

TELEMARK REVIEW

INTERSKI 2019 BULGARIA

By James Bennett



Overview

PAMPOROVO

- 60+ Telemarkers
- Greater participation than Argentinian Interski
- Research being done on what makes people Telemarkers
- Alpenstocks are history
- More focus on customer experience and retention

What is Interski for Telemark?

Interski is, and will almost certainly always be, an Alpine focused event, at least whilst Alpine remains the most common form of snow sport. However, Interski is one of only two worldwide events where Professional Telemark Teachers meet and share knowledge.

An enormous amount of effort is put into timing workshops to allow for maximum participation, which considering Interski's volume of nations and disciplines is no easy task.

Why do we, BASI, go to Interski?

In order to develop BASI's courses we need to compare our products to the wider snowsport community.

"It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change" - **Charles Darwin**

And change is afoot in many ways, participation is declining, not to mention the current political climate... yet still we need to draw in and retain snowsports learners.

Interski is a melting pot of ideas and tested strategies to keep people returning to the mountains. Which at the end of the day, is what we are all about.



Ok, so to be fair, change isn't one of Telemark's strongest characteristics. Having represented Telemark at the Argentinian Interski four years ago in Ushuaia there are many issues facing Telemark and little has actually changed in its position within the snowsport disciplines.

Telemark still:

- Struggles to get people in lessons
- Has issues with access to equipment
- Is mostly a second discipline

Due to these three main points there is a clear difference between the Alpine and Telemark representatives and associations at Interski. This is highlighted by some of the Telemark associations not being linked in any way to their Alpine counterpart.

This leaves Telemark under-developed and lacking the Technical cohesion that Alpine enjoys. I feel as a group of nations there is still a very wide spread on what different nations consider to be good technique. Hopefully each Interski will bring that spread a little narrower.

The following workshop write-ups from Switzerland, U.S.A and NZ and are the strongest and most relevant Telemark workshops from Pamporovo.

Swiss Telemark:

TYOLOGY

- Survey to see why people Telemark
- 4 types of Telemarker
- Young - Hipster
- Old - Alpenstock
- Freestyle - Park
- Racer - Competition

Typology of Telemarkers

The Swiss created a survey that was shared around the Telemark community at Interski. Now this is a very big step in the right direction and will hopefully shed some light on how we cater for Telemark in the future.

Results of this survey will be shared once the data has been collected and analysed.

To a certain extent we see these types of Telemarker within our own association, an example would be the request to run a Telemark specific Race-coaching or Freestyle courses rather than tagging onto an Alpine equivalent.

By defining the particular nature of the experience people seek, we can, in turn, create better experiences for our guests. We hope that this survey will help us structure our instructor courses and focus the content according to the different types of telemark skiers we find in our survey.

So please complete our survey and help us get a better picture of what telemark skiing is all about. We look forward to telling you more about it and discussing what kind of telemarker you think you are in our workshop.

<https://de.surveymonkey.com/r/telemarkinterski>



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USA Telemark:

FUNDAMENTALS

- Lead Change
- Pressure Control
- Rotational Control
- Edge Control

Telemark Skiing Fundamentals

The team from the USA shared their take on the fundamentals and how they are applied. There were many similarities in the content and application of the Fundamentals with our own version across all disciplines. Something that comes from the close ties between BASI's and PSIA's disciplines.

Emphasis was placed on:

- Blending of fundamentals to create high level performance
- Using the Lead Change to connect all skiing skills

SKILL	FUNDAMENTAL
Lead Change	Control the size, intensity, and timing of the lead change.
Pressure Control	Control the for/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
Pressure Control	Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski.
Rotational Control	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body
Edge Control	Control edge angles through a combination of inclination and angulation.
Pressure Control	Regulate the amount of pressure created through ski/snow interaction.

THE 4 C'S

- Concentration
- Confidence
- Control
- Commitment

The Four C's

New Zealand presented The four C's, which are tools instructors can use when teaching in order to get the best performances out of their clients.

Concentration - this is used to focus Learners and allow the instructors to make sure their tasks don't distract Learners but instead focus their attention on the key points.

Confidence - focuses the instructor on terrain and skill level required to achieve the task they set.

Control - this is the emotional state of the Learner and what an instructor does to manage this, similar to arousal levels and climate setting.

Commitment - is there the impetus to complete the task and how we as instructors create the drive to achieve.

One extra element that was discussed in the Task stage was:

- Simple Task
- Stationary Environment
- Situational Environment

These elements related to introducing a simple task that can be practiced or felt *Stationary* before being practised in an appropriate *Situational Environment*. So a flat for carving, or bumps for soft transitions etc.

The future of Interski

BASI TELEMARK

- Interski
- Collaboration
- Non Discipline Specific Workshops

The Future of BASI Telemark at Interski

As a stand alone concept Telemark struggles to really justify itself at Interski. There is a constant feeling that it should be going in its own direction and distancing itself from Alpine. Teaching and Technical content that can only serve to move the discipline on and help build the Telemark market is missed as it is under the Alpine banner.

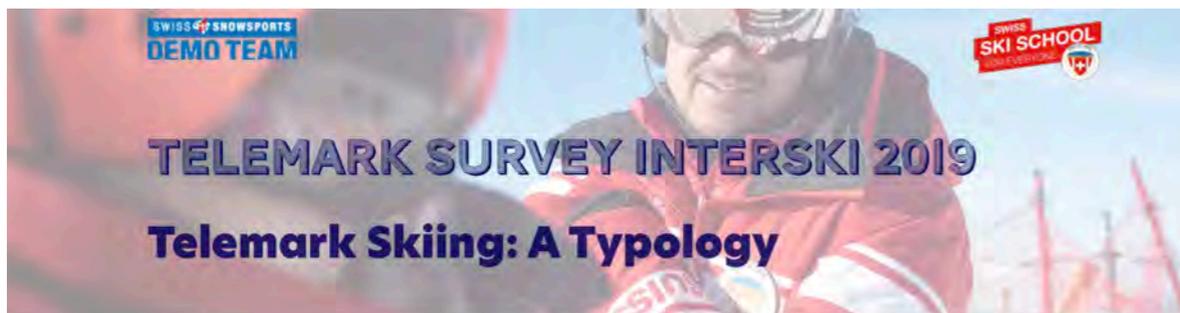
This only **damages** the strength and depth of the knowledge within Telemark. In many cases this content is applicable across all disciplines.

Collaboration is the only way to move Telemark onwards. This would be easily done by merging the non discipline specific workshops. This is effectively what we currently do by attending a variety of Telemark and Alpine Workshops but I didn't see a single other Telemarker at any non Telemark workshop.

There is still a large contingent within the Tele community that wish to move further away from Interski and focus on the Tele specific Inter-Tele. Unfortunately this will only serve to limit Telemark instructors.

The future is a more closely linked symbiotic relationship to Alpine, or I worry there may not be a future at all...

Workshop Materials



TELEMARK SURVEY INTERSKI 2019

Telemark Skiing: A Typology

Why do people Telemark? What drives a skier to leave the stability and familiarity of the alpine binding behind and venture onto the slopes with only their toes attached to the ski? What attracts anyone to such an ancient form of skiing? As a telemark skier, you might say that it is precisely the technical or physical challenge which attracts you to the sport. Perhaps, you feel that exercising a historic sport and reliving the traditions that surround it, is fascinating in itself. Or maybe you feel just the opposite and believe free-heel skiing is an almost entirely new sport in which new movements or tricks are created every day with little relation to the technique that emerged more than 100 years ago. There may, of course, be any number of reasons why someone is drawn to practice the sport.

Compiling these reasons and trying to analyze the deeper motivations that draw people all over the world to telemark is one of the goals of our Interski Survey. But beyond this, our survey should also help us discover how non-telemarkers see the sport. What is holding people back from it? Or, if they were once telemarkers, what made them stop? What are the main barriers to beginning it? Getting a clearer picture of what makes people telemark skiers is another of the survey's principal aims.

Finally, we believe there are potentially different types of telemark skiers, seeking different kinds of experience. It seems that what many avid telemarkers most enjoy is skiing the backcountry. But many others clearly prefer carving down groomed slopes. And while some seem to enjoy nothing more than lapping the snow park all day, others just want to cruise gentle slopes, simply enjoying the flow of the lead change. We hope our survey will help us discover what are the experiences that motivate these different free-heel skiers in their practice of the sport.

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PSIA

TELEMARK

Indoor Lecture: Telemark Skiing Fundamentals

Learn about practical teaching applications that use the Telemark Skiing Fundamentals. Topics of this presentation include:

- Telemark Skiing Fundamentals (listed below) and PSIA's Skills Concept (which emphasizes that three skills – rotational control, edge control, and pressure control – are integral to all turns and are essential for maintaining balance)
- Teaching skiing movements through fundamentals to create high-end, diverse skiing
- Blending fundamentals for specific skiing performances

On-Snow Workshop: Telemark Skiing Fundamentals

Apply the telemark fundamentals across a broad spectrum of abilities to teach skiing movements by:

- Highlighting and blending the fundamentals to create high-end, diverse skiing
- Exploring how lead change connects to all skiing skills
- Balancing technical, teaching, and people skills to enhance deeper learning.



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