



ADAPTING THE BASICS

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OVER THE PAST SEVERAL YEARS, SLALOM SKIING HAS BEEN PROVEN TO EASILY LEND ITSELF TO ADAPTATION FOR THOSE WITH DISABILITIES. THIS SPORT HAS BEEN GROWING AT BOTH THE COMMUNITY AND HIGH-PERFORMANCE LEVELS THROUGH PROGRAMS LIKE SKIABILITY. THESE PROGRAMS HAVE BEEN SPROUTING UP ACROSS THE COUNTRY AND ARE AIMED AT INTRODUCING ATHLETES WITH DISABILITIES TO THE FIELD OF TOWED WATER SPORTS.

There are three basic tips which hold true for any beginner skier, whether in a seated position or not. In using pointers such as knees bent, arms straight and head up while focusing on the needs of beginner sit-skiers, it is easy to see how the mechanics of slalom skiing can seamlessly lend themselves to sit-skiing.

Knees bent: Although it may seem obvious that your knees should remain bent, it is still capital to pay attention to a person's knees as they can indicate the overall fit of the sit ski. Fit becomes extremely important as you progress as a skier because it allows you to have increased control over edging and navigation. Participants should always ensure that knees are level across the seat and that they are snug between the cage's padding. By checking the level and fit of the knees every time you go out skiing, you are making certain that you are properly equipped and ready to tackle the water.

Arms straight: Those who are just beginning to ski should remember to keep their arms straight while skiing. This will naturally help skiers develop a proper skiing position where their torso is bent forward and their knees are tucked to their chest. This position

allows novice skiers to become more stable and ski in line with the boat. Once a skier gets comfortable enough to try turning and tackling the wakes, the habit of keeping their arms straight will increase capability in rope management and will facilitate bending in the pre-turn as necessary.

Head up: It is important to stress to new skiers to always keep their head looking up towards the horizon. This not only keeps the skier more aware of their surroundings, such as oncoming wakes and boats, but it also makes the skier more stable on the water. This stability adds to the skier's confidence which ultimately contributes to better athletic performance.

In short, when integrated properly, these three teaching tools can act synergistically to perfect technique for any new skier that craves success while having a ton of fun!

