



FOR YOUTH DEVELOPMENT®
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WATERSKIING & WAKEBOARDING

Section 1 : Award List

1. Beginner Waterskier
2. Intermediate Waterskier
3. Advanced Waterskier
4. Skiing Proficiency
5. Beginner Wakeboarder
6. Intermediate Wakeboarder
7. Wakeboarding Proficiency
8. Expert Wakeboarder

Section 2: General Rules & Safety

1. General Camp Emergency Procedures (search siren)
2. Maximum ratio of staff to participant is 1:5.
3. Participants must be green band swimmer or higher.
4. Participants must be 9 years of age or older.
5. Driver must be approved to drive by Camp Director.
6. Minimum of two staff present during waterskiing, wakeboarding, or tubing.
7. Lifeguard must be present during any camper related activity.
8. Helmets must be worn in waterskiing, wakeboarding, and tubing.
9. If you fall and are ok, wave to the boat immediately to signal that you are not in distress.
10. Don't enter the water without counselor present
11. Always wear a lifejacket, even in the shallows
12. Always take care of the equipment
13. Never leave the area around Dave's House without permission
14. Don't throw objects
15. Don't go onto the pier without the permission of a staff member
16. Always leave the boat via the back deck, and only when the boat is not running and you are instructed to do so.
17. Know and use the skier hand signals

Section 3: Award Requirements

Beginner Waterskier Award

Objective

- To learn safety, equipment care and how to get up



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Prerequisites

- None

Safety Rules

- Wear a lifejacket
- Know skier hand signals

Knowledge Required

- How to get up
- Hand signals

Skills Required

- Get up on rope
- Go around lake in correct position
- Wave to spotter in boat
- Make a correct stop near beach

Intermediate Waterskier Award

Objective

- To progress to a good level still on 2 skis

Prerequisites

- Beginner Waterskier award

Safety Rules

- Wear lifejacket

Knowledge Required

- Balance

Skills Required

- Cross wake comfortably
- Do stop-start in the water
- Perform skier's salute
- Ski with tow bar behind knees

Advanced Waterskier Award

Objective

- To progress to being on one ski from dropping and also from deep water

Prerequisites

- Intermediate Waterskier Award

Safety Rules

- Wear lifejacket

Knowledge Required

- Read slalom theory in red binder

Skills Required

- Dock start on 2 skis
- Jump wakes
- Drop a ski
- Start on one ski



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- Cross wakes on one ski
- Toe hold

Waterskiing Proficiency Award

Objective

- To gain proficiency and consolidate skier knowledge to expert level



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Prerequisites

- Advanced Waterskier Award

Safety Rules

- Wave after landing
- Wear barefoot suit
- Wear appropriate lifejacket

Knowledge Required

- Ski on one ski
- Balance
- Barefoot position

Skills Required

- Beach start (standing up)
- One ski dock start
- 180 degree turn on trick skis
- Ski backwards on trick skis
- Side slide on trick skis
- Barefoot on boom

Beginner Wakeboarder Award

Objective

- To learn the safety aspects of wakeboarding, equipment care, and to get up on the board.

Prerequisites

- None

Safety Rules

- Wear lifejacket
- Wear properly fitting bindings and correct size board

Knowledge Required

- Safety rules
- Hand signals
- Body position
- Theory

Skills Required

- Get up and go around lake with good stance
- Wave with one hand
- Land nicely

Intermediate Wakeboarder Award

Objective

- To progress on a wakeboard

Prerequisites

- Beginner Wakeboarder Award

Safety Rules

- Wear lifejacket



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Knowledge Required

- Read jumping theory & spin control

Skills Required

- Cross wake
- Jumps on both sides
- Kneel down & touch water
- Side slide
- Land a 180 degree spin
- Wake slide

Wakeboarding Proficiency Award

Objective

- To progress as a boarder into more complex spins, then go inverted

Prerequisites

- Intermediate Wakeboarder Award

Safety Rules

- Wear lifejacket
- Non-stretch line
- High wrap bindings

Knowledge Required

- Basic spin movement
- Rope understanding
- Invert positioning

Skills Required

- Hop 180 degree both ways
- Grab all areas of board (both sides)
- Toe & heel 180
- 180 degree spin with grab (both sides)
- Back roll (invert)
- One additional trick as agreed with instructor

Expert Wakeboarder Award

Objective

- To expand wakeboarding knowledge and skill diversity (inverts and spins)

Prerequisites

- Wakeboarding Proficiency

Safety Rules

- Wear lifejacket
- Use of non-stretch starch line
- High wraps

Knowledge Required

- Invert and spins



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Skills Required

- Front roll
- Scarecrow
- Raleigh
- 360 degree spin
- Tantrum

Section 4: Theory Sheets

All contained in the red binder.

Section 5: Day-by-day schedule

Sunday (Program Head):

- bring green award box to Klinger at 12 noon
- get alphabetical bunk list and skiing program list from Summer Director
- set up photo display at check in table by 1:30pm
- pull out record cards of kids that have skies here before & mark their level on the program list
- organize campers into classes by age & ability without conflicting with swimming times. Put advanced skiers/wakeboarders in the mornings & allocate them to Little Corey
- resolve possible period conflicts with horses/ropes/swimming
- fill out campers program sign up slips
- write driver/spotter/land schedule for Big & Little Corey for the week

Monday:

- Take attendance and call it in promptly
- Separate kids into classes
- Go over safety rules
- Beginners go over technique
- Classes get lifejackets and skis
- All campers ski
- Beginners start on boom with instructor in the water with them

Tuesday:

- Take attendance and call it in promptly
- Beginners start on the short rope with an instructor in the water
- Int / Adv classes work on awards

Wednesday:

- Take attendance and call it in promptly
- Everyone starts on long rope
- Beginners start to get up by themselves but may still need some assistance

Thursday:

- Take attendance and call it in promptly



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- Everyone starts on long rope
- Everyone working on awards

Friday:

- Take attendance and call it in promptly
- Offer campers the choice of tubing, skiing, wakeboarding or kneeboarding. They may choose to continue to work on awards or try something else for fun
- One counselor should be writing up award cards
- major clean up and boat maintenance

NB: Every morning before class, and every open program, boat chores are done. This includes gassing both boats, and cleaning interior, exterior, and glass surfaces with appropriate cleaners.

Section 6: Teaching Tips

See the big red file for how to teach at this program, ways to get through to campers & games you can play in order to get the point across. Note: all games etc should have a reason and a goal... not just to kill time.

Skier hand signals:

- thumbs up = faster
- thumbs down = slower
- pat head = take me home
- circle thumb & forefinger = ok
- palm out = stop
- cut across throat with hand = stop engine
- wave after a fall = I'm ok

Spotter hand signals:

- flat hand up & down = approaching waves
- finger around in circles = go around again

Audible signals:

- "Taxi!" = asks the boat to move out slowly to take slack out of rope & enable skier to get balanced
- "Hit it!" = asks the driver to start going (ready to ski)

Section 7: Bad weather alternatives

Assemble in Dave's House for songs, skits and games.

Watch skiing / wakeboarding videos if at all possible.

In the event of bad weather, ski staff must react quickly to dock the boats and cover them completely. Remove all campers and equipment from the water, wait 15 minutes after thunder & lightning, or until given the all clear by the Waterfront Director.



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Section 8: Inventory

- 1pr Electra Combos – blue
- 1pr O'Brien Celebrity Combos – black/red/gold
- 1pr Wide Track Combos – white/yellow/blue
- 1pr O'Brien Amigo WideTracks – blue/red/black
- 1pr O'Brien Amigo Jr WideTracks – orange
- 1pr O'Brien Jr Celebrities – red
- 1pr O'Brien Wakestar Trainers – black/yellow/white/red
- 1pr EP WideTrack Combos – white/blue/yellow
- 1pr Mixed O'Brien Contender & Astra Combos – red/white
- 1pr Mixed HO Easy Rider & EP Phazer
- 1pr Cut'n'Jump Trick Skis
- 1 Connelly Slalom Ski – purple
- 1 Kidder Double Boot Slalom Ski – blue/black/white
- 1 LiquidForce "Luscious" Wakeboard – white/multi
- 1 LiquidForce "Rhythm 147" Wakeboard – blue/black/orange
- 1 LiquidForce "Jr Squirt" Wakeboard – white/blue/yellow
- 1 O'Brien Wakeboard – red
- 1 kneeboard
- 1 O'Brien tube
- 1 Kidder tube
- 1 Tubester tube
- 1 70' static rope – blue
- 2 70' static ropes –multi
- 1 short rope – multi
- 4 ass. Ski ropes with handles – multi
- 3 ass. Ski ropes no handles – multi
- 1 barefoot handle
- 1 trick handle
- 1 25gal Gas Caddy with pump handle – red
- 1 4.8gal gas canister – red
- 43 standard lifejackets – ass. sizes & colors
- 1 Malibu Sunsetter "Wakesetter" – white/blue with aircage, wedge & fatsacks
- 1 Malibu Sportster LX – white/red with wedge



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Section 9: Things to Remember

- up to 9 skiers per period (7 at the very least)
- up to 8 wakeboarders per period (7 at least)
- try to schedule advanced classes in the morning and juniors in the afternoons
- if ample time remains, ski campers again
- always finish classes on time
- if classes are very full, meet 1st period campers after breakfast & go to Chapel as a group, you may need to leave Chapel a little early if it runs over. Have 3rd period campers leave rest hour a little early to meet at Dave's House so you can be sure to start on time.
- **EMERGENCIES:** Ski boats are the primary response vehicles for emergencies on the water which include searches for lost boats. In the event of a land search, the ski boats should send all campers to benches and remain available to go to the Island, sailboats, canoes or other areas to send all campers to benches in case they did not hear the bugles. Ski boats should also do a quick sweep of Little & Big Corey looking for stray campers. Ski boats are also needed for some emergencies involving large sailboats and Hobies that have swamped.

EQUIPMENT CARE:

- hang lifejackets on hangers to dry after use
- put all skis and boards back on racks in hut after use, never lay them on sand
- never lay a fin down on a flat surface
- never stand on equipment on the ground
- coil all ropes and handles and hang them to dry after use

Section 10: Opening and Closing the Program

OPENING:

- Get shore stations into water
- Put up pier
- Register boats, put laminated copy of registration in glove boxes
- Set up room, lifejackets, skis, all equipment
- make sure all drivers are trained and ready
- all staff must be ready and capable in the water and know schedule

CLOSING:

- Get shore stations in to land
- Take down pier, take boats out of the water & onto trailers