

WATERSKI-ING : A GUIDE FOR BEGINNERS

DO'S

SIT AND RELAX IN THE WATER WITH KNEES CLOSE TO YOUR CHEST AND PUSHED TOGETHER

ARMS STRAIGHT AND PASSING AROUND THE OUTSIDE OF YOUR KNEES THUS KEEPING THEM TOGETHER

SKI'S APPROXIMATELY 9 INCHES APART WITH **TIPS 9 INCHES ABOVE THE WATER**

GRIP HANDLE WITH THE ROPE PLACED BETWEEN THE SKI'S

SHOUT 'HIT IT!' WHEN YOU ARE READY (THE INITIAL BOAT PULL WILL HELP WITH STABILITY IN THE WATER)

WHEN BOAT PULLS **STAY IN A BALL FOR 20 YARDS OR SO** (i.e. STAY IN A SQUATING POSITION).

AFTER 20 YDS GRADUALLY STAND WITH YOUR **FEET FLAT AND RELAXED ON THE SKI'S** (i.e. NO WEIGHT ON YOUR HEELS)

DON'T

DON'T AT ANY TIME BEND YOUR ARMS OR PULL THE HANDLE TOWARDS YOU

DON'T STAND UP TOO QUICKLY OTHERWISE THE SKI'S WILL SINK BELOW THE SURFACE AND STOP!

DON'T STRAIGHTEN YOUR LEGS WHEN STARTING (OTHERWISE YOU WILL EITHER PUSH THE SKI'S UNDER THE SURFACE OR SIMPLY FALL BACKWARDS)

REMEMBER TO

KEEP YOUR ARMS STRAIGHT

KEEP SKI'S PARALLEL WHEN THE BOAT PULLS

NOT STAND UP TOO QUICKLY

LET GO OF HANDLE IF YOU ARE FALLING – IT'S EASIER TO START AGAIN