. In the alpine, balance is directed towards the outside ski. In the telemark, balance is directed between the feet with the ability to pressure both feet throughout the whole turn.
3. Balance is maintained through even flexion and extension in the ankles, knees, hips and spine.
4. The shoulders are matching the terrain throughout all phases of the turn.
5. Turning movements originate in the feet and legs, and turn more than the upper body.
6. In the telemark, simultaneous lead change and edge change are blended with rotary and pressure movements.
7. Poles swing smoothly in the intended direction of travel, and pole touch complements the desired outcome.
8. The turns are carved with no skidding and sidecut is utilized in creating the turn shape.

**Short Radius Turns and Linked Pivot Slips (Telemark and Alpine)** (*blue and black terrain*) Ski a series of ROUND, short radius turns of consistent size (½ to ¾ packer width). Also ski a series of linked pivot slips in the fall-line. Must show the ability to switch between short radius and pivots slips within a series and repeat the series several times.

#### VISUAL CUES

1. The transition between the short radius and linked pivots is seamless and without interruption of flow.



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**Variable Terrain** (*black ungroomed terrain*) Ski a mix of both short and medium radius alpine and telemark turns in ungroomed conditions without traversing. Turn shape must remain consistent and must not be dictated by terrain. Must be able to show the ability to switch between telemark and parallel with a series of same-radius turns.

VISUAL CUES

1. Maintain lateral and fore-aft balance, in the telemark, with hips between the feet through turn transitions in all terrain and snow conditions.
2. Ability to show distinction between medium ( $1\frac{1}{2}$  to 2 packer widths) and short ( $\frac{1}{2}$  to  $\frac{3}{4}$  packer widths) radius turns, displaying a consistent turn shape and speed.
3. The transition between series is smooth and seamless, and crisply executed.
4. The body moves consistently and continuously down the hill, and the legs are active underneath.

**Bumps** (*black mogul terrain*) Ski a series of both alpine and telemark turns through the bumps while remaining in balance with consistent turn shape and speed and without traversing. Show the ability to switch between telemark and alpine as the examiner requests in both pivoting/braking and gliding turns.

VISUAL CUES

1. Both pivot/braking and gliding turns are employed.
2. Balance is maintained through even flexion and extension in the ankles, knees, hips and spine.
3. Flexion and extension is smoothly progressive and continuous, and comes from coordinated movements at ankles, knees and hips.
4. Turning movements originate from the feet and legs and work with a stable and quiet upper body.
5. Vision remains focused forward toward the intended direction of travel.
6. The body moves consistently and continuously down the hill, and the legs are continuously active underneath.
7. The pole touch complements desired turn outcome.

**Jump Entry Turn** (*green and blue terrain*) Medium to long radius turn. At turn initiation, jump allowing the skis to come completely off the snow, change edges in the air, land, complete the turn and repeat. Both alpine and telemark stances.

VISUAL CUES

1. The "take off" and "landing" occur with both skis simultaneously.
2. The body remains centered between AND over the skis throughout.
3. Flexion and extension complement the direction of travel and show appropriate timing.

**Downhill Skating** (*green terrain*) Skate downhill without poles for approximately 40 yards. Maintain an evenly paced skate regardless of acceleration down the hill. The skis should leave a straight line rather than an arc in the snow.

VISUAL CUES

1. The center of mass (COM) moves forward consistently and continuously.
2. Guiding movements in the legs complement the movements of the center, and are continuous.
3. The legs move actively under a quiet and stable upper body and shoulders match terrain.
4. The ski's edges are released and engaged in one smooth movement.
5. Balance is maintained over the whole foot of the extending leg throughout the extension.
6. Shin to boot cuff contact is maintained throughout.