

## Balancing Act by Doug Ross

Rounding six buoys and making in out the gates is a feat in itself. Making it look easy is even more difficult. Finding and maintaining a balanced stance on your ski throughout the course is key in this quest for success.

Here are a few techniques that I work on to improve my stance and my overall position in the course.

### 1. Minimize your body lean

Initiate every pull by setting an angle with your legs (don't forget to bend your knees!) rather than leading with the shoulders. By setting an angle with your lower body we are able to reduce the load on the tow rope and maximize speed. Remember, body lean doesn't equal increased angle.

### 2. Be patient!

Don't reach too early. Initiate your reach once the course width is achieved. Be sure to ride the line, with both hands on the handle, to the course width before making that reach. Mastering this helps in keeping a neutral stance on the ski.

### 3. Maintain a level stance

As you approach and make the turn, focus on staying level through the shoulders and head, keeping your shoulders and eyes level with the horizon and keeping slight arm bend as you approach the turn.

strongest stance. Focus on these keys and I will see you at the end of the lake.

*Doug Ross is a longtime member of the Canadian National Team, and one of the world's foremost slalom skiers.*



Focusing on these three techniques really will result in a much improved, more balanced stance on the ski, leaving us less vulnerable. Whether we increase the speed or shorten the line, a balanced stance is the