

# WATERSKI-ING : A GUIDE FOR A MONO START

## DO'S

**FIND YOUR FRONT FOOT!** STAND STILL, FEET TOGETHER. GET SOMEONE TO GIVE YOU A SHARP SHOVE FROM BEHIND. FRONT FOOT THEN BECOMES OBVIOUS. REPEAT TO MAKE SURE. PUT BOTH FEET IN THE BINDINGS

**SIT AND RELAX** IN THE WATER WITH ABOUT 12" SKI ABOVE THE SURFACE AND ARMS STRETCHED AND **PASSING AROUND THE OUTSIDE OF YOUR KNEES,** THUS KEEPING THE SKI UPRIGHT. HOLD HANDLE HORIZONTAL.

**TO KEEP IN POSITION, WRIGGLE YOUR SHOULDERS** WHEN THE ROPE IS TAUGHT RATHER THAN PAT THE WATER. i.e. KEEP HOLD OF THAT HANDLE

**GRIP HANDLE** (BORROW SOME GLOVES IF YOU CAN) WITH THE **ROPE TO THE SAME SIDE OF THE SKI AS YOUR FRONT FOOT**

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

**WHEN BOAT PULLS ALLOW THE SKI TO BE PUSHED BACK TOWARDS YOU** (i.e. YOU ARE THEN IN A SCRUNCHED UP POSITION).

**STARE AT THE SKI TIP** OR ITS LOGO. WAIT UNTIL YOU SEE **A FAN OF WATER FROM THE FRONT** OF THE SKI (SEVERAL SECONDS) THEN START TO **SLOWLY STRAIGHTEN YOUR FRONT LEG ONLY.** (NEVER PUSH ON A BACK LEG- THE PRESSURE WOULD BE TOO GREAT FOR YOU TO KEEP HOLD)

BY THIS TIME YOU WILL HAVE SUFFICIENT STRAIGHT LINE SPEED AND THE SKI, WITH ITS FIN, WILL TRACK PROPERLY.

## DON'T

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

DON'T BOTHER TO LOOK WHERE YOU ARE GOING INITIALLY, JUST LOOK AT THE SKI TIP.

DON'T STAND UP OR STRAIGHTEN YOUR LEGS TOO EARLY, OTHERWISE THE SKI WILL BE PUSHED BELOW THE SURFACE AND STOP DEAD! THE HANDLE WILL PING OUT OF YOUR HANDS.

## REMEMBER TO

START WITH SKI TIP WELL ABOVE THE WATER

LET THE BOAT DO THE WORK

ALLOW THE SKI TO COME BACK TOWARDS YOU DURING THE INITIAL PULL

LOOK FOR THE FAN OF WATER **BEFORE** PUSHING YOUR FRONT FOOT

ONCE UP AND RUNNING, KEEP THE HANDLE AT WAIST HEIGHT FOR STABILITY