

INSTRUCTION: Slalom



Keys To Improving Your Buoy Count

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Skiing is a challenging sport. The continual chase for more buoys can be the most rewarding feeling when it works in your favor. However, it can be terribly frustrating when things don't feel quite right. Let's take a look at three key elements to help your buoy count move in a positive direction.

Training Partners

The people you ski with have an extremely big influence on your skiing. Finding someone who you trust behind the wheel is always a big first step. From there it is important to find a ski partner who motivates you to get out, train and become a better skier. Look for someone who has a similar schedule to you and can go skiing at the same times. It is crucial to train with positive people who make skiing fun and aid in your addiction to round that next buoy.

Videoing

Videoing your sets and reviewing them after you ski is more beneficial than most people realize. A single pass in a slalom course happens so fast that it is near impossible for our brains to process all the moves that

we make. For this reason, my brother K.C. and I have started using video much more. By watching video you can slow it down and actually process the moves that you make versus the movements you should be making. There are many helpful videos of talented water skiers on the Internet as well. These allow you to see what skiers at higher levels are doing and from there you can take bits and pieces to incorporate into your own style. By studying your own movements you train yourself to become more aware of what you are actually doing on the water and it gives you more control in the course.

Journaling

Keeping a descriptive journal of your skiing is a must. Recording your training sessions on paper

and knowing what off-water training you did along with conditions, ski settings and what you were working on for each set allow you to track the ups and downs of your skiing. By journaling, you discover what works best for you, and it allows you to pinpoint exactly what aids in your success. Reviewing your journal should help you stay on your A-game all season long by knowing exactly what you have to do to peak at the right time, and how to set yourself up for big tournaments.

Think about integrating these aspects into your skiing this season. The time we get to spend actually on the water going through the course is minimal. By working on your skiing off the water you can become a better skier and really take advantage of your on-water training.

Nautique Boats, Radar Skis, O'Neill Wetsuits & Clothing and Performance Ski & Surf sponsor Brooks Wilson. Check out his Web site; thewilsonbros.com and follow @The_Wilson_Bros on Twitter.

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