

# A New Approach

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**W**ith every new season comes a new feeling of excitement. Not knowing what will happen in the coming year leads us to fantasize about the tournaments we'll attend and the old friends we'll see along the way. There is much to be excited about as a new season approaches but one thing will always be the same year after year. Those first weeks right after you start back up are going to be interesting. I've got three handy tips to make your entry into 2013 a little bit easier.

### 1. Patience

While it may sound like common sense, patience is a must at the beginning of the year. If you come flying into the new season trying to set a new personal best within the first week, you're going to end up with a sore back and a bruised ego. Try free skiing for a couple sets to get your rhythm back and then hit the course. The best way to work on getting last season's form back is to spend some time at your longer line lengths dialing in a good body position. A key I always like to think of is "maintaining my speed." This means from the time I pull out for my exit gates to the time I move through No. 6 and out the gates, I am always trying to be moving on my ski. Gone are the days where we are trying to slam dunk turns and slow the boat down with a massive pull. Speed is your friend and by carrying speed through the turn and leveraging yourself away from the boat properly you allow yourself to be lighter on the line and more efficient with your body.

### 2. Position

Your body position is the most crucial part to your skiing success. The way you ride your ski is vital to your success on the water. Let's start from the beginning - from the moment you get up until you drop on the end you should be aware of how you stand on your ski. Stand over your front foot with a slight bend in your knees. Standing strong gives you control to move your ski where you want. During the winter it is extremely easy to be uptight. Make sure that your shoulders and arms stay loose and relaxed while you ski. This lets your ski to ride the way it should and allows you to stay away from and strong behind the boat. Another key to focus on is your release off the second wake. Be

strong behind the boat and when the time is right make your move out. Allow your ski to carry direction outbound by maintaining body position and not pulling yourself to the inside. The most crucial element to moving from behind the boat to the turn is making it one continuous movement as opposed to two distinct moves. By making fluid, continuous movements you allow yourself and your ski to ride more natural and balanced in the water. This leads us to the turn. When moving back in after the buoy, progression is key. Don't try to crank out big turns. Instead, think that all your direction is now building in the opposite direction. Once you're at the height of your turn, start moving your free hand back on the handle and build speed cross course. This will allow you to finish your turns in a strong, balanced position and right where you want to be behind the boat. Relax your arms and continue the process over and over again.

### 3. Plan

Take the time to write down how you envision your season looking. Think about what tournaments you want to do and then schedule your training accordingly. Once that is done set some goals for yourself. Think about where you want to be halfway through the season and then at the end of the year. Setting goals gives you something to train hard to achieve. Monitor your success and what you've been working on in a journal. First and foremost though, have fun. Enjoy another season doing what you love and keep chasing buoys!

*Nautique Boats, Radar Skis, O'Neill Wetsuits & Clothing and Performance Ski & Surf sponsor Brooks Wilson. Check out his Web site - [thewilsonbros.com](http://thewilsonbros.com) and follow @The\_Wilson\_Bros on Twitter.*

Standing balanced allows you to carry speed through the turn.



Good body position is key to generating speed.

