

Keeping it Simple

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When it comes time to dust off the skis and start your spring training, it can be easy to jump in to it too fast. It is easy to get excited about being on the water again and start skiing like you never took a day off. I have the pleasure of skiing with a lot of people who are getting back on the water after a long torturous off-season, and I can tell you the biggest mistake I see is people trying to make it too hard on themselves. Skiing is essentially two simple body positions linked together as fluidly as possible. You have a “turning” position and a “pulling” position. These two positions should be the core of your skiing, by moving between these in seamless fashion you maximize the angle and line you can take in and out of the turn. Lets look deeper at these body positions and see how to engrain them into your muscle memory.

Turning

As you transition into the turn you should be driving through with your hips and hands, feeling back arm pressure as you climb over your front foot. This allows your direction to carry out more efficiently and your shoulders to remain level as you come into the ball. As you bring your hand off the handle you should stay balanced over your ski



with shoulders level and in line with your hips and feet. The handle should feel light in your hand and your free hand should be low and light beside you. Keep your handle low and moving in front of you to maintain width and speed. Your core moving toward the first wake should initiate your movement back. As that movement starts, your free hand should start coming back to the handle in unison with your feet as your ski moves under the line.

Pulling

After you have completed the turn it is imperative to keep your ski moving cross course. The angle you establish off the buoy is what you will be able to hold through the wakes. At this

point you should be in a balanced position, driving away from the boat and building speed in an aggressive manner. 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.

The common denominator between both areas is a balanced, shoulders over hips over feet posi-

tion that allows you to be centered on your ski. This balance translates into more control of your ski and allows you to work less and get more reward. Fluidity in these movements keeps outbound direction and prevents loss of line to the inside. Replacing stagnant movements with proactive ones maximizes control of the ski and maintains ease of movement through your skiing.

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