

So the obvious training tips would include: 1) Stay out of the recliner, 2) Put down the drumstick and dig into a salad, and 3) If you eat too much desert over the next two months, call us for a bigger ski in the Spring,



but seeing that none of you will heed my advice on those, let's stick to some more practical stuff. In this edition of Tip of the Month or as we have come to call it, Tip of the Month(s), you will find the following:

- ▶ Tech Tip: For the Tweakers of the World...Water temp is dropping...what do I do to my ski?
- ▶ Ski Tip: Find the swing-The art to continuous movement on a slalom ski
- ▶ Training Tip: Skiing Less? Pickup the off-water training.

TECH TIP: For the Tweakers of the World...Water Temp is dropping-What do I do to my ski?

So you're still skiing into the fall, and you're starting to feel like the ski just doesn't cooperate as it did before. Maybe a minor tweak can clean things up for you. There are two things that tend to help the ski acclimate a little better to the cooling water:

1) Try adding a few degrees of wing. Your wing adds stability to the ski...so does warm water. Both also create drag on the ski. So assuming this is all true, if the water cools down, you lose stability and drag. If this creates a problem for you counterbalance it by adding a degree or two of wing to bring the ski back to its normal summer feel (if that doesn't seem like enough, read further).

2) Try lengthening the fin. The length of the fin (commonly referred to as "tip") controls how the ski "engages" or initiates the turns. Water temperature can affect the ski the same way. Warm water creates a little more drag and, in turn, can cause the ski to engage in the turn a little sooner and more aggressively. Therefore, adding a little length to the fin can counterbalance the decrease in water temperature (if neither of these does the trick, maybe you ought to take a look at the operator and see if they (you) have some changes to make yourself...we'll get to those changes in a Tip of the Month(s) down the road).

SKI TIP: Learning to Swing...The art to continuous movement on a slalom ski.

I assume that 90% of ous (notice I say "us") were taught to ski the good old fashioned way...turn, pull hard through the wakes, slow down and repeat. Now before you read any further, I am not going to teach you everything about the most progressive concepts in slalom skiing, but I am going to attempt to

learn you everything about the most progressive concepts in slalom skiing, but I am going to attempt to explain how to "keep your speed," which is often spoken of, and even more often misunderstood. And please remember...it's not always like you read on the message boards (not to discredit the message boards...I happen to think they are great, just don't consider them to be the all knowing information superhighway of waterskiing technique and gear).

Anyway, back to the point, getting into the "swing" of slalom skiing requires you to learn how to initiate movement in a particular direction without excessively loading the rope. To do this, on your initial outbound movement (commonly referred to as the "pullout") you need to rotate the body slightly opposite to the direction you wish to travel. In other words, on your pullout, counter rotate to the right and let you body fall to the left and slightly ahead. As you do this, you put pressure on the left edge of the ski which creates movement to the left. It is important that you move "in the direction of travel" rather than dropping away from the boat and overloading the line. [Click here to see a video of one of my 32 off's prior to switching to a one-handed gate](#) . Notice how I am loading early at almost every buoy...we all have problems. I have since put a lot of time into changing this. (After viewing the video, click the "Back" button to be returned to this page).

As you start to approach the buoy line, you need to start to move out of the "pull" by twisting out towards the shore from the hips (this is the beginning of counter-rotation). As you do this, the ski will move out onto the turning edge (in this case the right edge). Here is where you learn to "keep your speed" as it has been referred to frequently. If you will stay counter-rotated out to the left and the ski has successfully carried out onto the turning edge, the ski will naturally start to carve back in the direction of the wakes. Within reason there is no need to forcibly try to turn the ski. This will cause you to turn into loose line followed by an extreme overloading of the rope without actually creating cross-course movement .

As the ski starts to head back to the center of the course



and you hold your counter-rotated position, the load on the ski increases (and naturally the load on the rope does as well). Right as you get to what we will call the "bottom of the swing" which would actually be the centerline of the wakes, you want to give the swing a little "push" by twisting through the edge change and resisting the excess load from the boat. This (as mentioned in the pullout phase) will take the ski to the other edge and consequently outbound. This is also the beginning of the counter-rotation for the upcoming left hand turn.

This is kind of quick and not super detailed as we can't solve all of your problems in one ski tip, but it gives you an idea of the swing concept. [E-mail me](#) for more clarification or to request a [video analysis](#) .

TRAINING TIP: Skiing Less? Pickup the off-water training.

So the time has come and even though you hate to admit it, you aren't going to be skiing as much as you did from April through October. There are some things you can do to prepare for the next season and

not lose touch with your passion.

1) Of course, you may have to spend some time in a gym, but don't go in and start throwing around all the weight you can. If you are really serious about your waterskiing, you should try to have a program designed for you that compliments your skiing goals in addition to overall health. Since I am not a trainer, I won't attempt to give you exact details of how to do this, but if you will [e-mail me](#), I will put you in touch with a trainer who can do just that for you. 2) Do some mental training. Don't let your best sets over the last month or so fade from memory. Take some time every other day or so to close your eyes and run through those passes or movements in your head. You would be amazed what rehearsing in your mind can do for any athlete who is looking to pursue a performance goal. 3) And last but not least, find some fun activities to simulate your ski movements or help with balance and muscle use that relates directly to skiing. Many of you will go snow skiing over the colder months. If so, take a few runs where you think water as your carving snow. Try out a Carve Board ([click here to learn more or see how to get one from H2Osmosis Sports](#)) to simulate some basic movements. Jump on your [Indo Board \(or grab one from us\)](#). You can even ride your bike simulating course swerving if you so choose. Lastly, take the opportunity to have a look at [Edged in Water](#) to keep your waterski adrenaline pumping or check out the new [West Coast Slalom DVD](#) to learn some more progressive and effective slalom techniques before you come ski with us in the spring. If you are indeed skiing throughout the winter or just want some tips in the spring, [send me a video for video analysis](#) -a great way to get some coaching when you can't make it to ski with us or setup a clinic.



Regardless, get up and do something! There is too much fun out there to be a winter couch potato.