



Tournament

Water Ski Newsletter



The newsletter is starting again! It's been re vamped with the latest tips, hottest gear, news, info and much more. We are hoping to send it out every two to 3 weeks.

April 2010

Issue 1

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A note from the Chairman

"We are getting to the sharp end of the season, the big event being the SA Waterski Championships being held at Lake Grappa, which has again just undergone some improvements through the adjustment of the length of the slalom run up, to make this custom build site one of the best in the country and ready to host the 2011 Eame U21 Championships. As we come off the high of winning the All Africa in Namibia, with a team anchored by a few seasoned skiers with international experience, but more exciting, being that the bulk of the team were young guns coming through the ranks which bodes well for SA Tournament skiing. With one last tournament to ski in, SA all our skiers have one last chance to get that Ranking list score, be noticed by the selectors for SA Team selection and SA Protea Colours, as well as simply one more chance of getting a new PB. This past year has seen at least 4 new SA records broken in slalom and jump, one EAME Champion, two skiers ranked in

Juniors in the top 10 in the world, One Moomba silver medallist and more importantly an increase in the amount of paid up tournament skiers, and the start of what looks like to be a great tradition of the Interprovincial Club Championships, which was well hosted by Skiworld and showcased on Mnet Supersport after an absence from TV of a couple of years.

We are looking to build on the grassroots increase in skier numbers and strongly encourage the participation of clubs in the next year going forward.

in the meantime, train hard and when you feel that you need a rest, remember that the competition overseas are not resting and do another set for good measure. Above all waterskiing is about having fun and meeting new people.

Yours in skiing

Anton Viljoen"

All African Championships Manager's Report

For most people Namibia is synonymous to sand, dunes, 4 x 4 and the Etosha. Telling anyone that the All Africa Water ski championship for 2010 is hosted in Namibia has led to the same reaction: "Really, where is the water?" Little do they know that the Von Bach dam is one of the most beautiful dams in the Southern hemisphere? The Von Bach dam lies just outside Okahandja on the outskirts of the Auas mountains in a game park which covers 4 300 ha. The dam has a capacity of 50 million cubic meters. We were fortunate to see a few kudu at dusk coming to the water edge for their daily drink.

With the competition starting on Thursday 1 April (no there were no fools), most competitors and families arrived on Wednesday 31 March and settled themselves in their tents for a weekend filled with skiing, wakeboarding, great food and loads of fun. Each of the competitors had the opportunity to test the water prior to the start of the Namibian Open championships. The competition kicked off with tricking on Thursday afternoon. At the break of dawn on Friday morning the first skiers were on the water for their first round of slalom. Although it was not a great start for some of the youngsters, many of the older competitors had a good round of slalom. One of the highlights of the day was when the wakeboarders took to the water and entertained the spectators with world class performances - real acrobats on water!

On Friday night the competition was opened in a truly Olympic style with boats arriving at the jetty with burning torches. The youngest member of each team had the honour of carrying the flaming torch and lit the All Africa tournament flame (this flame burned for the duration of the games). Each country sung their National Anthem while their flag was hoisted - and then the party started!!!!

On Saturday morning at 07:00 the tension in the air was touchable - it is the start of the All Africa Championships. Everyone tried their best, and while a few competitors were disappointed with their performances two long standing All Africa records were smashed by Eamon van der Merwe boys under 14 and Leandra le Forestier in the category women open 1. The jump event had many parents chewing their nails as their children approached for their jump and Simon Fairbank had a spectacular fall on Sunday with everyone jumping up to see if he is OK - luckily he was.



And who said Hawaii is not in Namibia?! With the entertainment and bar area beautifully decorated for the Hawaiian theme party the tone was set for a "lekker" jol. While the wakeboard team jumped and danced to the tune of HOIT the older "omies and tannies" rocked the night away on the 70's and 80's music with flowers round their necks.

On Sunday night it was the prize giving for the All Africa championships and South Africa walked away as the winners. It was also an honour to have Mr. Kuno Ritschard, International President of

Waterski and Wake Board Federation present at the awards evening. Most inspiring was his comment that this was one of the most joyful events he attended as he witnessed that the whole family of each skier was involved – something very important in modern life

All the new team members of the South African team were initiated on Sunday night (true South African style) and are still battling to get rid of the pink spray paint.

On Monday morning the last round of slalom for the Namibian open took place (those without a headache took part) and a few South Africans achieved their personal best scores in the event. The competition ended at 11:00 where after the prize-giving for the Namibian Open was done and each and every official and worker were thanked for their contribution to make the weekend a time to remember. Thank you to Namibia for organizing a fantastic competition and great party. - Jasper Schutte, 11TH All African Championships Team Manager

All African Championships Report Back

South Africa were the overall winners at the All Africa Waterskiing Championships at the Von Bach Dam over the Easter weekend, winning the team event with 6 139,45 points, while Namibia came second with 4907,74 points. South Africa's GJ Visser was the male All Africa champion in the slalom event, while compatriot Simon Fairbank was the male All Africa champion in the tricks and jumps events.

South Africa's Leandra Le Forestier was the female All Africa champion in the slalom and tricks events. Namibian skiers however excelled by winning some of the individual categories that were contested.

Andre Mostert was the overall champion in the Senior Men's category, Silja Waldschmidt was the overall champion in the Girls Under 14 category and Sylvia Schmidt was the overall champion in the Girls Under 17 category.

South African skiers won the other individual awards on offer, with Simon Fairbank winning the Open Men category, Eamon van der Merwe winning the Boys Under 14 award and Tyron Stroberg winning the Boys Under 17 category.

Two new All African records were established at the event with Leandre Le Forestier setting a new record in the Senior Women's Slalom event, while Eamon van der Merwe set a new record in the Boys Under 14 slalom event.

For the first time, Wakeboarding was included as part of the All Africa Games and the contestants thrilled the crowds with some amazing manoeuvres like the 'helicopter,' 'the scarecrow,' and 'the elephant.' Dylan Mitchell of South Africa was the overall winner of the wakeboarding competition

which saw a total of 10 South Africans and two Namibians participating. The All Africa Championships were preceded by the Namibian National Championships on Friday, April 2.

For a full report back please go to <http://www.waterskisa.co.za/>

Kyle Eade makes major progress this week

Professional water-skier and coach, Kyle Eade, who spent 2 weeks in South Africa coaching a few of our skiers and showing them the new trends within the sport has been seriously injured in a jump crash. It may be seven weeks since World Cup Star Kyle Eade, NZL, had his serious injury while training in New Zealand for the 50th Moomba Masters in Melbourne, but after nine weeks of staring at the ceiling, he has made a giant step forward. His regular reports are always a joy to read – and here is the latest one below. Hang in there Kyle! From the South African athletes and friends wish you continued success with your treatments – and also best wishes to your family.



REPORT FROM KYLE: I just looked at the last update I wrote and it was almost 3 weeks ago. I don't know where the time has gone . . . my only excuse is that they are keeping me very busy here trying to get me back on my feet. A lot has changed in the past few weeks . . .

I was sporting a power wheelchair for a little while but as soon as I could push myself I graduated to the manual chair. I wasn't exactly quick to begin with and kept banging into walls but I'm getting stronger and now can get myself over to where my family are staying.



Pictured above: Kyle Eade training with our South African Skier's back in 2008

Physiotherapy continues to drain me but usually provides the highlights of my day. We are kept on a fairly tight program and scheduled for 2 sessions per day, morning and afternoon. The treatment varies each day but my favourite part is standing. Now when I say standing I have 2 physios bracing each leg and a hydraulic jack to hold on to and support my upper body . . . but regardless I am on my feet! Read more at <http://www.caringbridge.org/visit/kyleeade>

For previous updates please go to

<http://www.caringbridge.org/visit/kyleeade/journal>

Tips

How To Fix your offside turn

Fresh off his win at the 2010 Moomba Masters, Aaron Larkin tells WATERSKI how he's refined his offside turn over more than a decade.

"I used to be so aggressive," Larkin says. "I'd lean hard; turn hard, whatever it took. But you can't always do that." To improve his offside, Larkin trained with Drew Ross for more than two months, focusing on one thing: technique.

Twice a day he'd run 28-offs and 32-offs just to work on it.

"I figured out that slalom skiing required rhythm," Larkin says. "It's almost mystical."

So, what keys did he learn to perfect his offside turn?

Double Up

"I used to wear a single boot in front and a kicker in the back," Larkin says, "but Drew got me on a double boot setup, which stopped the movement in my offside."



Swing Is The Thing

"I was old school and would just get to a ball and turn hard, but doing this created instability and imbalance," Larkin says. "So I concentrated on technique and swinging from side to side, like a pendulum."

Stay Still

"Keep your shoulders still and level," Larkin says. "If your shoulders move over the top of the ski, you never get width. But if you keep your shoulders still at that point, and your feet move out, you maintain width — and along with that comes balance."



For Sale

Looking for a place to advertise your used skiing equipment so that other skiers can benefit from your 'hand-me-downs'? This is your spot!! Your Item/Item's will also be displayed on www.waterskisa.co.za

Please e-mail a short description of whatever it is that you might want to sell with the price and your contact details to Travis at ski6@waterskisa.co.za I will place your ad in our next publication.

**EAT
SLEEP
SKI**

Quaggaskloof House for Sale

House with private slipway at Quaggaskloof. Price R1.6m.

Contact morris@atlanticbeach.co.za for more info.



Looking for a dedicated Ski Lake with your own house

No wind, warm temperatures, homologated slalom courses and ramp. What more could a water skier want? Nestled at the foot of the Karkloof Mountain Range, beneath the second largest indigenous forest in South Africa, lies Bird Valley Estate. (Satellite Dam)

More for info go to <http://birdvalleyestate.co.za> or please contact Travis at ski6@waterskisa.co.za



Water Ski Shops- Watersports Warehouse

About:

Watersports Warehouse offers all the water sports gear you could ever want. On top of that, Watersports Warehouse offers something that most do not, the best customer service coupled with the knowledge and passion that is unmatched anywhere else.

Mission:

Watersports Warehouse was built from the passion for water sports and that detail will never be lost. We are at the forefront of Water Skiing, Wake Boarding and Kite Boarding. We are determined to educate the masses and take these sports to the next level

Products:

Knowledge. Coaching. Waterskis from every manufacturer. Waterski and watersport gear. Passion for the Sport! Wakeboards and wakeboard gear. Wakesurf boards. Barefoot Gear. more...more...more. For more info go to <http://www.watersportswarehouse.co.za/>

Upcoming Events

Mini League: QWC -Quaggaskloof, Worcestor , 9 May 2010. For full info go to <http://www.waterskisa.co.za/Invites/Water%20ski%20invite%20Kwaggas%20May%202010.ppt>

Floating Trophies

If anyone is in possession or know the whereabouts of any floating trophies that were handed out a few years back, please contact Jasper Schutte at schutte@kingsley.co.za in order to arrange to get them, as these trophies represent the history of our sport and it is most important to get them all back.

Results

Lake Grappa Slalom Classic Results, go to

http://www.waterskisa.co.za/Results/Lake%20Grappa/SACHAMPS2010/Lake%20Grappa%20Slalomclassic_results.html

2010 SA Champs results go to

<http://www.waterskisa.co.za/Results/Lake%20Grappa/SACHAMPS2010/SAchamps2010.html>

Water Ski Sa

Don't forget to check out www.waterskisa.co.za for the latest news, hottest gear around and tips for that perfect style

<p>The best and fastest way to learn a sport is to watch and imitate a champion. - Jean Claude Killy</p>
