

## Winter Tips

It's cold, but you have some options. Check out some of the options below to give you that fix, but also to keep you in line to make progress even during your down time.

### Cross Training (Specific ideas to make it work!)

There are lots of other sports that can be very beneficial to your waterskiing, but moreover it may be important to participate in sports that work your body in very different ways than waterskiing. For athletes as backyard hobbyists, it is important to have balance in your fitness in order to prevent injury and create a well rounded body. Skiing can cause certain parts of your body to become over-developed and therefore make you more prone to injury. Try some of the following sports to really have a chance to stay in shape but give your body a little bit of a different workout than your average ski set.



Basketball Tennis Racquetball Hiking Snowskiing  
Running Biking Swimming Climbing Snowboarding



There are countless others, but these are a few of my favorites. Just take the time to have some fun and do things a little differently.

### Hit the Gym (How to make the most of it!)

Once again, it is important to work muscles in ways that they aren't worked in waterskiing and to work body parts that don't often get what they need from waterskiing. For example, we use our backs a lot in slalom skiing, so be sure you work your chest and abs extensively to balance your body out. IT is important to create overall fitness first then start to focus on your waterski muscles as you start nearing the pre season.

One thing that I have found to be very valuable is my trainer. Find one and make sure he or she understands the sport in which you participate. Make them sit down and watch some video of you skiing and show them a video of someone who you would like to ski like...this way, they can help you accomplish your goals.