



THE IMPORTANCE OF COACHING

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The offseason is a unique time. It's a time to reflect on your skiing from the past year and a time to think about the season ahead. Whether you're a competitive skier or not, you may have thought about getting some professional coaching at some point. Even just a few sets of coaching will get you out of your comfort zone and challenge you to push yourself in ways that you wouldn't think of on your own. The offseason is a perfect time to step out and get some coaching. With a majority of coaches in Florida and the tameness of Florida winters, it really is a winning combination. Coaching can be good for your skiing due to a number of factors.

It is easy to get in a comfortable groove with your skiing and become complacent with your skill level. When you get coaching, it is inevitable that you will be out of your comfort zone at some point. Between being at a different lake, using a different boat, and having a new set of eyes watching you, it puts you outside your normal comfort level. But this helps you to think about your skiing differently than you have in the past. It really allows you to be evaluated and challenge yourself to keep pushing to get better and learn what you can do to become a better skier.

The fresh pair of eyes that you have on your skiing will catch those little mistakes you didn't even realize you were making, and it also will give you a new perspective or theory to think about with your skiing. It's easy to read blog posts or watch videos, but the difference between that and actually getting down to a good coach is huge. Another aspect that can be extremely impactful is to bring your ski crew down together. You can ride in the boat for each other and listen to the coaching and pick up on things that will help everyone all season long.

One more fun thing about getting

down to get coaching is watching others ski and meeting new friends. You never know who will be there at the same time as you, which can be exciting. You may get to watch some incredible skiing that pushes you to get better, and you may meet someone that skis in the same area as you. My favorite part of skiing is the community, and I've always found it fun to ski with a lot of people I've never met before.

Each of these factors can benefit you and help push you to be a better skier. Who doesn't try to ski a little better or a little harder when someone new is watching? So get out this offseason and get some professional coaching. I'd love to have you come ski with me!

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