

Interski Write Up Canada On Snow Telemark

Canada's workshop was delivered by Maire and intended to put across their 'Tele Fundamentals' or key points that make a good Tele skier:

- Balanced and Mobile
- Turn with the legs
- Skis parallel and on equal edge angles
- Rhythmical Movements

Information wise we covered these points talking about why someone would need to be all of these things and then doing the opposite. So we talked balance and the fact its what allows us to move on our skis, make a tele stance etc then tried to put ourselves out of balance. What did we find? We all skied worse out of balance.

This was then repeated for each stage with some shoulder turning, wedge A-Frames and then some syncro.

Unfortunately this was all we did there was not any technical content or real reason as to why we were shown this. I agree they are all great things to do but without saying 'we chose part a over part b because of.....' it was hard for me to see why they made these their basic points.

Time was a factor in this as we spent a fair amount of time waiting for the lift and then skied to where our bumps sessions were. So 2 chairs and a poma, it did take longer as Marie didn't seem to know where to go. Perhaps there was more we didn't get to.

Canada Off Snow Lecture - Warren Jobbitt

How we learn - Experiential Education

This lecture was mainly a slideshow/video about linking the learner to the learning process. The Key message at the end was having the learner be able to self access the outcome and be able to move forwards. Very similar to TIED but a system we use in UKCP instead.

Initiation
Acquisition
Consolidation
Refine

After outing the different stages on slides the focus moved to choking, why do people choke and why it has an impact on us as Trainers of associations. Ultimately choking occurs when a conscious effort is made to monitor a sub-conscious action. For example when we see people start to focus on certain aspects of their skiing and they actually perform worse because they aren't free to perform as normal.

Objective Driven Teaching

This was a process for breaking old motor patterns, in order to understand what we need to do we need to know what the end goal is. Very similar to TIED again, linking the learners perception to what we want, why? In order to create Shared-Measurable-Realistic goals.

This then lead into a very good video of a young girl learning to slide a box sideways. Everything started off instructor led, as he girl started to understand more and more she became able to say what went wrong. At first t was still the instructor that took the Information and Evaluated it to Develop. But after not too long the girl did this herself and that changed the way she went about the Task, she started lower, jumped softer etc as she understood the consequences of her actions more and more. Not too long after she completed the task.