

## Water Ski Pre Camp Prep

The water ski program at Foley is designed to both teach kids the basics of a sport as well as advance their skills by challenging them. It is important that staff realize that they will have a dual role when it comes to skiing at Foley – instructor and driver. Both are equally important and the pre-camp effort that you put into these roles will be evident when you get to camp.

What you **MUST** do:

1. Read the chapters of the Waterski Works Book (1-9, 11) – found on the Session 7 page.
2. Waterski Study Guide – complete by highlighting the answers electronically. Email to [alli@campfoley.com](mailto:alli@campfoley.com) when you are done.
3. Read “Learn To”: Ski Basics, Slalom, Wakeboard
4. Have current certification in Lifeguard Training, CPR and First Aid.

What you **SHOULD** do:

1. **PRACTICE.** When it comes to skiing and pulling skiers, nothing works better than practicing. The more you can drive the better. The more you can ski the better.
  - a. When skiing: Think about the things that you are doing, the position of your body, the way you hold your hands, lean, etc. Remember you are going to have to teach someone to do this soon. Also try different types of skiing. Besides conventional skis Foley has Trick skis, wakeboards, a wakeskate and offers barefooting. We are also teaching kids to slalom. Any exposure you can have to any of this is great!
  - b. When pulling: Try to pull different ability levels, beginners, intermediate and advanced. Pay attention to speeds during take off, landing, etc.