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Learn to
TRICK



*Fifteen easy steps for you to progress from your
first ride on trick skis to a 360 degree turn*



Level 1 – Trick Skis

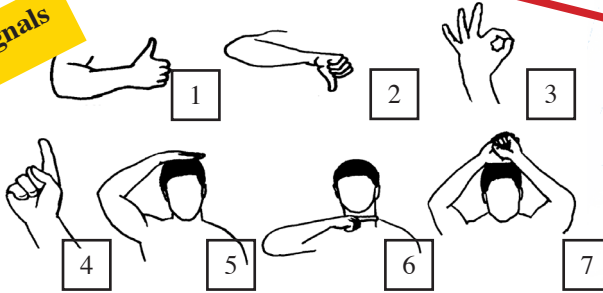
On land, demonstrate:

The seven skier hand signals

Explain five of the 15 Skier Safety Codes

Important safety rule:
Always wear flotation

Hand Signals



- 1. Speed up:** The "thumbs-up" gesture indicates that the skier would like the speed increased.
- 2. Slow down:** The "thumbs-down" gesture indicates that the skier would like the speed decreased.
- 3. OK:** If the set speed or boat path is good, the skier may use the OK signal.
- 4. Turn:** When either the skier or the driver wants the boat turned, a circle motion with the arm over the head with one finger in the air is used. It is usually followed by pointing in the direction of the turn.
- 5. Back to the Dock:** A pat on the head indicates that the skier would like to return to the dock.
- 6. Cut Motor/Stop:** A slashing motion with the hand across the neck indicates the boat is to stop immediately. This signal can be used by the skier, driver or observer.
- 7. I'm OK (after a fall):** This important signal indicates that a skier is OK after a fall. It consists of both hands clasped over the head. It should be used every time the skier falls.

Water Skier's Safety Codes

Rule 1: Always wear flotation. A properly fitted personal flotation device is designed to fit snugly, so that it won't slip up on the body during a fall. The recommended type is a jacket or vest that covers the chest, abdomen and back.

Rule 2: Always be sure your equipment is in good condition. Your personal safety and enjoyment depend on the equipment you use. Check your equipment regularly. Be sure that your skis do not have sharp or protruding surfaces that could cut or scrape the skier. Check towropes for frayed areas or broken bridles and handles. Repair or replace damaged or unsafe articles.

Rule 3: Don't give the starting signal until ready. Make sure you are ready, the slack has been taken out of the rope and you are clear of any dangerous obstacles around you. Keep your ski tips up.

Rule 4: Do not ski near docks, pilings, other boats or swimmers. Always look ahead and be sure you are aware of your surroundings and where you are going at all times. Many water ski injuries result from collisions with docks or other solid objects.

Rule 5: Never put any part of your body through the handle or wrap the line around yourself in any way.

Rule 6: Never ski in shallow water or an area where there may be obstructions above or just beneath the surface.

Rule 7: When a fall is inevitable, try to fall backward or to either side. A forward fall increases the chances of contact with the ski.

Rule 8: Know and use the skier hand signals. It is particularly important to use the skier's "I'm OK" signal after a fall if you are all right.

Rule 9: If you fall in an area where there is other boat traffic, lift one ski half way out of the water. This will signal to other boats that there is a skier in the water.

Rule 10: Never ski to the point of excessive fatigue.

Rule 11: Always ski during daylight, from sunrise to one-half hour after sunset.

Rule 12: Never ski directly in front of another boat.

Rule 13: Always use equal length ropes when skiing double.

Rule 14: Always ensure that the motor is "off" when a skier is entering and exiting the boat.

Rule 15: Always have an observer in the towboat.

Level 1 – Trick Skis

Proper fit and adjustment
Proper grip to hold handle
Proper body position for starting
Proper body position for skiing

**Helpful
Tip**

Binders should be snug but comfortable. If too loose your feet may come out when you start turning.

Placing Feet In Bindings



How To Properly Hold The Handle

For trick skiing, use the knuckles up grip.
Hands are held at waist level.



Proper Body Position For Starting



**Helpful
Tip**

Demonstrate proper cannonball body position on land before entering the water to get the proper feel. Hold the handle and have a partner pull on the rope slightly to help pull you up. This will give you the feeling of being pulled up by the boat. While practicing this task, make sure your knees are together at all times and stay in the cannonball position as shown in the picture. Let the boat do the work for you rather than trying to do the work yourself.

Proper Body Position While Skiing

**Helpful
Tip**

Be sure to remain in the chair position at all times while on the water. This will ensure proper posture. You should have your arms straight and shoulders up.



Level 2 Trick Ski Start

Complete a deep-water start and maintain the proper two-ski trick body position for three seconds.

Wrap your arms around your knees and place the rope and handle between your skis. When ready, signal the driver to begin accelerating. Let the boat slowly pull you up. **DO NOT** try to pull yourself out of the water by pulling in with your arms. When you feel the boat begin to pull you up, slowly rise to a sitting position using your legs. Once up, maintain the proper body position of arms straight, knees and ankles bent and flexible. Keep your head up, looking toward the boat. **Trick skis will feel "slippery" on the water, which makes it important for you to keep your knees and feet close together so that the ski's do not slide out to either side.**



Level 3 Trick Ski Balance

Maintain proper two-ski trick body position for 20 seconds.

Place emphasis on the proper two-ski body position: head up, arms straight and knees and ankles bent and flexible while putting some downward pressure on the handle.

IMPORTANT Tip:
Keep your Arms Straight,
Knees Bent, Head Up

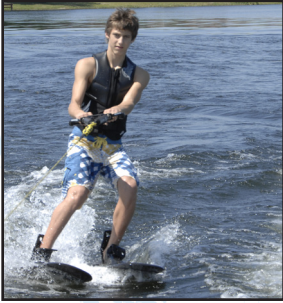
Suggested Towboat Speeds

Approximate Weight Of Skier	Less than 50 lbs.	50 to 100 lbs.	100 to 150 lbs.	150 lbs or more
Two-Ski Speeds	12 mph	15 mph	16 mph	18 mph.
One Ski Speeds	14 mph	17 mph	18 mph	20 mph.

Level 4 Trick Ski Edging

Edge back and forth in control inside the wakes.

Initiate each turn by placing more weight on the leg opposite to the direction you want to go. For example, to turn left, place pressure on your right foot and ski. Because the trick skis are "slippery," it is very important to keep your knees and ankles flexible to help control the skis.



Releasing weight on one foot while placing more weight on the other foot will allow you to go in the direction you want to go. For example: unweighting the left foot while placing more weight on the right foot will allow you to turn toward the left wake. Remember to bend your ankles!

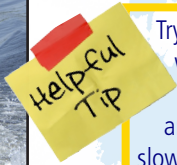


Level 5 Trick Ski Wake Crossing

Cross over to the outside of the boat wakes on one side only and return to the center of the wakes for a total of 2 wake crossings.



Cross the wakes by turning both skis at an angle to the wakes and bend your knees to absorb the shock. Crossing one ski at a time with not enough angle will result in a fall.



Try to cross the wake at an angle. Turn toward the wake and keep more weight on the ski closest to the boat (furthest away from the wake) until you are well over the wake. Trying to go over the wake slowly will result in a fall.

Level 6 Trick Ski Wake Crossing

Leave the center of the boat wakes on one side and cross both wakes one time ending up outside the opposite wake for a total of 3 wake crossings.

The most common mistake for a skier is to pull on the handle while crossing the wakes. Keep your arms slightly bent but do not pull as you cross the wake. Keep your knees bent and together. Continue to maintain the proper body position.



Level 7 Trick Ski Wake Crossing

Complete seven wake crossings. Once the tail of both skis are completely over the wake on one side and you are in the white wash of the wake, then you are completely over the wake.

Continue to emphasize proper body position.

Level 8 Trick Ski Wake Jump

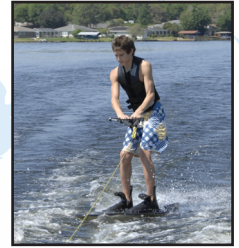
Leave the center of the boat wakes on one side, jump one wake with both skis clearing the water and land in the center of the wakes.

Shift your weight to one foot to edge towards the wake. As you go up the wake and approach the top, push down on both feet and straighten your legs to propel you off the top of the wake.



Helpful
Tip

To "jump" the wake you need to push down on the skis by quickly extending your legs just before you hit the crest of the wake. This downward push will propel you into the air off the top of the wake. Remember to bend your knees again for the landing.



Level 9 Trick Ski Wake Jump

From the opposite side, jump one wake with both skis clearing the water and land in the center of the wakes.

Repeat the process in Level 8 from the opposite side of the wakes. Challenge yourself by trying to jump the wake from the center going out.



Level 10 Trick Ski Side Slide And Reverse Side Slide

Perform a side slide by turning both skis 90 degrees to the rear of the boat, pausing and then returning to the two-ski tricks position.



Initiate the turn by pulling the handle to the waist in a firm and even manner. Bring the handle toward the hip opposite of the direction you want to turn (i.e. bring handle to right hip to turn to the left). Holding the handle at your hip will hold you in the side slide position. Bring the handle back to center to return to front position

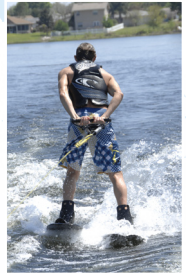
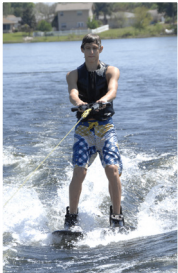
Helpful Tip

Practicing your tricks on dryland before you "hit the water" is ALWAYS a good idea!

Knees and ankles remain slightly bent and flexible.

Level 11 Trick Ski Surface Turn, Front-To-Back

Perform a front-to-back surface turn, pause and then perform a back-to-front surface turn.



Pull the handle in to the hip opposite of the direction you want to turn until your elbows are at your side then let go with one hand. You will start turning in the direction of the free hand. Bring the handle with palms up to the small of your back while reaching for the handle around the opposite side of your body with your free hand. Grab hold of the handle behind your back with both hands as soon as you are able. Remember to keep your head up and knees bent while turning. Make sure your knees stay together throughout the whole trick. This will prevent your skis from splitting while turning. Be sure to pull and turn at the same time to allow the skis to rotate all the way around.

Level 12 Trick Ski Surface Turn, Back-To-Front

After skiing in the backward position for 3 seconds, let go with one hand and let yourself turn to the front. Keep your elbow bent and handle close to your body to prevent a forward fall as you recover to the front skiing position.

Have your elbow bent to keep the handle close to your waist as you recover to the front.



Level 13 Trick Ski Surface Turn, Reverse Front-To-Back and Reverse Back-To-Front

Perform a front-to-back trick, in the opposite direction. Hold the back position for 3 seconds and then return to the front position.

Level 14 Trick Skiing Backward

After performing a front-to-back trick, hold the back position, steer back and forth in control inside the boat wakes and then return to the front position.



Have the handle close to your body in the small of your back.

Level 15 Trick Ski 360 Degree Turn (Combination of Levels 11-14)

Perform a 360-degree surface turn in one direction in one continuous motion.



Remember:

- ✓ head up
- ✓ back straight
- ✓ knees bent
- ✓ handle close to the small of your back
- ✓ Pull as you turn



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