



Level I 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 your application of the skills and your 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). The following tasks are designed to be done IN ORDER. This is both to emphasize the whole-to-part relationship of skills and movements, and to provide a framework for the exam itself. While these are skiing tasks, they can act as a foundation for teaching scenarios and technical understanding, as well.

The Whole

Medium Radius Alpine and Telemark Turns (*green or blue terrain*) Ski a series of ROUND alpine and telemark turns of consistent size with appropriately progressive edging and rotary movements.

VISUAL CUES

1. Both skis are tipped on edge simultaneously and remain parallel throughout the turn.
2. Balance is maintained through even flexion and extension in the ankles, knees, hips and spine.
3. Edge release is smooth and progressive.
4. The shoulders are matching the terrain through all phases of the turn.
5. In the alpine, balance is directed towards the outside ski. In the telemark, balance is directed in-between the feet with the ability to pressure both feet within the turn.
6. In the telemark, fore and aft movement of the skis is smooth and continuous and doesn't hinder any other component of the turn.
7. The poles' swing and touch complements the desired turn outcome.

The Parts

Skating (*flat terrain*) Skate without poles for approximately 20 yards, showing appropriate rhythm and flow.

VISUAL CUES

1. The center of mass moves forward constantly and continuously.
2. The legs move actively under the body.
3. The shoulders match the terrain.
4. The ski's edges are released and engaged in one smooth movement.
5. Shin to boot cuff contact is maintained throughout.

Pivot Edge Slips to a Stop (*green to blue terrain*) From a straight run, pivot the skis and use progressive edging to come to a stop. The side slip should occur straight down the fall line with minimal fore-aft movement of the skis.

VISUAL CUES

1. In the pivot, the legs turn more than the upper body.
2. Flexion and extension movements are smooth and progressive.
3. The body remains balanced over the pressured edges.

Wedge to Telemark Turning Progressions (*green terrain*) Ski a series of approximately 10 turns, beginning with wedge turns, and slowly progressing through wedge Christies, parallel turns and then to telemark turns.



VISUAL CUES

1. Turns are round and of a consistent shape and size.
2. There is clear distinction between wedge, late and early matching, parallel and telemark stances.
3. Both legs are constantly and continuously turning underneath the body.
4. Flexion and extension movements are evident and are progressive.

Turn Before Tele (*green or blue terrain*) Ski a series of ROUND alpine turns. In the transition between each turn, sink into the telemark “position” that appropriately finishes the turn.

VISUAL CUES

1. The skis remain parallel throughout the turn.
2. The movement into the telemark “position” takes place after the shaping phase of the turn, is smooth and progressive and does not interfere with turn shape.
3. The movements out of the telemark position complement edge release.

Tele Shuffle Traverse (*green terrain*) Traverse across a gentle slope while executing a rhythmic, consistent and constant fore-aft movement of the feet and legs (i.e., alternating telemark stances).

VISUAL CUES

1. The body remains centered between AND over the skis throughout.
2. Flexion and extension movements are smooth and progressive.
3. The rhythm remains constant throughout.
4. Shin to boot cuff contact is maintained throughout the movements.

Monomarks (*green terrain*) Ski a series of ROUND turns in a fixed telemark “stance”: one ski ahead, one behind.

VISUAL CUES

1. Release of the edges is smooth, simultaneous in both skis and done with minimal vertical motion.
2. The upper and lower body maintain a functional relationship.
3. The body remains centered between AND over the skis throughout.

Uphill Arcs (*green terrain*) From a straight run use tipping movements of the feet and legs to engage the skis' edges thus creating an arc across and up the hill to a stop. Perform in both alpine and telemark stances.

VISUAL CUES

1. Tipping of the skis and engagement of the sidecut create the arc, not the steering of the feet.
2. Both skis are tipped on edge simultaneously and evenly and remain parallel.
3. Stance width should remain consistent throughout the arc.
4. Perform both directions in both stances.
5. Leave two clean tracks in the snow.

Back to the Whole

Medium Radius Turns (*green or blue terrain*) Ski a series of ROUND alpine and telemark turns of consistent size with appropriately progressive edging and rotary movements.

VISUAL CUES

1. Both skis are tipped on edge simultaneously and remain parallel throughout the turn.
2. Balance is maintained through even flexion and extension in the ankles, knees, hips and spine.
3. Edge release is smooth and progressive.
4. The shoulders are matching the terrain through all phases of the turn.
5. In the alpine, balance is directed towards the outside ski. In the telemark balance is directed in between the feet with the ability to pressure both feet within the turn.
6. In the telemark, fore and aft movement of the skis is smooth and continuous and doesn't hinder any other component of the turn.
7. The poles' swing and touch complements the desired turn outcome.