



Foundations 2

Name

Date

Must Complete 8 of 9 Skills to Pass Foundations 2

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 rope
- Maintain proper stance and control behind boat
- Edge in-between wakes in a controlled manner
- Retain control while the boat makes a 180° turn

Dryland Skills

- Review of safety signals and boat safety
- 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