

Power

Written by **Brooks Wilson** • Photography by **Scott N. Atkinson**

Power. You have to have it. Without power, that 400 horsepower boat will take you down course faster than you ever thought possible. Insanity has been described as “doing the same thing over and over and expecting different results.” This can be easily applied to skiers due to the fact that we always want to get that next buoy, but we often do not want to change our approach to slalom. It is time to make a change. It is time to rethink how you are utilizing your body position from the finish of the turn through the wakes. Too many people constantly fight the boat in an effort to make it across course, which ultimately puts them late and out of rhythm with the boat. Let's take a look at how to work with the boat and use your power to get across course as quickly and efficiently as possible.

As you finish the turn, you must establish a strong connection between you and the boat before you can begin to efficiently move across course. As the tip of the ski engages at the backside of the buoy, you will naturally begin to start a turn. At this time, your outside hip and hand should stay together and, as your free hand comes on to the handle, it should begin to take



the pull from the boat. If your hips maintain connection to the handle and the pull comes from your trailing arm, you will maintain a connected position through the wakes. It is crucial to have straight, but relaxed arms behind the boat and a full pull coming from your shoulders rather than your biceps and forearms. If you can maintain this solid position, speed and power will be your friends; and you should embrace them. Try to constantly build your speed so you are moving the fastest right behind the boat. This will allow you maximum speed through the edge change, and it will help you to take an aggressive outbound line. Think about following the path of the handle and allow your hips and shoulders to do the same.

Power behind the boat is crucial

for optimum cross-course direction. The direction you take across course determines the line you take through the turn and ultimately whether or not you will run the pass. It is possible to establish too much angle out of the turn, which results in getting pulled back by the boat causing an extreme loss of angle. While uncommon, it is a frustrating thing to experience. The great thing about skis today is they are designed to turn when on the inside edge. Most skis will generate an appropriate amount of angle during the turn, then it is your job to just hang on and enjoy the ride. If you ski with me, it is pretty common to hear me say, "patient turns; aggressive pulls." This means you should be patient at the backside of the turn to let your ski get set. Once it is set, it is

game on and you can be as aggressive as you want to maximize that cross-course speed.

This can be a difficult process to master, as it is very easy to be overly aggressive and eager at the finish of the turn. Be patient and trust it. If you take the time to master the art of power behind the boat, your skiing will be transformed.

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