

# Telemark Ski Lessons


## Know your level, signs below will assist

Wilderness Sports Snowsports School has created an easy self evaluation guide to assist in determining ability levels. The green circle ●, blue square ■ and black diamond ◆ are consistent with the symbols used to mark the ski trails on the mountain.

● = **First Timer**, New to Skiing on Telemark & Freeheel equipment.

■ = **Intermediate**, Telemark Skiing: Basic Turns up to Varied Turn Shapes.

◆ = **Advanced**, Telemark Skiing: Refined skills edging up to Dynamic turns.

Adult - Telemark			
	Adult Telemark	Present Ability	Goal
●	<b>Level 1</b> Find my Program	First time Telemark skier with some Alpine, XC ski or snowboard experience.	Learn how to build a good stance, control speed and ride lifts safely.
●	<b>Level 2</b> Find my Program	Have tried Telemark skiing but possibly not with a lesson and want to refine the basics for control.	Learn to make basic turns in both directions, link turns with rhythm.
■	<b>Level 3</b> Find my Program	You can link skidded turns on easy terrain.	Learn to link turns with confidence and stronger more dynamic stance.
■	<b>Level 4</b> Find my Program	You can link turns on intermediate terrain & in varied conditions. Beginning to appreciate steering, edging & pressuring.	Introduce varied turn shape. Develop and refine skills PLUS Build confidence on varied terrain.
◆	<b>Freeride Workshop</b> Find my Program	<b>Minimum standard:</b> You can confidently ride most of the mountain with control.	<b>Sample topics:</b> Improving carving skills, short radius turns in fall line, Skiing @ Speed.
◆	<b>Freestyle Workshop</b> Find my Program	<b>Minimum standard:</b> You can confidently ride most of the mountain with control.	<b>Sample topics:</b> Build confidence in the air; Develop grabs and spins; Improve style and versatility in the Terrain Park and Half Pipe.