

## Where can Free Heel Skiing take you???

EVERYWHERE – with technique and fitness, Free Heel Telemark Skiing offers a lifetime of learning and play on snow!!

## DISCOVER THE JOYS OF FREE HEEL SKIING!

Telemark Skiing, a versatile downhill technique that offers fun, exciting alternative to resort slopes and the key to backcountry skiing success. The sport's high performance and traditional roots features plastic or leather boots, release or non-release bindings that free the skier's heel, with shaped telemark or cross country skis.

Telemark originated as a mode of travel across the snowy expanses of Scandinavia. Utilizing a single long stick instead of ski poles, and bindings made of leather, these early ski pioneers mastered the downhill by developing an elegant turn with one ski ahead of the other. This technique, characterized by a flexed front knee, and the trailing leg extended with the heel of the boot raised off the ski, became known as the Telemark turn.

Today, our high tech equipment we offer you has evolved to include plastic boots, shaped skis, titanium bindings, and equipment designed specifically for youngsters.

Free Heel skiers are adventurous, powder hounding the backcountry, riding bumps on the slopes, taking air in the pipes, or racing gates!

## CONSIDER FREE HEEL STYLE THIS WINTER!

Ski Telemark is a mobile ski school / equipment rental program that services Ontario's public. This year we celebrate our 28<sup>th</sup> anniversary!

Our professional instructor team at Ski Telemark are CANSI certified instructors, whose knowledge and expertise will teach you the mastery of telemark's downhill technique and the enjoyment it brings!

Please visit our website at: [www.skitelemark.ca](http://www.skitelemark.ca)

Our team are active, friendly outdoor people who love to canoe, kayak, climb, mountaineer, telemark, nordic and alpine ski. Please feel comfortable to ask for a private, semi-private or group instruction with:



Holly Steve Mark Glenn Michael



Garry Robert Keith Joseph David

Through our City Ski and Weekend Programs, Ski Telemark has introduced the sport of telemark skiing to over 20,000 telemark enthusiasts!

## WE HOPE YOU WILL JOIN US THIS SEASON!

For more information or registration for our telemark programs, please contact us directly at:

**SKI TELEMARK**

R.R. # 1,  
1691 Oak Hill Road,  
Campbellcroft, ON  
LOA 1B0

Telephone: 905 797-1074

Fax: 905 797-1072

Email: [skitele@eagle.ca](mailto:skitele@eagle.ca) Web: [www.skitelemark.ca](http://www.skitelemark.ca)



learn with

**SKI TELEMARK**

905.797.1074 skitelemark.ca skitele@eagle.ca

## Ski Telemark Warm-up Day 2011

Saturday, December 10 - Mount St. Louis

Come join fellow Free Heel skiers for the annual Ski Telemark Warm-up Day. Our gathering will introduce you to other like minded folk for fun and camaraderie. Full day clinics will be conducted by our CANSI certified instructors for all levels of telemark skiers – from never evers to seasoned pro's.

Equipment rentals are available in all sizes, by advance registration only. Call the Ski Telemark office at (905) 797-1074 to reserve yours.

### Registration and Cost

Registration is from 8:00 to 9:30 am at the Mount St. Louis base Lodge. \$85 includes your lift ticket, a full day of clinics, apres ski and "Loyalty" Telemark Ski Movie.



## Telemark Ski Ontario (TSO) Events



All Telemark Ski Ontario (TSO) Events are sanctioned by Telemark Ski Canada Télémark (TSCT)

Saturday, December 17 and Sunday December 18  
2 Day Telemark Performance Camp  
with Mark Kinoshita and Rob Henderson  
Mount St. Louis Moonstone Ski Resort

Series 2012 – Team and Individual. Team comprises 3 participants, 2 Adult/Master plus 1 Junior or Women

- Saturday, January 21 - Caledon Ski Club, GS Event
- Saturday, February 11 - Mansfield Ski Club, GS Event
- Saturday, March 17 - Alpine Ski Club, GS Event

## Weekend Clinics 2012

### Dates and Locations

Saturday, January 7	Osler Bluff Ski Club
Saturday, January 14	Devil's Glen Country Club
Sunday, January 15	Alpine Ski Club
Thursday, January 19	Ski Chicopee (evening clinic 5-9 pm)
Saturday, January 21	Caledon Ski Club
Sunday, January 22	Beaver Valley Ski Club "World Snow Day"
Saturday, January 28	Craigleith Ski Club
Sunday, January 29	Georgian Peaks Ski Club

Saturday, February 4	Devil's Glen Country Club
Sunday, February 5	Osler Bluff Ski Club
Saturday, February 11	Mansfield Ski Club
Sunday, February 12	Alpine Ski Club
Saturday, February 18	Brimacombe, Home of Oshawa Ski Club
Sunday, February 19	Caledon Ski Club
Thursday, February 23	Ski Chicopee (evening clinic 5-9 pm)
Saturday, February 25	Georgian Peaks Ski Club
Sunday, February 26	Craigleith Ski Club

Saturday, March 3	Beaver Valley Ski Club
Sunday, March 4	Devil's Glen Country Club
Saturday, March 10	Osler Bluff Ski Club
Sunday, March 11	Alpine Ski Club

### Registration and Cost

Our weekend clinics are held at private ski clubs. Registration is required at least four days in advance of the clinic date if you are not a member of the ski club where the clinic is being held. Advance registration is also required for all private lessons and equipment rentals. Please contact our office at (905) 797-1074.

1 hour group lesson with equipment rental \$65   1 hour group lesson w/o rental \$35   2 hour equipment rental \$35  
Prices include HST. Group lessons are limited to a maximum of 4 skiers.



### Walk-on Clinics

Our walk-on clinics are for novice to advanced skiers. One hour sessions start every hour on the hour. Meet us at the Ski Telemark vehicle at the base of the lifts.

### Private Lessons / Video Sessions

For more intensive sessions, our professional instructors can work with you on a private, or semi-private basis. Using the best instructional techniques, including video analysis, we can enhance your performance to help get your telemark skiing started, or up to the next level.

### Equipment Rental

We feature the latest telemark skis from Rossignol, and high performance plastic telemark boots from Crispi, to fit all sizes and abilities.



## CANSI Telemark Instructor Courses

- 1 Day Preparation Course
- 2 Day Weekend Level I Certification Course
- 8 Evening Level I Certification Course
- 5 Day Level II Certification Course

See [www.cansi.ca](http://www.cansi.ca) for information and to register.