

RIVER CITY WATER SKI TEAM  
SKILLS & GOALS SHEET- 2019

SKIERS NAME \_\_\_\_\_

In order to successfully develop an entertaining show that highlights the talents of our team, we need an accurate snapshot of our skier's CURRENT skills set. That said, while it's "easy" for us to continue using skiers for the same things year after year, we'd also like our team to be one that can challenge and grow you as a skier; both individually and as part of the Show Team. For this reason, we would also like you to set realistic goals for yourself and the team this summer. By communicating honestly with us about this, we will be more aware of your expectations and desires and can help you work toward your goals. Some key areas that will help you achieve your goals include: practice attendance, show participation, hard work ethic, positive attitude, and setting realistic goals. For example, if you only come to practice once a week and miss every show, you can't expect to improve your show ski skills. If you arrive late every day, stand on the dock talking the whole practice, and leave early, you can't expect others to view you as a hard worker. If you consistently blame others when you fall in an act or bad mouth your teammates, that is not the positive attitude you need to succeed. If you set a goal of barefooting around the boat by the end of the summer when you've never even skied on 2 skis, you will be disappointed with the results of your goal; make your goals attainable and put the work in to achieve them. Remember that the bigger your goals, the more time and energy you will need to put into the process in order to make them happen. You will need to consistently come to practice, be prepared and do your best in shows, work hard even on the days you don't "feel like it", maintain a positive attitude and help your teammates do the same, and lastly, set REALISTIC goals. It's our desire that this is our best season yet and we can only do that with your help!

Thank you!

River City Water Ski Show Team Board of Directors

CURRENT SKILLS SET SURVEY FOR: (name of skier): \_\_\_\_\_

2019

BAREFOOTING:	BALLET LINE:
<p><input type="checkbox"/> Step-Off <input type="checkbox"/> Front Deep <input type="checkbox"/> Two-Ski Jump-Out <input type="checkbox"/> Flying Dock <input type="checkbox"/> Running Beach <input type="checkbox"/> Back Step-Off <input type="checkbox"/> Back Deep <input type="checkbox"/> Barefoot Jumping <input type="checkbox"/> Tumble Turns <input type="checkbox"/> Circle <input type="checkbox"/> Other Barefooting Skills:</p> <p><b>JUMPING:</b></p> <p><input type="checkbox"/> Distance <input type="checkbox"/> Helicopter <input type="checkbox"/> Front Flip <input type="checkbox"/> Gainer <input type="checkbox"/> 720 <input type="checkbox"/> Back Mobius <input type="checkbox"/> Front Mobius <input type="checkbox"/> One Ski Gainer <input type="checkbox"/> One Ski Front Flip <input type="checkbox"/> Back Half <input type="checkbox"/> Other Jumping Skills:</p> <p><b>SLALOM:</b></p> <p><input type="checkbox"/> Recreational <input type="checkbox"/> Slalom Course <input type="checkbox"/> 360 Around the Boat <input type="checkbox"/> Wake Tricks <input type="checkbox"/> Other Slalom Skills:</p> <p><b>PYRAMIDS:</b></p> <p><input type="checkbox"/> Shoulder Start <input type="checkbox"/> Base <input type="checkbox"/> Climber <input type="checkbox"/> Crossovers <input type="checkbox"/> Flag</p> <p><b>Pyramid Experience: circle which tier(s)</b></p> <p><input type="checkbox"/> 2- High (Base or 2) <input type="checkbox"/> 3- High (Base, 2, or 3) <input type="checkbox"/> 4- High (Base, 2, 3, or 4) <input type="checkbox"/> 5- High (Base, 2, 3, 4, or 5) <input type="checkbox"/> Pre-Fab (Base, 2, 3, or 4)</p>	<p><input type="checkbox"/> Braced Hop Dock <input type="checkbox"/> Un-Braced Hop Dock <input type="checkbox"/> Foot Forward: (circle one/ both)     <input type="radio"/> Right     <input type="radio"/> Left <input type="checkbox"/> Heel Hold <input type="checkbox"/> Toe Hold <input type="checkbox"/> Toe Turn <input type="checkbox"/> Rope Between Legs</p> <p><b>SWIVEL:</b></p> <p><input type="checkbox"/> Unlocked Hop Dock <input type="checkbox"/> Swivel 180     <input type="radio"/> Toe Turn     <input type="radio"/> Hand to Hand     <input type="radio"/> Flip Turn     <input type="radio"/> Over Head     <input type="radio"/> Toe-Deep Swan     <input type="radio"/> Fake Press     <input type="radio"/> Press     <input type="radio"/> Split Catch     <input type="radio"/> Other: <input type="checkbox"/> Swivel 360     <input type="radio"/> Hand to Hand     <input type="radio"/> Flip Turn     <input type="radio"/> Overhead     <input type="radio"/> Split Catch     <input type="radio"/> Wrap In and/ or Wrap Out     <input type="radio"/> Step Over     <input type="radio"/> Other: <input type="checkbox"/> Swivel 720</p> <p><b>OTHER SHOW SKI SKILLS:</b></p> <p><input type="checkbox"/> Conventional Doubles     <input type="radio"/> Base or Shoulders <input type="checkbox"/> Trios     <input type="radio"/> Base or 3<sup>rd</sup> <input type="checkbox"/> Strap Doubles     <input type="radio"/> Base or Shoulders <input type="checkbox"/> Wakeboard     <input type="radio"/> List skills: <input type="checkbox"/> Shoe Ski     <input type="radio"/> List skills: <input type="checkbox"/> Trick Ski     <input type="radio"/> List skills:</p>

**GOAL SHEET FOR: (name of skier):** \_\_\_\_\_  
**2019**

**INDIVIDUAL GOALS:**

Please share your individual goals for the summer. These should include at least one skiing goal and one personal goal. For example: "Ski Goal: I would like to go over the jump this summer. Personal Goal: I will arrive 20 minutes early to help set up for every practice, so I am ready to go once the boats hit the water."

SKI GOAL(S):

PERSONAL GOAL(S):

**TEAM GOALS:**

Please share the goals you have for River City as a team this summer and how you plan to help the team reach that goal. For example, "I would like to place in the top 4 at State this year. To help this happen, I will put extra effort into learning my parts of the show and encouraging others to do the same. I will aim to be a positive influence to my teammates and not get discouraged if things aren't going as planned. While this goal is important to me, I will also have fun with my teammates and not stress about the small things. If I see a teammate who needs help, I will reach out to him/her to see what I can do for them. If I have finished my assigned job, I will look around and see how else I can help. I will put the needs of the team ahead of my own as our ultimate goal is an excellent, entertaining show. I will understand that everyone has a role in the show and is a vital part of the team whether they are in one act or 8... the team needs each and every one of us and I will do my best."