

Wakeboard Teaching Tip:

Using the platform to teach deep water starts

The platform is a very useful teaching tool. If your boat doesn't have a platform a very low dock will also work. The important lesson this technique teaches is to relax and use proper body position while getting up. As you pull them up, it will take a lot of effort to get them out of the water if they are tense or resisting. As soon as the rider relaxes and uses the right body position it is easy to see how much less effort it takes to pull them up. It is also a good way to get nervous students used to the water before using the boat for a start. This technique works better for smaller students.

Stress to students that the proper body position is the key to getting up, not muscles! Ensure the boat is off so there is no danger of a rotating propeller.

Photo #1 Have rider relax. As you put tension on the rope, have them put their knees to their chest, and ankles below their butt (get in a "ball" position).



Photo #2 Maintain the body position, as instructor pulls.



Photo #3 Rider should stand once board is underneath them; if they stand too early they can fall back into the water.

