

Where can Telemark Skiing take you???

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

DISCOVER THE JOYS OF TELEMAR 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.

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

CONSIDER TELEMAR THIS WINTER!

Ski Telemark is a mobile ski school / equipment rental program that services Ontario's public. This year we celebrate our 26th 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: <http://www.skitelemark.ca>

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



Through our City Ski and Weekend Programs, Ski Telemark has introduced the sport of telemark skiing to over 18,000 telemark enthusiasts!

WE HOPE YOU WILL JOIN US THIS SEASON!

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



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

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Where can Telemark Skiing Take You?

SKI TELEMAR

Winter Weekends 2010

Telemark Warm-up Day 2009

Saturday, December 12 - Mount St. Louis

Come join fellow telemark skiers for the annual 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 8:30 to 9:45am at the Mount St. Louis base Lodge. \$85 includes your lift ticket, a full day of clinics, apres ski and social.

Social – Sojourn in Barrie “Telemark Madness”

Thursday, December 3, 6:00-9:00 PM.

Featuring David Kilbourn, telemark afficiando, learn about the WOW's and WHERE's to churn those turns! Also, guru Glenn Lee's preparation for MOUNTAIN MADNESS! And Holly Bleggen's local yodel!!! Free of charge – only your energy required!

Starts at 6:00 pm at the Sojourn store in Barrie,
31 Commerce Park Drive, Unit A3.
(705) 739-9694



Telemark Ski Ontario (TSO) Events

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



- Saturday, January 16 - Caledon Ski Club - Telemark Race Training Camp
- Sunday, January 17 - Caledon Ski Club - Telemark GS Race Event
- Sunday, February 14 - Alpine Ski Club - Telemark GS Race Event
- Saturday, March 13 – Devil's Glen Country Club – Telemark Race Training Camp
- Sunday, March 14 - Devil's Glen Country Club – Telemark GS Race Event

Telemark Weekend Clinics 2010

Dates and Locations

Sunday, January 3	Osler Bluff Ski Club
Saturday, January 9	Beaver Valley Ski Club
Sunday, January 10	Devil's Glen Country Club
Saturday, January 16	Caledon Ski Club
	TSO Telemark Race Training Camp
Sunday, January 17	Caledon Ski Club
	TSO - Telemark GS Race Event
Saturday, January 23	Alpine Ski Club
Sunday, January 24	Craigleith Ski Club
Saturday, January 30	Osler Bluff Ski Club
Sunday, January 31	Georgian Peaks Ski Club
Saturday, February 6	Brimacombe, Home of Oshawa Ski Club
Sunday, February 7	Caledon Ski Club
Saturday, February 13	Devil's Glen Country Club
Sunday, February 14	Alpine Ski Club
	TSO - Telemark GS Race Event
Saturday, February 20	Craigleith Ski Club
Sunday, February 21	Osler Bluff Ski Club
Saturday, February 27	Georgian Peaks Ski Club
Sunday, February 28	Beaver Valley Ski Club
Saturday, March 6	Mansfield Ski Club
Sunday, March 7	Alpine Ski Club
Saturday, March 13	Osler Bluff Ski Club
Sunday, March 14	Devil's Glen Country Club
	TSO - Telemark GS Race Event

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 \$60 1 hour group lesson w/o rental \$35 2 hour equipment rental \$35
Prices include applicable taxes. 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

See www.cansi.ca for information and to register.