

Kickin' it on the Water — How to “Pop Shuvit” by Tanya Chmilar

Hi everyone! Another summer is upon us and I hope you are all out shreddin. We have been riding out here in the Okanagan since the beginning of April. Wakeskating is yet another of the many watersports that makes riding behind a boat or Sea-Doo an absolute blast.

Wakeskating is different from wakeboarding in that there are no bindings and the board is smaller. There are two types of boards: molded composite material boards that have foam on the top or grip tape, and wood based boards which are heavier than composite boards but give the feel of a skateboard. Also, there are shoes specifically designed for wk8sk8ing that do not retain water.

This article is going to cover the “pop shuvit,” an advanced maneuver that you should only attempt if you have a sick ollie under your belt. The ollie is the foundation for most lip tricks and practicing it on a skateboard is definitely very helpful.

To do an ollie, first sink the tail of your wakeskate into the water while lifting your front leg. As the board leaves the water, suck up your legs to allow the board to rise. As your board clears the water, execute the pop shuvit. Initiate the backside rotation with your back foot. Use your front foot to guide the spin by kicking your foot at a 45 degree angle to the direction you are traveling.

Another thing to keep in mind is to kick the wakeskate out in front of you

a little bit. Finally, decide when you want to catch the wakeskate, just remember, the higher you catch it the better.

And that's all there is to it so get out on the water and give it a try. Good Luck and have fun!

Tanya Chmilar is one of the few women to enter the mixed wakeskate event at each year's national wakeboard championships, and is one of the 16 nationally certified learning facilitators within the new National Coaching Certification Program.

