

# Saturday Clinic Topics - Feb 7th, 2009



**Telemark abilities are based on terrain  
you make telemark turns while smiling**



## **Beginner I - (Beg I)**

**First Time on Telemark Skis** - Begin with the basics, learn how to climb, glide, descend, stop and turn safely on telemark ski gear while smiling. This clinic will prepare and take you on the chair lifts safely and confidently.

## **Beginner II - (Beg II)**

**Introduction to the Telemark Turn** - Once you can stop, traverse, turn and smile it is time to learn more about the telemark stance and turn.

**Linking Telemark Turns** - Smooth & efficient transitions between telemark turns lead to a graceful dance down the slope. Are you dancing yet?

**Free Skiing & Personal Feedback** - Sometimes all you need is a few tips from a professional ski instructor. Free skiing and feedback are the main items on this menu.

## **Intermediate - (Int)**

**Speed Control on Steeper Terrain** - Learn speed control through turn shape, edge control and body position. Take the bite out of the hill and smile on steeper terrain.

**When the Going Gets Rough** - How many of us feel great on the groomed runs but get shaky when we enter "off-piste" (ungroomed) slopes. Learn how to manage the tough snow with style, technique and a smile.

**Powder Hound** - Learn skills beneficial for smooth and elegant powder skiing. If you feel frustrated or slightly out of balance or control in the untracked snow, then this is the clinic for you.

**Dale's Balance Lab** - Balance is everything and this interactive clinic explores your perception and reaction to balance "experiments". Receive and exchange "data" to draw conclusions in a variety of situations.

**Free Skiing & Personal Feedback** - Sometimes all you need is a few tips from a professional ski instructor. Free skiing and feedback are the main items on this menu.

(more clinics on backside)

## Intermediate - (Int)

**Woman's Only Free Skiing & Personal Feedback** – These clinics are designed and lead by professional female instructors. These “testosterone free-zones” are full of camaraderie and personal feedback on your skiing.

## Advanced - (Adv)

**Skiing the Steeps** – Learn how to control your mind, body and soul before heading into steeper terrain. Practice skills pertaining to speed control, turn shape and body position. Then head into steeper terrain and receive valuable feedback.

**Taming Ungroomed Slopes** - Learn about light & fast versus hard & driving techniques when going off the beaten track. Refine your “off-piste” techniques.

**Walter's “Big Feet” Balance Bonanza** – Step out of the box and onto the shortest telemark skis ever. Explore the finer points of standing over your skis is the special clinic which will challenge and perfect your balance. Are you up to the challenge?

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**Woman's Only Free Skiing & Personal Feedback** – These clinics are designed and taught by professional women telemark instructors. These “testosterone free-zones” are full of camaraderie and personal feedback on your skiing.

## Advanced/Expert – (Adv/Exp)

**Double Black Diamonds** - Learn how to ski the steep and narrow. Start with high level drills and exercises before heading into more challenging terrain. Special attention will focus on judgement, commitment and execution.

**Big Mountain Freeheel Surf Style** – Join Mark Sanders to explore a “new age” of freeheel skiing which emulates the fluid sensation of surfing. Often associated big mountain powder skiing styles.

**Free Skiing & Personal Feedback** – Sometimes all you need is a few tips from a professional ski instructor. Free skiing and feedback are the main items on this menu.