

## **BEGINNER WATER SKI SKILLS**

### **BASIC NEW WATER SKIER SKILLS (from USA Water Ski & Wake Sports Learn to Ski Basics)**

Learn and demonstrate basic skier hand signals
Read and review the Water Skier Safety Code
Demonstrate how to properly place feet in and adjust water ski bindings
Demonstrate how to properly hold the handle
Demonstrate proper two-ski position for a deep water start
Demonstrate proper two-ski body position while water skiing
Complete a deep-water start (boom or long line) and maintain proper body position for at least 3 seconds
Complete a deep-water start (boom or long line) and maintain proper body position for at least 20 seconds
Demonstrate ability to steer back-and-forth inside the wake while maintaining control
Demonstrate ability to cross over one side of the wake and return to the center
Demonstrate ability to cross over one side of the wake, return to the center, cross the other wake and return to the center
Demonstrate ability to cross over both sides of the wake multiple times while maintaining control
Demonstrate ability to lift one ski clear off the water and hold it in the air for 5 seconds (aka "skier's salute")
Demonstrate ability to drop one ski and ride on the other for 5 seconds while maintaining control
Demonstrate ability to make a controlled landing towards shore on two skis
Learn and demonstrate the proper way to roll and secure a ski rope/handle

## BASIC SKILLS

### **SLALOM (for Show or Recreational)**

Drop A Ski and ski for 300 feet smile and wave
Ski back and forth crossing both wakes on single ski
Deep water start on single ski
Standing beach start on a single ski
Seated dock start on a single ski
Standing hop dock start
ATB 180 or 360

### **BALLET**

Hop Dock
Leg Ballet
Swan hold for 100 feet
Seat hold with Arm Ballet
Seat hold with Arm Ballet Performed in a Ballet circle
Toe Hold with Arm Ballet Performed in a Ballet circle
Heel Hold with Arm Ballet Performed in a Ballet circle

### **SWIVEL 180 - All Tricks Performed With Binding Set to 180 Lock**

Get up deep water on swivel ski
Hop Dock on swivel ski
Swan hold for 100 feet
Ski wake to wake back and forth with free leg to knee (typically left leg is free leg)
Place foot in toe hold ski wake to wake back and forth
Turn backwards (toe turn) and ride for 300 feet
Recover from toe turn
180 Hand to Hand ride backwards 300 feet
180 Hand to Hand recovery
180 Flip Turn ride backwards 300 feet
180 Flip Turn recovery
180 Hand to Hand to Extend-Hold for 300 feet
180 Flip Turn to Extend-Hold for 300 feet
Extended Hand Turn
Extended Flip Turn
Extended Hand Turn recover with leg in front and continue to swan
Extended Flip Turn recover with leg in front and continue to swan

## **JUMP**

Jump across both wakes
Sliding Dock Start
Ride Over
Flair Off Right Corner
Flair Off Left Corner
Single Wake Cut Ride Over
Double Wake Cut Rider Over
Heli
Inside Heli
Outside Heli

## **BAREFOOT**

Step off on boom
One hand wave (above the shoulders) on boom
One foot on boom
Tumble up on boom
Step off on 5' extension
One hand wave (above the shoulders) on 5' extension
One foot on 5' extension
Step off long line
One hand wave (above the shoulders) on long line
One foot long line
Sit down to butt slide/stand back up to feet 5' extension
Deep water start on 5' extension
360 tumble turn on 5' extension
Deep water start long line
Sit down to butt slide/stand back up to feet on long line (in curl)
360 tumble turn on long line
Beach start
Flying dock Start
Two ski bomb out
Front toe hold on 5' extension
Front toe hold on long line
Complete a full circle lap any size
Complete a full figure 8 any size

## **BACKWARDS BAREFOOT**

Flip turn
Flip turn back step off
Back deepwater start on 5' extension
Backwards one foot on 5' extension
Back deepwater start long line
Back Flying dock start
Back to front surface turn
Complete a full circle lap any size
Line-step position one foot (basic and reverse) and hop

## **SHOE SKIS**

deep water start
forward one foot(both regular and reverse)
Sliding Dock Start
Front to back regular
Back to front regular
Back to front reverse
Front to back reverse
Back one foot (regular)
Back one foot (reverse)
Overhead
Wake heli
Jump ride over
Surface flip (barefoot style)
Wake to wake roll
Wake to wake front flip

## **HYDROFOIL**

Deep water start
Ride in control in a strait line
Cross the wake right to left without board touching the water
Cross the wake left to right without board touching the water
Air jump on the passenger side of boat
Air jump on the driver side of boat
Wake jump left to right
Wake jump right to left
Back roll

## TRICK SKIS

Deep Water Start on two skis or one ski
Sliding Start on two skis or one ski
Hop Dock Start on one ski
Side Slide on two skis or one ski
Reverse Side Slide on two skis or one ski
180 turn on two skis or one ski
Reverse 180 turn on two skis or one ski
360 turn on two skis or one ski
Reverse 360 turn on two skis or one ski
Wrap 360 on two skis or one ski
Reverse Wrap 360 on two skis or one ski
Wake 180 Out on two skis or one ski
Wake 180 In on two skis or one ski
Reverse Wake 180 Out on two skis or one ski
Reverse Wake 180 In on two skis or one ski
Wake 360 Out on two skis or one ski
Wake 360 In on two skis or one ski
Reverse Wake 360 Out on two skis or one ski
Reverse Wake 360 In on two skis or one ski
Wake Wrap 360 Out on two skis or one ski
Wake Wrap 360 In on two skis or one ski
Reverse Wake Wrap 360 Out on two skis or one ski
Reverse Wake Wrap 360 In on two skis or one ski

## WAKEBOARD

Deep water start
Cut out of the wake heel side
Cut out of the wake toe side
Surface 180
Heel side wake to wake jump
Toe side wake to wake jump
Wake to wake Indy grab
Wake to wake tail grab
Heel side wake 180
Toe side wake 180
Switch wake 180
Wake heel side 360
Wake toe side 360
Backroll
Front roll
Tantrum (heel side backflip)
Scarecrow (toeside front roll 180)

## SAUCER

Deep water start
Sitting dock start
Front to back
Back to front
Front to back over wake
Back to front over wake
Hand to hand 360
Wrapped 360
Overhead 360
Handstand on saucer
Handstand on chair

## **ADAPTIVE WATER SKI SKILLS**

### **PHYSICAL DISABILITIES PROGRESSION WITH SIT-SKI**

Ski with rope in the block and with the assistance of two instructors in the water behind the boat inside the wake
Ski with the rope out of the block and holds on their own, with instructors as needed
Ski with the outriggers tipped up, with instructor assistance as needed
Ski with rope in hands at the start with outriggers, with instructor assistance as needed
Ski with outriggers removed at the start and rope in the block inside and/or outside the wake, with minimal instructor assistance
Ski with outriggers removed at the start and rope in hands to deep water start, with minimal instructor assistance
Ski with outriggers removed and rope in hands after having independently gotten into the sit-ski and starting on their own
Ski slalom style inside and outside the wake back and forth
Ski slalom style to competition level for a sit-ski slalom course

### **DEVELOPMENTAL DISABILITIES PROGRESSION**

Become comfortable just being in a sit-ski, whether on the dock or in the water, doesn't necessarily have to ski
Ski with rope in the block and with the assistance of two instructors in the water behind the boat inside the wake
Ski with the rope out of the block and holds on their own, with instructors as needed
Ski with the outriggers tipped up, with instructor assistance as needed
Ski with rope in hands at the start with outriggers, with instructor assistance as needed
Ski with outriggers removed at the start and rope in the block inside and/or outside the wake, with minimal instructor assistance
Ski with outriggers removed at the start and rope in hands to deep water start, with minimal instructor assistance
Ski with outriggers removed and rope in hands after having independently gotten into the sit-ski and starting on their own
Ski slalom style inside and outside the wake back and forth
Ski slalom style to competition level for a sit-ski slalom course
Ski with two skis using a boom
Ski with two skis long line, with minimal instructor assistance
Ski with two skis long line including starting independently
Ski with two skis long line including starting independently and drop a ski to slalom
Ski on a slalom ski including a deep water slalom start, with minimal instructor assistance
Ski on a slalom ski including a deep water slalom start without any assistance

### **AMPUTEE - ANY TYPE OF SKI/WAKEBOARD/TRICK**

Ski standing up after using harness for deep water start if one arm
Progress to using Delgar sling for a deep water start
Ski standing up using optional trip bar for start if one leg, then break away when up and stable

### **RECREATIONAL**

Tubing or any other type of water skiing as able
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## **BOAT DRIVING SKILLS**

### **BASIC/BEGINNER SHOW SKI BOAT DRIVING SKILLS**

Obtain single rig learners rating/permit
Demonstrate knowledge of state/local boating laws and safety requirements
Demonstrate ability to do a safety check of the boat prior to pulling skiers
Demonstrate knowledge of boat, boat controls and boat capabilities
Demonstrate ability to properly launch and load a boat onto a trailer
Demonstrate ability to approach and park next to dock
Pull deep water single skier - long line
Pull deep water forward barefoot skier - long line
Pull deep water backward barefoot skier - long line
Pull a swivel skier
Pull a trick skier
Drive for a skier who is using a boom
Pull a skier from a sitting dock start
Pull multiple skiers (if allowed in your area) from a sitting dock start
Pull a conventional doubles couple (if allowed in your area) from a sitting dock start
Pull a single skier on strap (with rope connected to release) from a sitting dock start
Pull a strap doubles couple (if allowed in your area) from a sitting dock start
Pull a slalom skier from a hop dock start
Pull multiple slalom skiers (if allowed in your area) from a hop dock start
Demonstrate ability to drive your team's show course using proper boat patterns
Demonstrate ability to drive your team's show course with another boat using proper boat patterns
Demonstrate ability drive a ballet pattern with at least one slalom skier

### **INTERMEDIATE & ADVANCED SHOW SKI BOAT DRIVING SKILLS**

Demonstrate ability to drive a ballet pattern with multiple slalom skiers (if allowed in your area)
Pull an ATB with a single slalom skier (must first obtain proper coaching from qualified boat driver)