

INSTRUCTION: Slalom

Making Moves

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As skiers, we often get caught up in the intricate details that make up an entire slalom pass. The fastest anyone will get through a slalom course is, at most, 16.08 seconds. While that doesn't seem like a lot of time, think about all the movements that take place in that timeframe. It is more time than most people realize. No two buoys will ever be the same. There will always be something different about every turn or movement that is made. We tend to agonize and think about all the little things that happen in a pass and it can consume our thoughts. It is a waste of valuable time to over think these little moves. Instead, let's look at two big keys to work on every time you are in the course.

Being Connected

Chances are you have heard this term before, but what does it mean? Put simply, being connected means that there is no separation between your

hands and your body. When there is a separation between the two, it results in an inadequate pull from the boat. Getting a strong pull from the boat is necessary to get speed across the course and

arrive at the next buoy. To establish this connection you have to move through the turn and have your hips move up to the handle from the start. If you turn and then try to establish this position it is too late and more than likely you are being pulled out of position by the boat. At the finish of the turn, focus on bringing your free hand to the handle simultaneously as your ski is coming back under the rope. When done correctly you will feel your hips and hands connecting at the finish of the turn. During this phase,



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focus on relaxing your arms as you use your core to keep your hips up to the handle. If this move is done correctly you can then adequately build speed cross-course from a connected position.

Keeping A Tight Line

Slack rope is no fun at all, but how do you get a tight line? The key to keeping a tight line is to carry your direction away from the boat. If you begin to move back to the inside you carry your speed down the lake and end up with a loose line in

the turn. By maintaining your connection off the second wake you allow all of your speed to be carried away from the boat resulting in a tight rope through the turn. As you exit the second wake focus on where your hands are, keep your handle and core together, and feel yourself move over your front foot as you carry speed outbound. Keep holding this direction as you move toward the buoy. Concentrate on keeping both hands on the handle until the turn. By rushing your free hand off the handle you lose

balance easier, keeping two hands on longer allows you to be in control. Once it's time to turn, take your free hand off the handle and rip through the turn with a tight line.

By focusing on keys like this during your set you are able to look at the crucial aspects of a good pass through the course.

Nautique Boats, Radar Skis, O'Neill Clothing and H2OProshop sponsor Brooks Wilson. Check out his Web site - thewilsonbros.com and follow @The_Wilson_Bros on Twitter.