

INTRODUCTION

This package has been developed in conjunction with the Western Australian Wave Ski Association for the specific purpose of offering a coaching guide for wave skiing.

Wave skiing is a growing sport that can continue to grow and develop when beginners and the uninitiated are given the opportunity to experience the fun and enjoyment of wave ski riding. The Western Australian Wave Ski Association (WAWSA) is a body of wave ski riders committed to giving people this opportunity.

The Association's aim is to promote and develop the sport in WA and promote a good standard of surfing etiquette amongst wave skiers and with other surfing sports.

As part of the development plan the decision was made to develop an outline for facilitating the basics of wave ski riding and the fundamental information about wave ski's needed to help develop the sport. It is intended that the program be conducted by anyone with a background in riding wave skis.

The main focus of the package is for use in schools, where it is hoped that given a chance to experience riding a wave ski, a greater number of young people will become involved in the sport..

It is hoped that anybody deciding to conduct this course will find the information valuable and enjoy their time spent as a coach.

S Wakefield
Development Officer
WAWSA

STRUCTURE

As mentioned in the introduction the structure of this package has been developed as a formal coaching package, but this should not deter any person or group from using any part of the package as an introduction to wave ski riding.

The package has been developed as a 10 week unit with an intended 90 minutes of contact time each week. The package allows for 8 weeks of surfing time and 2 weeks of classroom work. This time will depend upon the time available to each group. The time is taken from the time the group arrives at the venue through to the time of departure.

Each week is set out with a series of activities matched to a suggested time allocation. Each session specifies the necessary information or knowledge, the necessary skills and how to conduct the session or activity.

ASSESSMENT

Assessments have been kept as basic as possible. An **outline** sets out the unit's objectives and a set of specific criteria that each learner should attain. The specific criteria are used by the coach to match against the skills achieved by each learner.

A short theory test has been provided for the assessment of related knowledge. A table for assessing a learners performance in relation to riding a wave ski has also been provided.

All assessment grades are matched to a structure that is based upon objective assessment..... See "how to rate wave skiing skills".

Note. Grades are applicable mainly to schools or colleges. The notion of "GRADES" should not deter people who only want to "Have a go" or "Want to do it socially" etc.

Please remember.....

The main idea is to have fun safely!

HOW TO RATE WAVESKIING SKILLS

1. Practical Ability:

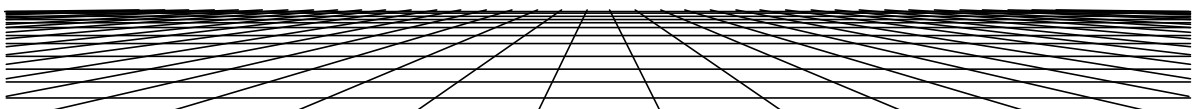
A. Wave Riding Skills:

- Grade A: Demonstrates good balance and strong paddling ability, displays competence at picking up the wave and shows control on the wave by trimming along the wave and executing at least one bottom turn on the wave.
- Grade B: Good balance and paddling ability, has no trouble in catching waves, shows reasonable control on the wave by steering, is able to trim and attempts bottom turns.
- Grade C: Some times unbalanced, weak paddling, shows some difficulty in catching waves, tends to fall of reasonably frequently. Tends to ride waves straight in, doesn't trim or attempt manoeuvres. The wave will appear to have control of them rather than vice versa.
- Grade D: Very shaky and weak on paddling, doesn't display and command over the ski. Finds it hard to catch waves due to weak paddling and poor positioning in relation to the wave. Tends to nose dive on take off, spends a lot of time off the ski and getting back on. Generally displays[plays a hesitant approach.
- Grade E: Rarely participates, shows no interest and no effort to develop skills and apply knowledge. Virtually never catches a wave and so assessment of wave riding skills is impossible.

B Wave Sense,

Paddling over breaking waves, survival of breaking waves and hanging onto a paddle.

- Grade A: Displays good wave sense, knows where to take off zone is and therefore has no trouble in catching waves. Experiences few problems in paddling out, is able to paddle over breaking waves and stay on the board. Doesn't let their paddle go when they fall off so their board does not become a problem to others.
- Grade B: Has reasonable wave sense and so is able to catch the waves without too much problem. Some times has a little problem paddling over the waves breaking. Displays reasonable awareness of where a wave is breaking and if they can paddle through it. Does not allow their board to become a danger to others.



Grade C: Lacks wave sense, hangs out on the side and too far from the peaking point often too far out and paddling for waves that are too flat to catch. They tend to experience paddling out problems due to lack of knowledge of what the waves are doing and a lack of the go for it approach.

Grade D: Catches very few waves due to an apprehensive approach and to not being close enough to the take off point. Has problems paddling out and spends a lot of time falling off and crawling back on. Allows the ski to be taken away by the wave because they let go of the paddle.

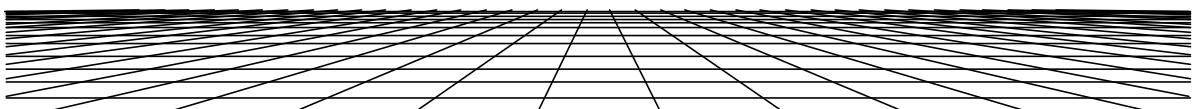
Grade E: Does not display any use of knowledge, does not get anywhere near the take off zone or ride a wave, spends most time off the ski and is a constant danger to others.

2. Attitude:

Grade A,B,C,D,E as for other modules - that is - on the degree of participation, motivation, interest, application. helpfulness, responsibility etc.

3. Theory:

Based on the brief test on the theory components of the module.



WESTERN AUSTRALIAN
WAVE SKI ASSOCIATION
INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK : 1

PREPARATION:

Select a beach sight where there are no waves, a bay or river location is ideal
Have the wave ski's and equipment on the beach for the first session

CONTENT:

SESSION 1

Time Allocation 10 mins

Programme introduction

- ? Introduce coaches and their experience if outside coaches are present.
- ? Outline objectives:

OUTCOMES

Develop basic level of wave sense and knowledge.

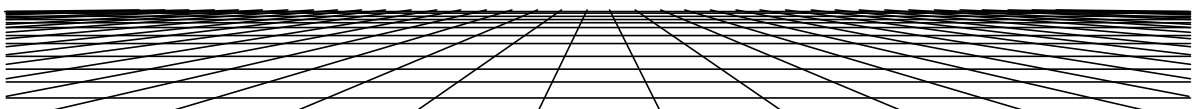
Develop a range of literacy skills and knowledge skills related to wave ski's.

Develop a basic range of Sensory-Motor skills related to wave ski's riding.

Promote personal skills to foster the enjoyment of wave skiing in group and individual surfing. Introduced to a wide range of experiences that maybe directed towards personal interests.

- ? Outline unit time line:

10 weeks x 90 mins working sections skills and knowledge assessment



SESSION 2

Time Allocation 20 mins

Introduction to wave ski's and accessories.

- ? Types of ski's, best application and buying
- ? Read through the material below

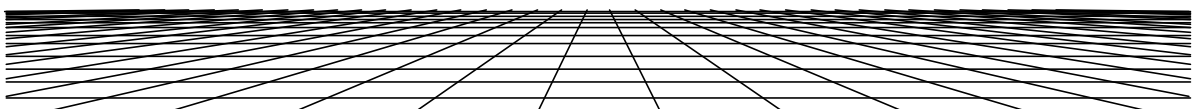
INTRODUCING WAVE SKIS.

The beginner is advised to start with a second hand board made of plastic. These are usually cheap and virtually indestructible which is a big plus for the beginner. Examples of these are the "Raider Roto" or "Shane Thermo" models. Older style "Re-entry's" are generally not as suitable for wave-skiing (surfing) but are ideal for paddling beyond the surf-break, and fitness paddling on lakes etc.

One of the major bonuses of a plastic or "Roto" ski is that when in difficulties near rocks or reefs, the rider can jump off and the ski will usually bounce off the rocks unscathed. Minor damage may occur to the fins, however these can be replaced.

Beginners should look for a reasonably large ski, somewhere between 2.40m (7'10") and 2.70m (8'10"), but this is dependent upon your personal level of fitness and your body weight/size (The less the body weight and greater the level of fitness the smaller the ski.) Purchasing a larger ski will ensure stability, thus initially allowing ease of balance for paddling and staying on the ski whilst surfing. Presently, you can pick up second hand ski in good condition with a paddle and seatbelt for between \$300 and \$400. A new ski, of the type described above, is approx. \$600 to \$800 to purchase.

Wave ski's can be found in the Newspaper classifieds under Wave Skis and second-hand stores or hock shops (Cash Converters). Also by contacting the wave-ski clubs whose members advertise their skis through the club newsletters.



PARTS OF A WAVE SKI.

Paddle Rope:

All beginners are strongly urged to use a paddle rope and a seat belt, on their ski. Paddle ropes are a must for two reasons:

- a) It will save many long swims to retrieve your board after having wiped out.
- b) To avoid others in the surf being hit by a ski without a rider as it is carried in toward the shore on a wave after you have fallen off.

The paddle rope attaches the ski to the paddle. Whenever wiping out, always keep a hold of the paddle so that you don't lose the board.

Seat Belt :

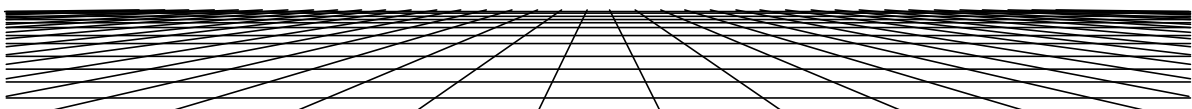
The seat belt or lap strap is best used for your own safety. If you are strapped to your board while you wipe out, there is no worry about it hitting you. Always wear the belt done up and until you are able to Eskimo roll, stay strapped in while wiping out, when the wave washes under you and stops throwing you around, unbuckle and then climb back on.

Important familiarise yourself with the seat belt before wearing it out on the waves, in flat water turn upside down and release the buckle. Do this a number of times to ensure you are familiar with how to release, so as not to panic when you turn upside down amongst the waves. The seat belt also provides for better control of your ski by allowing you to use the hips to maintain stability. This use of the hips via the seat belt also enables you to become a part of your ski, giving superior rail control in all kinds of manoeuvres.

Placement of the Seat belt is Important - To get this right first off make sure you are sitting in the correct part of the seat, ideally this is where the ski is balanced correctly. To get this balance right comes with experience - simply put, the ski shouldn't feel as if you're paddling 'uphill' and conversely the nose shouldn't be sinking as you paddle along. OK, now you are sitting in the right spot (let's hope that the 'leg length'/bend in your legs is comfortable) and you now adjust the belt to suit. The majority of people like the belt to lay right in the crease formed between your thighs and your stomach.

Main Advantage - Eskimo Roll - The most obvious advantage however is the ability to Eskimo Roll, which is only possible when using the seat belt.

People notice a rapid increase in their learning curve once they have mastered the roll. This is because you spend less time re-gathering yourself and your equipment after wipe-outs and more time catching waves.



Foot Straps:

Provide frontal control. Foot straps allow the feet to remain secure to the board. They should be set so the feet are held firmly in position but do not restrict movement of the feet to guide front control to the board. The foot straps are positioned just above the foot wells. The foot wells should be significantly deeper than the seat well to provide manoeuvrability and give a good ergonomic seat position, minimise back strain. Many of the new foot straps are now adjustable.

Deck:

The deck is the upper most part of the ski. All fitting except for the fins are located on the deck. The design properties are the positioning of the seat and footwells in regards to having full control of the ski and rider comfort. To have total control of the ski and comfort the rider must be able to rotate freely from the torso. This is achieved by setting the seat and footwells at such a distance so the rider has sufficient and comfortable bend in the legs. The footwells are also made deeper than the seat to enhance ease of forward weight transfer.

Bottom - Rails:

The sides of the ski are called rails. That part where the rail becomes round and bends under to join the bottom describe the rail shape. The rail shape varies along the length of the ski and the volume and shape affect the stability of the ski. Stability is determined by how easily the perimeters of the ski sink.

High volume rails are more buoyant and stable providing a slower ride in general. Low volume rails are less buoyant and more manoeuvrable providing less stability.

Fins:

The fins provide the ski with a solid "key" into the body of the wave. That is little resistance to forward move but great resistance to side ways skip. Fins come in a range of size and shapes and at the beginners stage a large fin will provide the rider with the greatest amount of stability.

* Accessories for wave ski riding

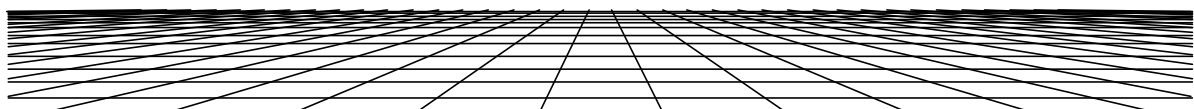
* Use the skis on the beach as demonstration units. Indicate parts and applications as well as accessories

Helmet:

Helmets have become a common accessory among surfers and wave ski riders since the Gath was introduced to the market several years ago. The advantages of a helmet are self preservation. For a beginner having the wave ski washed backwards which may mean you will be hit in the head is not uncommon. The helmet will also help protect you against other stray boards. Helmets also help reduce the problem of sunburn.

Wet Suit:

The wet suit provides the rider with a thermal insulation from the weather as well as a barrier from scratches and sun burn.



SESSION 3

Time Allocation 15 mins

Stretching Exercises

- ? To be carried out at the beginning of each session for 10 mins
- ? Select a section of beach to carry out exercises and point a target to jog to.
- ? Use the suggested exercises below.

WARMING-UP

As surfing is so stressful on the body it makes sense to keep it in good condition and so reduce the risk of potential injury, either now or later in life. Static stretching, which is the slow gradual stretch of a muscle held in the same position without moving for 10-20 seconds, is the easiest and safest way to stretch out without damaging yourself. Ballistic movement or bouncing whilst stretching should be avoided because of the inter muscular damage that can result. Jog for 1 minute to warm up muscles and get blood circulating.

1) SPINAL STRETCH

Lift pelvis up and tuck head in, clasp hands together in front. Stretch for count of 8. repeat twice.

2) NECK STRETCH

Lower head to left shoulder, hold for count of 8 Repeat on other side. Repeat once more

3) LOOSEN SHOULDERS WAIST

Place hands on shoulder and circle elbows. 8 one and 8 the other.

4) SIDE STRETCH

Place one arm straight across your body with your legs shoulder width apart. With the other arm holding the first in place at the elbow joint pull the arm across the body and hold for 3 seconds Swap arms and repeat 3 times

5) HAM-STRING STRETCH

Put one leg forward and one leg back Putting your weight on your toes of back foot push down so heel is reaching for the group Hold for 3 sec's and then release. Swap legs and repeat 3 times.

SESSION 4

Time Allocation 30 mins

How to paddle a ski - Learners at this stage select a ski based on size and weight. Stay with this ski unless a change is organised. Space learners out across the sand and have them sit on their ski.- Walk around and assist

ONTO YOUR WAVE SKI

HOW TO PADDLE A WAVE SKI

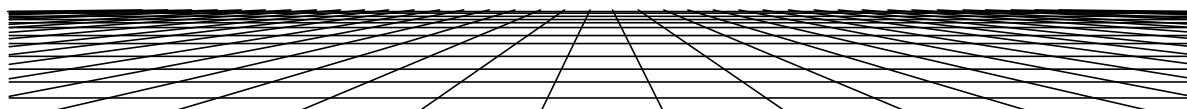
Using a 90 degree offset paddle.

1. Sit the paddle across lap.
2. Grip the shaft tightly with right hand so that the right hand blade is at the correct angle for the stroke. (The right hand maintains a tight grip at all times).
3. Loosely grip the shaft with the left hand, hands should be placed slightly wider than shoulder width apart and equidistant from the blades.
4. Reach well forward and place the right hand blade into the water so that most of the blade is covered. Pull back strongly with the right hand and push forward with the left hand.
5. The torso swings to the right as you take the stroke for added power.
6. The right hand stroke should stop as it passes along side the body.
7. The left hand blade is now extended fully forward, swing the torso to the front as you lift the right hand blade out of the water and immerse the left hand blade.
8. Pull with the left hand and push and extend with the right while swinging the torso to the left.
9. Repeat all of the above continuously.

?? The period when you pull with the left hand is the only time when the grip should be tight, the rest of the time it is a loose grip to allow the shaft to swivel.

?? The strong paddling action can make the ski swivel from side to side, to control this roll the hips very slightly to the side on which the stroke is taking place so that the weight is concentrated on that edge. At the same time extend the leg on the same side as the stroke is taken and press the heel into the foot well and pull back on the strap with the other foot.

Have learners take boards out into flat water - Demonstrate how to hold a ski and then mount ski and paddle around, Provide encouragement and advice while using own ski as a guide.



SESSION 5

Time Allocation 15 minutes

Packing-up

- ? Stop activity and have learners bring ski's out of the water
- ? Demonstrate the easiest way to carry a large ski: belt drawn up and over one shoulder
- ? Carry ski's to trailer and place on the ground: ensure all gear has arrived.
- ? Demonstrate how to load a trailer:
 - Paddles first in the base.
 - Place ski's on deck down.
 - Tie loop across front and back of ski using round turn two half hitches.
- ? Stress team work

WESTERN AUSTRALIAN
WAVE SKI ASSOCIATION
INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK : 2

PREPARATION:

Select a beach that has minimal waves for further paddle practice.

SESSION 1

Time Allocation 10 minutes

Unloading the trailer

- ? Loosen ropes.
- ? Two learners per ski to off load ski's.
- ? Remove paddles.
- ? To carry ski's, take ski by the foot straps and hold up right with arms locked.
- ? Carry paddle across the front of ski in both hands.

WARM-UP

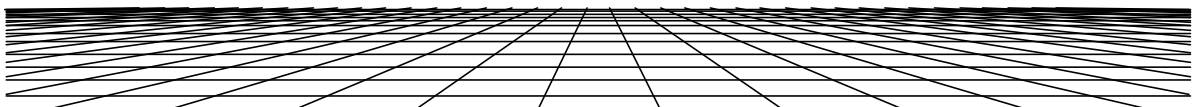
Time Allocation 10 minutes

- ? Warm-up, as per previous week

PADDLING PRACTISE

Time Allocation 10 minutes

- ? Revise correct paddling techniques on the beach.
- ? Have learners take ski's into the water and paddle around. As per previous week monitor learners abilities and give coaching when required.



SESSION 2

Time Allocation 5 minutes

Balancing the Wave Ski

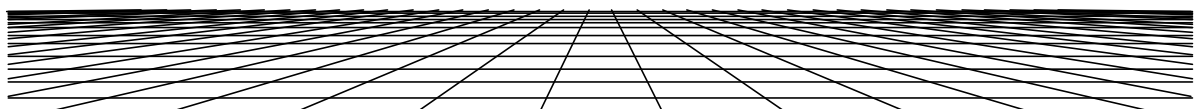
- ? Combine this with the paddling practise.
- ? Control balance from the riders tail
- ? Have learners paddle around with feet outside the feet straps at first. If very unstable paddle with feet either on the side or in the water. Advise learners to put feet onto the board when confident of balance then move them into the straps.

SESSION 3

Time Allocation 30 minutes

Turning The Ski.

- ? With a ski on the sand demonstrate how to turn a ski.
- ? Two basic turning techniques.
 - 1) Sweeping turn: For what ever side you wish to turn place the opposite paddle into the water and made a wide arcing sweep starting from the from to the back of the ski. (often this method is used with the back paddle)
 - 2) Back paddle for what ever direction you wish to turn, put that paddle in the water holding it fairly upright and push the paddle backwards.
- ? Practise this in the first exercise. (1)
 - 1) Have a learner or other instructor paddle out about 200 metres. Learners are to paddle out and turn round the person. Select the side for turning then alternate. If a buoy or marker is available use that. after the learners have grasped the exercise. Place yourself out as the marker observe turning techniques.



? The second exercise (2)

- 1) Set up two markers at approximately 200 meters out.
- 2) Divide the group into two or more groups (depend upon number of markers).
- 3) With learners starting on the beach, run to the waters edge with the ski and paddle out to the marker, make the prescribed turn and then paddle back to the team, dismount and carry ski to the next paddle.
- 4) Repeat this with a turn in the opposite direction

NB Have the teams select a ski that **all** learners can use.

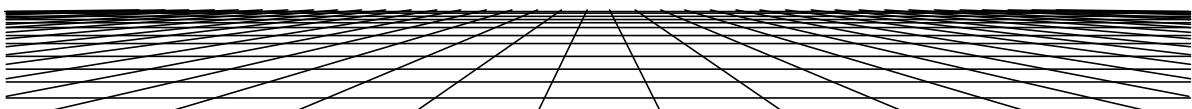
SESSION 4

Time Allocation 10 minutes

Turning Over on a Wave Ski

The aim of this exercise is to coach learners how to cope with being upside down on a ski with your feet in the straps. The next stage of this exercise will be to use the belt and demonstrating how to buckle out.

- ? Allow learners to free paddle time in a prescribed (safe) area until it is their turn.
- ? Select a ski that has a belt and good footstraps.
- ? If at all possible make sure that you have a pair of goggles available.
- ? Explain to the learners what will happen in the following.
 - I. They will sit on the ski, put their feet in the straps and hold onto the paddle.
 - II. They will be turned over.
 - III. They must remove their feet from the straps by staying level with the ski and not twisting which will cause their feet to get caught.
 - IV. When their feet are free, gently push the ski away, look to the surface and come to the top.
 - V. When surfaced grab the ski by both feet straps and the paddle if they let go.
 - VI. Turn the ski over, and get back on.



- NB Offer reassurance - You will be following them under.
They should stay calm
Hang onto the paddle if possible ...and,
If the ski has been washed away from them they are to swim to the beach and approach the ski from the wave side, if approach from beach side the ski will hit them when struck by a wave.

PACK-UP

Time Allocation 15 minutes

- ? Pack-up early to ensure they have time to practise, pack-up time should become less over the weeks
- ? Revise tie-down of ski's and trailer loading

WESTERN AUSTRALIAN
WAVE SKI ASSOCIATION
INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK : 3

PREPARATION:

Select a beach that has minimal waves for further paddle practice.

Unloading the trailer

Time Allocation 10 minutes

WARM-UP

Time Allocation 10 minutes

? Warm-up, as per previous week

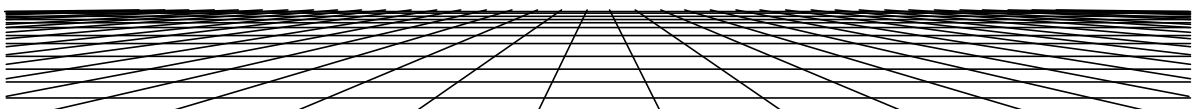
PADDLING PRACTISE

Time Allocation 10 minutes

? Carry out exercise 1 and 2 from pervious week

? Have learners take ski's into the water and paddle around. As per previous week monitor learners abilities and give feedback when appropriate.

? Continue with individual coaching of "turning over on a ski".



SESSION 1

Time Allocation 30 minutes

Using the Seat Belt

- ? Return to the beach and have learners form in a semi-circle
- ? Using a ski with a belt system demonstrate how set up the seat belt for your position, moving screws and how to use the buckle.
- ? Demonstrate how to release the buckle and roll out

Remember Legs slightly bent
 Belt firm but not too tight
 Anchor points should be level with thighs

- ? Then return learners to the beach and have them continue to paddle around. Set up races and concentrate on paddle technique
- ? While learners are paddle practise take each learner and instruct on how to roll out of a belt. Use the same techniques as the first roll over practise.
- ? Pair learners off and ensure each pair has one ski with a belt.
- ? Instruct learners to practise roll overs in pairs. Circulate and monitor the groups.

SESSION 2

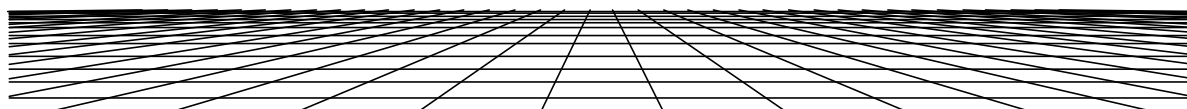
Time Allocation 15 minutes

Paddle Out

- ? Return learners to the beach and form in a group
- ? Set up a ski on the beach and follow the instructions below.

PADDLING A WAVE SKI OUT THROUGH THE BREAKING WAVES

To negotiate an on coming wave which has or is going to break in front of you, point the ski directly into the on coming wave. Paddle strongly towards it then lean back just before the



moment of contact to lift the nose. On contact throw your body forward, hook your paddle into the water and pull yourself over the wave.

If a large wave is going to break some distance in front of you, stop paddling, let the wave break, then negotiate the white water in the manner described.

When turbulence unsettles your balance drop your legs over the side to regain stability. Paddle bracing can also be used to regain balance if unsteady or about to tip over. To do this push the blade of the paddle flat onto the water's surface on the side to which you are falling. The resistance will help to keep you up right.

If you tip over don't panic, allow the turbulence to subside then undo the buckle of the seat belt, when you surface the ski will be upside down along side you. If another wave is approaching hang on to the paddle with both hands with one hand either side of the paddle cord attachment. Put your back to the oncoming wave and have the nose of the ski pointing toward the approaching wave. As the wave reaches you, sink under the water surface and hold on tight to the paddle with both hands. Once the turbulence has gone resurface with your hand in front of your face to prevent injury in the case of the board bouncing back at you once released by the force of the wave. (If the Velcro attachment on your paddle cord is worn there is a possibility that the force of the wave pulling on the ski as you hold on to the paddle will pull the attachment free, so the ski is carried into shore with the wave, proving a dangerous hazard to other surfers and presenting you with the problem of retrieving it. Rather than create this hazard you should hold your ski by the foot strap as the breaking wave hits you).

Once the wave has passed over you and you have resurfaced if more breaking waves are approaching repeat the above, when the set has passed through climb back on your ski and hastily continue the paddle out to get beyond the breaking zone of the waves.

? Select one learner to take their ski and sit on it at the shore line

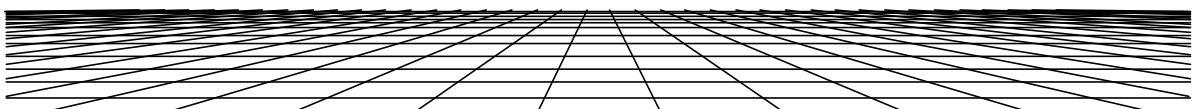
? Point out the way a wave breaks and the best time to paddle out through the break.

wait for it to break when big
keep the ski straight into the wave
drive the toes up as you reach the break
lean back slightly
paddle forward
don't have paddle in front of your face

? Ask the learner to demonstrate this technique

? Give learners a few minutes to practise correct technique.

? Pack-up 10 minutes before learners have to leave.



WESTERN AUSTRALIAN
WAVE SKI ASSOCIATION
INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK : 4

PREPARATION:

Select a beach that has small waves for further paddle practice and learning to surf.

Unloading the trailer

Time Allocation 10 minutes

WARM-UP

Time Allocation 10 minutes

? Warm-up, as per previous week

PADDLING PRACTISE

Time Allocation 10 minutes

? Carry out exercise 1 and 2 from pervious week

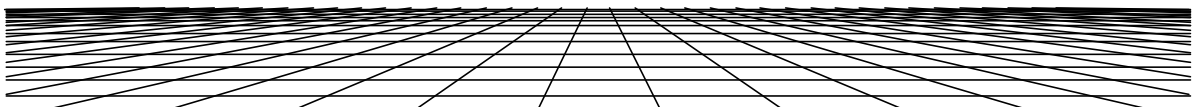
? Have learners take ski's into the water and paddle around. As per previous week monitor learners abilities and give coaching when required.

SESSION 1

Time Allocation 15 minutes

Paddle Out

- ? Revise from previous week and demonstrate paddling out through the waves yourself
- ? Learners to paddle out turn around and paddle back to the beach.
- ? Continue for several runs



SESSION 2

Time Allocation 15 minutes

Riding a Wave In

- ? With learner lined up on the beach point out the break of the wave again but in respect to timing of riding the wave. As you are watching the wave go over the following information
- ? As a coaching aid have a competent learner attempt to ride a wave in while you explain what they are doing correctly or incorrectly.

TAKING OFF ON A WAVE

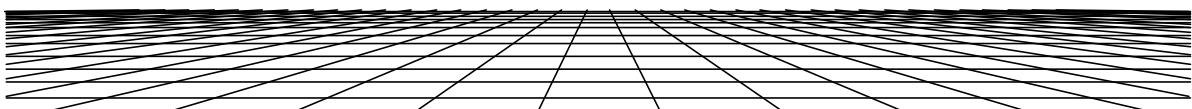
The best type of wave for learning to wave ski is one that breaks gently with the crest of the wave crumbling and rolling down the face. It is best for learners to stay away from steep waves where the lip throws out towards the beach, eg. dumpers.

When you have chosen a peak, pin point the spot at which the wave starts to break. Position yourself close to this spot and when the right wave comes along paddle strongly straight towards the beach. As the wave comes up behind you and begins to lift the tail of the ski lean forward and paddle harder as you feel the ski begin to be pushed forward by the wave then lean back as you take the drop.

Once moving down with the wave lean gently over onto the side of the ski in the direction that the wave is breaking this is to keep you moving along the wave face just in front of the breaking part of the wave.

- Watch wave forming
- Paddle till wave breaks
- Must be on the top of wave before breaks
- Lean back and ride wave in
- Keep board straight
- Paddle if losing speed

- ? Allow learners to finish the session riding the waves.
- ? Check each learners technique and instruct if necessary
- ? Pack-up 10 minutes before learners are to leave.



WAVE SKI ASSOCIATION

INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK : 5

PREPARATION:

Video of "Busting Loose" or "1991 Australian Titles."
Have a wave ski and accessories set up in class
Overhead projector

Week 5 is a classroom session covering the following information

- 1) Wave ski construction
- 2) More detail about wave ski design
- 3) Wave take offs and manoeuvres
- 4) Wave priorities

SESSION 1

Time Allocation 15 minutes

? Using an overhead of a weather map cover the section below pointing out the necessary information.

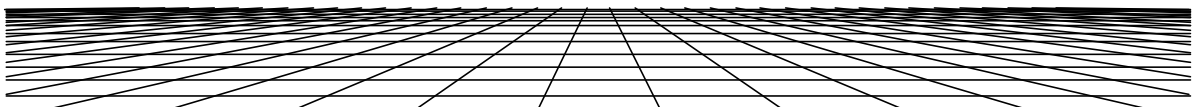
How to Know When There is Surf

Waves are created by winds, high winds push the water into a series of peaks which are higher than water level. The section where the wave is in a low, below water level is a trough. The stronger the wind the more likely are higher peaks and lower troughs.

The duration of the wind determines the determines how many peaks or troughs which is the swell.. As surfers we are concerned with two types of swell.

The wind swell refers to a wave that has been formed by local conditions, a few kilometres offshore. The waves are short, irregular and die off quickly.

The ground swell is a wave that has been formed a long distance offshore, usually from a storm. The wave generally arrive in sets that are made up of only the larger wave from the swell. The ground swell is the one that offers the best and biggest ride.



Wave Ski Coaching Package

So when reading the weather the things to watch for to gauge the size of the waves are:

When the isobars, the swirling lines indicated on the map, are close together around a low pressure system. This indicates strong winds which should generate a good swell.

The size of the swell and seas are above approximately 1.5 metres.

The wind direction, the best direction is off shore but not too strong as it will tend to blow the waves flat. So will easterly's and strong sea breeze.

SESSION 2

Time Allocation 10 mins

? Using the black board explain how to size a wave. A video still may also be a good technique.

What Wave Size Really Is

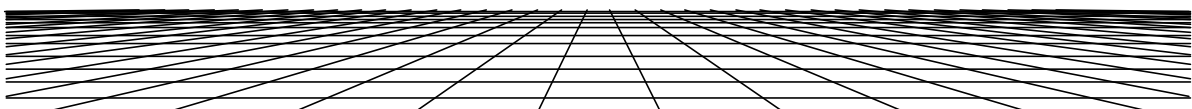
If you see a six foot stand up rider at the bottom of the face and there is 2 feet of wave above him, is this an 8 foot wave? How do we read wave size?

Surfers assess wave size by comparison of one wave to another and rate the size on an open-ended scale. The scale is established on an average wave size basis used world wide. It does not mean that a wave is actually measured in feet and inches. The term "feet" is generic and more a hangover of the past than the imperial unit of measurement. To visualise the wave that appears to be two feet above a stand up is generally said to be 4-5 feet or maybe 6 feet.

SESSION 3

Time Allocation 15 mins

? Read through the following information and use diagrams to help your explanation and the overhead transparency. Stilling the video is of advantage.



How Do We Read a Wave

When a wave breaks the water is actually rolling towards the beach. The speed and size of the wave and rate the ocean floor rises either as a sand bank or reef determine the shape of the breaking wave. The water coming from the beach is dredged upwards and depending upon the steepness of the obstruction, reef or sand bank, will dictate the steepness of the face. A slow rising ocean floor, many beach breaks or deep reefs will produce a slower rising wave producing a larger more workable face.

If the reef or bank is parallel with the beach the tendency will be for the wave to break straight, this is known as a "Close Out".

A reef or sand bank that is offset to the beach should produce a wave that has a shoulder, a section of the wave that breaks to one side. This sort of wave is easier for a beginner because it usually allows the rider more time to make decisions and allows for a longer ride compared to a close out that usually only allows for a ride that is straight down the wave in to the break water.

It is important to remember that you spend some time looking at the break you are about to surf. Work out whether it is a beach break or reef break, which way the wave is breaking and where the shoulder starts to break. Look at how far out you should sit and it is a close out wave whether or not you can get a ride. Also look for the easiest passage through the break, this where the waves are breaking the smallest and fewest. A closing out beach break will leave very few options, while a reef break will mostly have a section at the end of the wave where the shoulder has broken that will enable you to paddle out.

SESSION 4

Time Allocation 20 mins

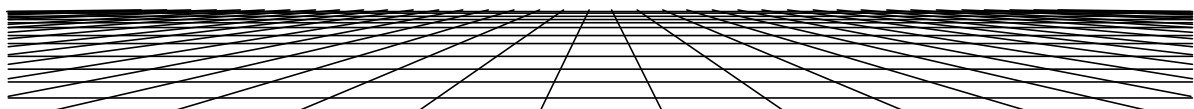
Use the copy of safety rules and overhead to indicate wave priority.

Right of way.

? This is know as "wave priority" or "drop in"

This will be most common as you are learning, but it is also the quickest way put other surfers off side.

Safety rules overhead of a wave



SESSION 5

Time Allocation 25 mins

Simple Manoeuvres

- ? This section has three parts; two types of turns and a revision of taking off on a wave.
- ? Use the overheads and stills on the video to illustrate techniques. Descriptions below will help your explanations

TAKING OFF

When paddling out observe other surfers to see where they are taking off from. You should already know where the wave is breaking from watching at the beach.

When you have chosen a peak, pin point the spot at which the wave starts to break. Position yourself close to this spot and when the right wave comes along paddle strongly straight towards the beach. As the wave comes up behind you and begins to lift the tail of the ski lean forward and paddle harder as you feel the ski begin to be pushed forward by the wave then lean back as you take the drop.

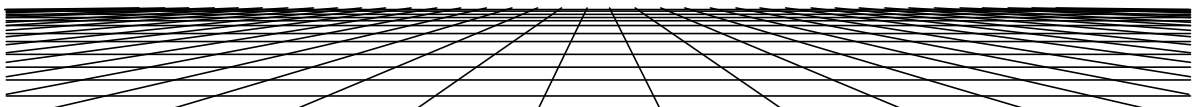
From this point lean slightly in the direction of the break so as to turn the board keeping it on the face. Continue to drop down the face but also along until you reach the point when the wave shoulder is also about to break then lean and turn the board towards the beach.

Point to remember:

- ? Lean back so as not to dig the nose in.
- ? Catch the wave inside not at the end of the shoulder when it is about to break.
- ? Watch for wave priority.

BOTTOM TURN

The bottom turn produces a directional change and acceleration necessary to climb a waves crest.



- ? Factors required are: correct body gymnastics, maximising speed prior to its initiation and choosing the right moment to begin.

As you descend a wave you experience acceleration, to achieve the best bottom turn, you must reach the maximum speed as close to the sweet spot. The turn begins, the surfer leans forward and toward the side to turn to, with arms extended to the fullest with the blade slightly in the water. The paddle serves a dual purpose of support and a point around which to turn. To drive out of the turn, the surfer must thrust hips and backside into their feet, using calves as a brace. The ski will turn in a arc of 90 degrees.

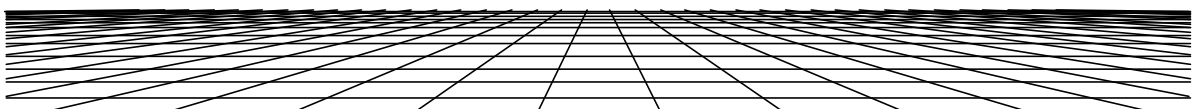
TOP TURN:

The top turn is to change direction after climbing to the uppermost section of a wave.. Speed and timing are key points. Look for a section that is steep enough to provide power to push you back to the base of the wave after the top turn.

As the turn at the bottom is completed, weight which was applied to the inside rail must now be released and transferred to the outside rail, allowing a direction change to be made at the waves base. At the same time body and paddle position must alter to allow for weight transfer. With the bottom of the ski flat to the wave face the ski will make the ascent to the crest. Using the hips and upper body twist lean back hard on the outside rail and dig the paddle into the wave face the ski will turn on its rail , aided by the body twist, and change direction back towards the beach.

Points to Remember:

- ? Watch for a sharp close out way which may cause a nose dive.
- ? Release out of the bottom turn quickly so as to make the best use of the waves power.



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WAVE SKI ASSOCIATION
INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK: 6

PREPARATION:

Attempt to find a break that has waves waist height and peeling off a small shoulder. try to avoid a break that is very shallow and dumping into the bank.

Unloading the trailer

Time Allocation 10 minutes

WARM-UP

Time Allocation 10 minutes

? * Warm-up, as per previous week

PADDLE PRACTISE

Time Allocation 15 minutes

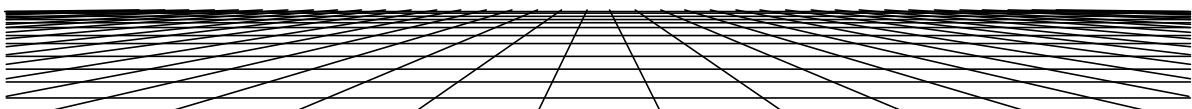
? Revise week fours session on taking off through the break and riding the a wave in

? Spend several minutes studying the wave conditions from what was taught week 5.

Size of the wave and depth of the banks

The direction of break and how far out to start to paddle for the wave

? Learners are to spend the time riding straight waves in getting use to the wave conditions.



Wave Ski Coaching Package

Session 1

Time Allocation remainder of session before pack-up

Wave Priority

- ? Call the learners back to the beach
- ? From Week 5 watch the surfers riding the wave and point out the rule of wave priority. Look for good examples and bad examples. Have the learners pin point these as well

Taking Off Left or Right (trimming if the face will allow)

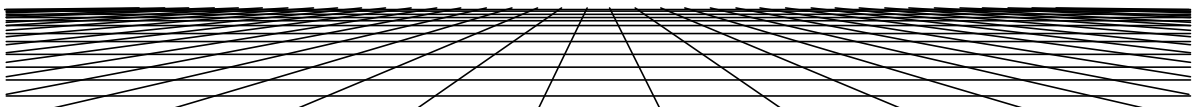
- ? Using the sand as a drawing board and surfers examples spend a few minutes watching and revising the techniques.

Take correct position
paddle for take off
Lean to one side and turn direction you wish to go
watch for wave to break then lean and turn away from the breaking wave.

- ? Send learners out into the water to try the techniques.

Paddle amongst the learners watching styles and correcting techniques.
Bring a learner back to the beach to watch others if necessary.

- ? Pack-up ten minutes before end of session



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INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK: 7

PREPARATION:

Attempt to find a break that has waves waist height and peeling off a small shoulder. try to avoid a break that is very shallow and dumping into the bank.

Unloading the trailer

Time Allocation 10 minutes

WARM-UP

Time Allocation 10 minutes

? Warm-up, as per previous week

Watching the Waves

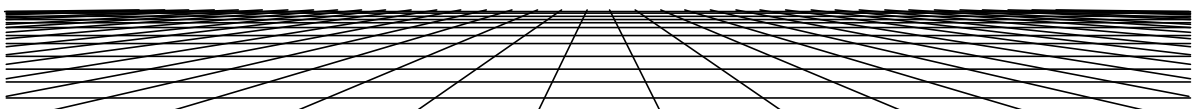
? Spend a few moments watching the break of the waves before off loading the ski's.

? Look at wave size and direction of break. Discuss the type of approach you should have to riding the ski.

Is there face to the waves

Which way should you trim

If shallow do you need to pull back on the ski more to avoid digging the nose



Wave Practise

Time Allocation 30 minutes

- ? Send learners out into the surf for a general wave session.
- ? Instruct the learners to concentrate on the following points for good technique

- Balance and direction of board through the wake
- Drive up with the foot straps when wave comes
- Select wave carefully and direction of trim, left or right hander
- If wiped out do not panic, wait for wave to stop breaking and unbuckle

SESSION 1

Time Allocation

- ? Bring the group back to the shore.
- ? Using a small white board or the sand revise the technique for a bottom turn

THE BOTTOM TURN

The bottom turn is the most essential manoeuvre in surfing, allowing acceleration to speed along the wave face and the speed to perform other manoeuvres. Basically it is achieved by leaning the ski hard over on to its inside rail.

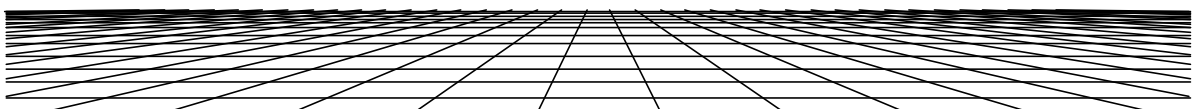
As you descend the face of a wave you experience acceleration and reach maximum speed at a certain point near the base of the wave before deceleration begins. The bottom turn should be performed before deceleration begins.

Once at the bottom of the wave lean toward the side that you will be turning.

Extend both arms to their fullest and stretch out with the paddle placing the back of the blade on the wave wall. The paddle serves the dual purpose of support and a point around which to turn.

Lean your body weight over on to the inside rail (towards the wave face) twisting the body in the direction of the turn. The ski will turn in an arc of about 90 degrees. At the centre point of the ski the paddle is released from the water.

Transfer your weight back to the centre of the ski as you proceed along the wave face.



Wave Ski Coaching Package

- ? After revision send the best learner into the surf to try. Class to watch the learner and analysis technique
- ? All learners to return to the water, remind learners of wave priority as their will be the whole class attempting to make turns.
- ? Paddle about the learners advising on technique. The best position is in the white water if not too rough.
- ? Pack-up ten minutes before end of session

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WAVE SKI ASSOCIATION
INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK : 8

PREPARATION:

Attempt to find a break that has waves waist height and peeling off a small shoulder. try to avoid a break that is very shallow and dumping into the bank.

Unloading the trailer

Time Allocation 10 minutes

WARM-UP

Time Allocation 5 minutes

? Warm-up, as per previous week. Pick up the pace and shorten the time spent

Watching the Waves

? Spend a few moments watching the break of the waves before off loading the ski's.

? Look at wave size and direction of break. Discuss the type of approach you should have to riding the ski.

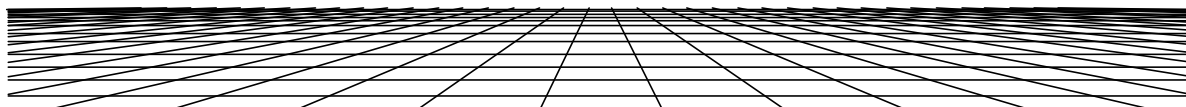
Paddling Practise

Time Allocation 15 minutes

? Revise the important point for :

Wave priority
Bottom Turns

? Learners are to free surf concentrating on the pointers.



SESSION 1

Time Allocation Remainder of session

- ? Return class to the shore.
- ? Using a small white board or the sand revise the technique for a bottom turn
- ? Only attempt this exercise if the surf conditions are favourable. Learners may break boards or wipe out too often. Look for waves that are:
 - Not too shallow
 - Not closing out.

THE TOP TURN

The top turn is used to change direction after climbing to the upper most section of the wave. Speed and timing are the key to this manoeuvre.

This manoeuvre usually precedes a bottom turn.

As you complete the turn off the bottom of the wave, weight that has been applied completely to the inside rail must now be released and transferred to the outside rail, allowing a direction change opposite to that made near the wave's base.

At the same time body and paddle position will alter accordingly to coincide with the weight transfer.

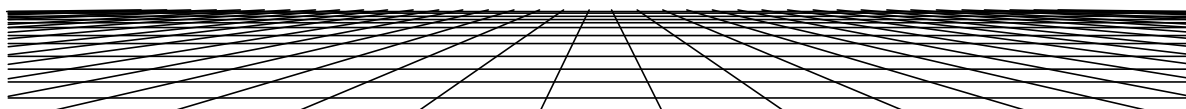
By now the bottom of the ski should be sitting fairly flat in relation to the wave face and making the necessary ascent to the crest.

Using a combination of hips and upper body twist, lean hard on the outside rail, at the same time dig the paddle into the wave's face using it as a combination of fulcrum and balance.

The ski will sit up on its rail and aided by the directional twist of your body and hips will change direction back towards the base of the wave.

- ? After revision send a learner into the surf to try. Class to watch the learner and analyse technique
- ? All learners to return to the water.
- ? Paddle about the learners advising on technique. The best position is in the white water if not too rough.
- ? Pack-up ten minutes before end of session

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WAVE SKI ASSOCIATION

INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK : 9

PREPARATION:

Attempt to find a break that has waves waist height and peeling off a small shoulder. try to avoid a break that is very shallow and dumping into the bank.

Unloading the trailer

Time Allocation 10 minutes

WARM-UP

Time Allocation 5 minutes

? Warm-up, as per previous week. Pick up the pace and shorten the time spent

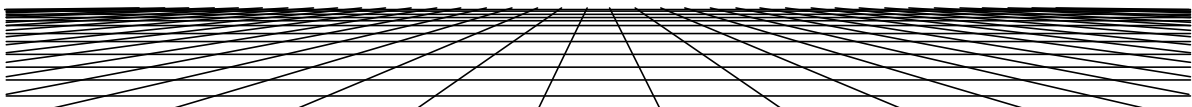
Watching the Waves

? Spend a few moments watching the break of the waves before off loading the ski's.

? Look at wave size and direction of break. Discuss the type of approach you should have to riding the ski.

Wave Session

? This is a full on wave session for the learners. Learners are able to ride the waves using all the skills learned.



Assessment of Skills

- ? You have now been watching the learners for several weeks. Using the assessment guide watch the learners and complete the chart.

Supplementary

- ? As a supplementary exercise for learners who wish to progress or want to learn how to roll carry out Eskimo role sessions
- ? Only work with two learners at a time with good ski's and a pair of goggles.
- ? See supplementary exercise sheet for instructions
- ? Pack-up ten minutes before end of session.

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INTRODUCTORY WAVE SKI SESSION STRUCTURE

WEEK : 10

PREPARATION:

No need for class to form during recess or lunch or before school.
Copy out a class set of test papers

Theory test

Time Allocation 60 minutes

? Conduct class test.

? Conclude the unit. below are some suggested means of concluding the unit

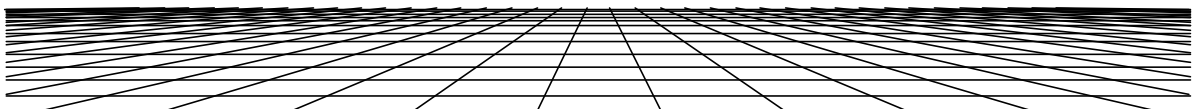
Mark the test papers
Revise skills and knowledge with a video
Obtain feedback for the next time unit is conducted.

? Allow time to outline the next unit.

INTRODUCTORY WAVE SKI THEORY TEST

1. Correctly label the parts below and briefly explain their function .

diagram

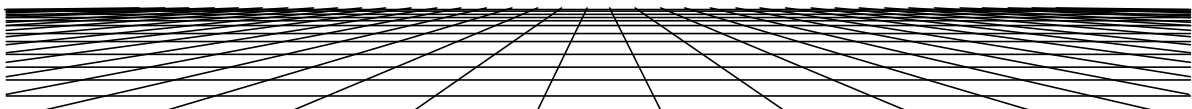


2. Briefly explain how you would set the adjustments of the feet straps; seat belt position and position of the fins on a wave ski you are about to ride so they will suit your body positioning.

3. You have fallen of your wave ski in the break. describe how you should recover yourself so as not to injury yourself or others around you.

4. Briefly explain how a wave is formed.

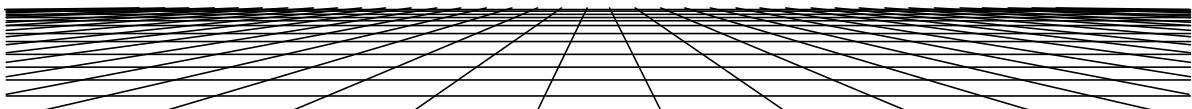
5. Explain the difference between a wind swell and a ground swell.



6. A surfer is riding a wave and from the beach he appears to be at the bottom of the wave face and there is about one and a half feet (half a meter) of wave above him. Does this mean the wave is 6-8 feet? Explain how surfers judge wave height.

7. You are watching TV and the weather report says that we can expect a sea of 1.5m and swell of 1.5m with winds in the south west from 10-15 knots. Describe what sort of surf you would expect to find locally.

8. Describe what the term "drop in" means.



9. In each of the following situations indicate which rider has right of way.

diagram

