



**PSIA-West Telemark Level 3**

# **Certification Booklet**



**Revised: July 2010 1**



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**B**ooklet is to be completed only DURING prep course and certification event!!!!

This certification Checklist is designed to help you monitor your progress and log your current understanding of technical knowledge, teaching knowledge and skiing ability on your path to becoming a Level 3 Certified Telemark Instructor. You will want to use this Checklist to actively keep track of where you currently are in each area. Use this Checklist to write notes on feedback you have received and score your current level of understanding. Please have your Nordic Education Staff Member look over your Checklist during your prep course and certification event. Ed Staff Members will check your notes, initial off areas in which you are meeting or exceeding the Level 3 standard, and provide feedback and coaching for improved performance.

## Performs movement analysis on advanced telemark skiers

Level:    Educ Initials:    Comments:

### Accurate technical knowledge

Level:    Educ Initials:    Comments:

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## Performs movement analysis advanced telemark skiers

Level:    Educ Initials:    Comments:

### Accurate technical knowledge

Level:    Educ Initials:    Comments:

## Level 3 Checklist

### Technical

Technical question is:

#### Knows Fundamental movements/skiing skill applications

Level: \_\_\_\_\_ Educ Initials: \_\_\_\_\_ Comments: \_\_\_\_\_

This Checklist is divided into three sections: technical, teaching and skiing. Each section has a checklist of those things you must know or be able to perform to be certified as a Level 3 Telemark Instructor. To the side of the checklist is an area you can use to write notes and record feedback and coaching. This will greatly help in your process to becoming certified.

Be aware that although you are expected to know all the skiing maneuvers, teaching and technical elements in this Checklist, during your certification event the Educators may or may not cover all those listed. This is up to the discretion of the Educator running the event.

**Note:** Please remember the **Learner's Responsibility Code**; ***"I am responsible for my own learning!"*** You are expected to take responsibility for your own learning, make sure you learn what you need to learn, ask the questions to get the answers you need, and use this checklist to track your learning and what you need to work on. Be an active learner!

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## Level 3 Checklist

### Technical

Technical question is:

#### Knows Fundamental movements/skiing skill applications

Level: \_\_\_\_\_ Educ Initials: \_\_\_\_\_ Comments: \_\_\_\_\_

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# **Level 3 Checklist Fundamental Maneuvers**

## **Basic Parallel**

Level:    Educ Initials:    Comments:

## **Basic Telemark**

Level:    Educ Initials:    Comments:

## **Dynamic Parallel ( short radius)**

Level:    Educ Initials:    Comments:

4

# **Level 3 Checklist Fundamental Maneuvers**

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Level:    Educ Initials:    Comments:

## **Basic Telemark**

Level:    Educ Initials:    Comments:

## **Dynamic Parallel (short radius)**

Level:    Educ Initials:    Comments:

4

## **Develops rapport / engages group**

Level:    Educ Initials:    Comments:

## **Moves group in safe manner**

Level:    Educ Initials:    Comments:

## **Tele lesson is technically accurate/provides accurate feedback**

Level:    Educ Initials:    Comments:

9

## **Develops rapport / engages group**

Level:    Educ Initials:    Comments:

## **Moves group in safe manner**

Level:    Educ Initials:    Comments:

## **Tele lesson is technically accurate/provides accurate feedback**

Level:    Educ Initials:    Comments:

9

## Level 3 Checklist

### Teaching

Delivers advanced telemark lesson

Teaching Topic:

Understands teaching model/lesson delivered in a logical manner/  
understands ATS

Level:    Educ Initials:    Comments:

8

## Level 3 Checklist

### Teaching

Delivers advanced telemark lesson

Teaching Topic:

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Level:    Educ Initials:    Comments:

8

## Dynamic Telemark

Level:    Educ Initials:    Comments:

## Monomark

Level:    Educ Initials:    Comments:

## Telemark Shuffle

Level:    Educ Initials:    Comments:

## Pivot slips ( telemark and parallel)

Level:    Educ Initials:    Comments:

5

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Level:    Educ Initials:    Comments:

## Monomark

Level:    Educ Initials:    Comments:

## Telemark Shuffle

Level:    Educ Initials:    Comments:

## Pivot slips ( telemark and parallel)

Level:    Educ Initials:    Comments:

5

**Switch Skiing**

Level: Educ Initials: Comments

**Ungroomed free ski/ black bumps**

Level: Educ Initials: Comments:

**Educator's choice**

Level: Educ Initials: Comments:

**Hop turns**

Level: Educ Initials: Comments:

**Level 3 Checklist  
Tele Skiing Applied/Terrain  
Maneuvers and Tasks**

**Extension-Retraction turns**

Level: Educ Initials: Comments:

**Railroad Track Turns ( parallel and telemark)**

Level: Educ Initials: Comments:

**Switch Skiing**

Level: Educ Initials: Comments

**Ungroomed free ski/ black bumps**

Level: Educ Initials: Comments:

**Educator's choice**

Level: Educ Initials: Comments:

**Hop turns**

Level: Educ Initials: Comments:

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Tele Skiing Applied/Terrain  
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