

# Simplify Your Ride

As skiers, we tend to analyze our skiing constantly. We are always thinking about our movements, how to improve and how to get to that next bouy. I'm guilty of it, just today I was at the grocery store and as I was walking down the aisle, I just kept visualizing my 1,3,5 turns from my morning set. Often times, though, we overthink it. We look at all the tiny details and analyze it so much that we forget the big picture. What is the big picture? Simply put: the whole pass; we need to carry the same speed generated from our pull-out through the entire course. This is accomplished by making all of our movements link together seamlessly instead of making several distinct movements. By linking all our movements together we eliminate places where it is easy to get stagnant and stand loose on our skis; instead we replace them with proactive movements with a distinct purpose. This allows us to control where we are at all times in the course. To work on this we're going to focus on three areas: the turn, behind the boat, and the release.

## The Turn

At the turn you should be standing balanced over your front foot. The handle should feel light in your hand and your free hand should be low and light behind your body. Your movement back in should be initiated by your core moving towards the first wake. As that movement starts, your free hand should start coming back to the handle. As soon as your free hand is on the handle, cross-course angle should be established and you should be progressively building momentum as you approach the first wake.



Make a balanced move back to the handle.

## Behind the Boat

Once you have reached the first wake all your work should be done. At this point, your angle and body position should be established, your arms should be relaxed and you should be focusing on maintaining this through the second wake. You cannot create anything new behind the boat so it is imperative that you hold a proper body position and stay away. From wake to wake your body should be still, all energy should be focused on carrying your direction off the second wake.



Once set, hold your direction.

### **The Release**

As you move through the second wake the pull on the handle should transition into the arm that will be holding the handle in the turn. This allows your direction to carry out more efficiently and your shoulders to remain level as you come into the ball. Your core should begin to gradually move out and up as your ski is moving away and into the ball. This sets you up balanced over your ski with shoulders level and in line with your hips and feet. From here you can complete the turn and start the process all over again. Remember, the goal is to combine these three aspects into one fluid movement.



Maintain outbound direction.

If you have any questions on the things I am trying to explain here don't hesitate to email [coach@thewilsonbros.com](mailto:coach@thewilsonbros.com). Also, email [coach@thewilsonbros.com](mailto:coach@thewilsonbros.com) to book some sets on Lake Tuskawilla, we would love to have you.

### **Bonus Lesson**

HAVE FUN! Seriously though, enjoy the sport you do everyday. Don't get too wrapped up in your bouy count at the end of the day. Have fun contests with your ski buddies, see who can do better two-handing passes or see if any of you can run a pass at 15 off, 15mph.. it's wicked hard! Rip some bouys and come ski with us soon!