



Foundations 1

Name

Date

Must Complete 8 of 9 Skills to Pass Foundations 1

Wahoo Foundations has been adapted from WSWA Rip Ride Bronze Level

The main goal at this level is to get up and comfortable with the foundations of water sports. Once you have successfully performed the foundational skills for your selected watersport, while showing confidence and control on the water, you will be ready to progress to other levels and challenges. WAHOO!!!

If you are interested in conquering the next level, contact us at Wahoo!

Comments

Coach

Sport

In-Water Skills

- Deep water start with wakeboard, or water ski with boom or rope
- Maintain proper stance and control behind or beside boat
- Hold rope with one hand and make signal

Dryland Skills

- Knowledge of boat safety and equipment
- Demonstrate the use of safety signals in a controlled manner
- Successfully complete cannonball drill

Mental Skills

- Maintained a positive "can do" attitude for themselves and all riders!
- Created SMART goal with coaches
- Applied belly breathing, visualization, or self-talk