



SENIOR TELEMAR

Performance Evaluation

Sign Off Sheet

Date: ___/___/___

SCORING	
1	Essential elements were not observed or were not present
2	Essential elements are beginning to appear but not at a Senior level
3	Essential elements appear but are not consistently at Senior level
4	Essential elements appear regularly at Senior level
5	Essential elements appear frequently above a Senior level
6	Essential elements appear consistently at a Superior level

Risk Management: All those involved will communicate any concerns regarding risk management. Strict efforts must be made to ensure the safety of all participants & the public.

Reference (not scored): PSIA Fundamentals for Telemark Skiing – *All skiing below is a blend of the fundamentals*

- Control the fore/aft relationship of CoM to the base of support to manage pressure along the length of the skis
- Control the lateral relationship of the CoM to the base of support to manage pressure from ski to ski
- Control edge angles through a combination of inclination and angulation
- Control the turning of the skis with rotation of the feet and legs with discipline in the upper body
- Regulate the magnitude of pressure created through ski/snow interaction with flexion and extension
- Control the size, duration, rate, and timing of the lead change to manage fore/aft stability

CANDIDATE NAME

- | GROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See? |
|---|
| a. Connected and rounded turn shapes of varying sizes – maintaining consistent speed and control |
| b. Simultaneous foot tipping at initiation – carving & skidding acceptable – both feet in contact with snow |
| c. Skis parallel at initiation - convergence during turn acceptable |
| d. Consistently turns the skis separate from a stable upper body |
| e. Control edge angles through a combination of inclination and angulation |
| f. Continuous movement of both feet to produce a lead change at or near the apex of the turn |

Instructor	Initials	Date

- | STEEP SLOPE PERFORMANCE – Visual Cues – What Do You See? |
|--|
| a. Rounded and connected shorter radius turns for a controlled and consistent fall line descent |
| b. Pole touch/plant aids in stabilization and timing |
| c. Skis parallel at initiation - convergence during turn acceptable |
| d. Simultaneous foot tipping at initiation – carving and skidding throughout the turns is acceptable |
| e. Edging achieved through inclination and angulation |
| f. Skier uses a rate of lead change that complements the turn |

Instructor	Initials	Date

- | MOGUL/UNGROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See? |
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| a. Connected turns for controlled fall line descent - consistent rate of descent |
| b. Pole touch/plant aids in stabilization and timing |
| c. Skis turn under stable upper body |
| d. Rotary movements of the legs, as required, to navigate mogul or ungroomed terrain |
| e. Pressure regulation/absorption with flexion and extension to maintain contact with the snow |
| f. Timing and intensity of the lead change are appropriate for the terrain |

Instructor	Initials	Date

COMMENTS:

(rev. 12/11/2023)