

STARTING STRONG

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

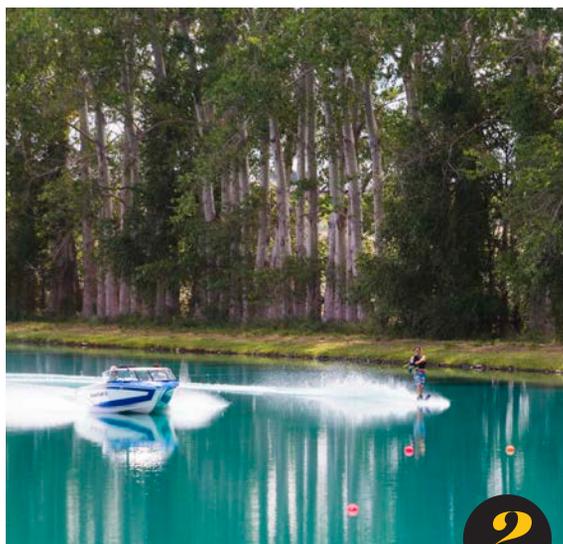
The gate sets the precedence for the entire slalom pass. For this reason, it is crucial to have a consistent gate that sets you up with speed and angle to carry you through the entire pass.

Most people view the gates as two buoys they have to go through to start the pass. However, the gate is far more than that. It is an opportunity to establish width and angle, ultimately leading to a more efficient line through the slalom course.

about moving left. For me, the thought of moving left allows me to use my core and my ski's edge to generate speed. Moving left enables the skier to generate speed and direction with minimum load on the line. Having less load allows you to move into your glide and carry



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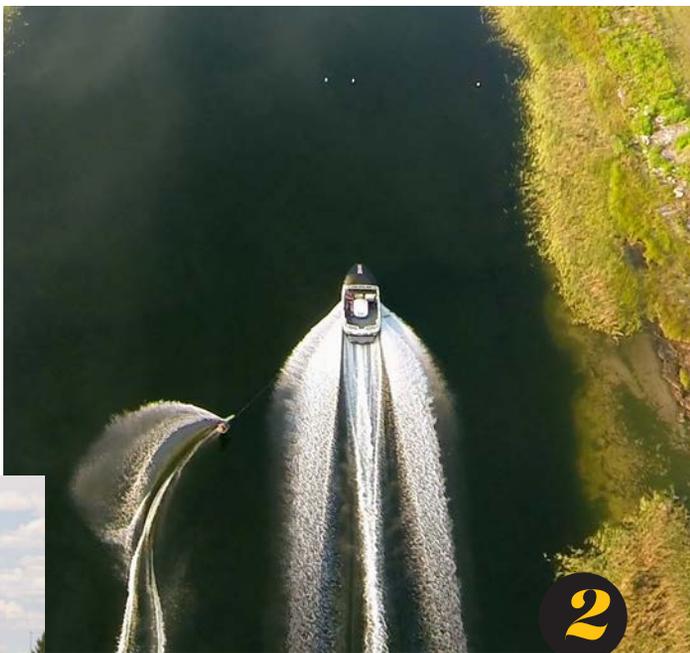
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The first and most important part is establishing width. Width should be generated progressively and needs to be driven by your core. More often than not, skiers tend to “lean back” against the line for this move, creating load and ultimately not allowing them to reach a good width. I like to think

the speed you generate on the pullout without falling back towards the boat. Speed is also crucial here. I always tell people you want to reach the speed of the boat on the gate move. If you can match boat speed in your glide, it is possible to keep a good line tension, allowing you to move your ski back under

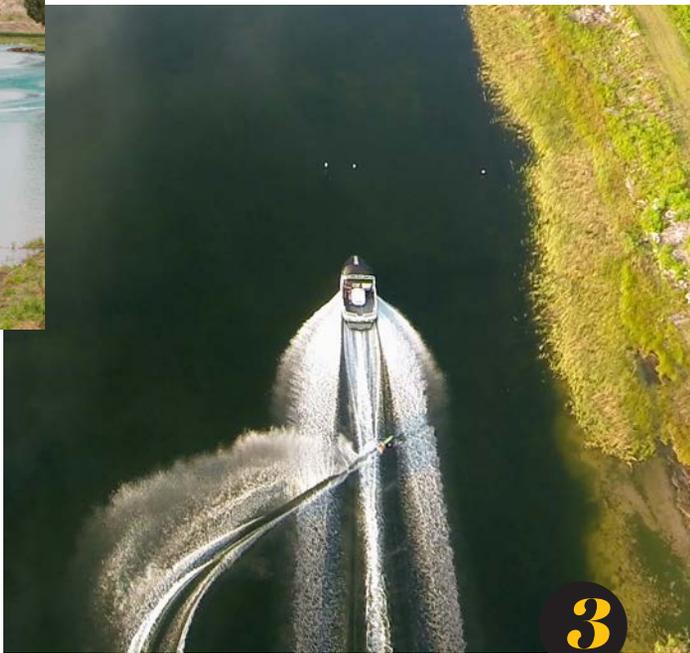


the line and create good angle into one ball. Knowing where your feet are in comparison to your hands is a big factor here. If your hands are in front of your body, it is nearly impossible to move your ski back under the line and create good angle. From that position, you are almost guaranteed to either fall back on the line or roll your shoulder, which will minimize the angle you can create. Ideally, your feet will be outside your hands. This space allows you to move your feet back under the line to create maximum angle and leverage without spiking hard on the line.



Most people think more about generating speed than they do about creating angle with their ski. From the wide point, angle is the key to your pass. Good angle and body position generates perfect speed. During the gate, if you can generate angle on the turn in and maintain your lean behind the boat, speed will naturally follow. This speed, if built efficiently, will allow you to follow an outbound line off the right-hand gate buoy. The gate, when executed correctly, allows you to take an efficient path into one ball and carry this line through the entire pass. One of the most important elements in combining all these moves is seamlessness. The more fluid you can be in moving out, up and in, the more easily you will achieve more angle and speed, and ultimately a better pass.

MOST PEOPLE THINK MORE ABOUT GENERATING SPEED THAN THEY DO ABOUT CREATING ANGLE WITH THEIR SKI



The gate may seem like a pest at times, but it is ultimately there to help with timing. When executed correctly, it can make passes much easier. Try to follow these steps as you take to the water this summer, and, if you're struggling to put it all together, come down and ski with me. I would love to help you dial in your skiing!

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