



## Foundations 3

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**Name**

\_\_\_\_\_  
**Date**

### **Must Complete 8 of 9 Skills to Pass Foundations 3**

*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. Congratulations! You have successfully performed the foundational skills for your selected watersport, while showing confidence and control on the water.

**Congratulations on Completing Wahoo Foundations! WAHOO!**

### **Comments**

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**Coach**

### **In-Water Skills**

- Retain Control while the Boat Makes a 180° Turn
- Consecutively Edge (Moved) In-between Wakes
- Successfully Edge Across the Wake

### **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 for In-Water Training with Coaches
- Applied Mental Strengthening Technique during In-Water Training