

# Member's Handbook



## *Welcome to the sport of Water Skiing!*

### Our Mission

To provide an organized environment that permits young people and adults to develop their water skiing skills in preparation for competitive show skiing.

### Our Team

Non-profit Organization

USA Water Ski member

WWSF (Wisconsin Water Ski Federation) member

Division III State Show Champions 1991, 1992, 1995 and 1996

Division II State Show Tournament - Placed 2<sup>nd</sup> in 1997, 4<sup>th</sup> in 1999

Perform weekly shows during the summer

Organized practice 3 evenings a week during the summer

Sponsor Learn-to-Ski Clinic

Sponsor Adaptive-Ski Clinics

Promotes the sport of water skiing through team participation.

Provides opportunities to develop skills in showmanship.

Promotes the importance of boating and water skiing safety.

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## **Officers and Directors**

### **President**

Presides over Board of Directors meetings and regular business meetings; oversees and coordinates Team activities; appoints committee chairs and selects committee members when necessary.

### **Vice President**

Will assume the President's duties in his absence, will serve as chair of equipment committee, and will assist the President in executing the activities of the Team.

### **Secretary**

Take minutes at Board of Director and regular member meetings; notify members of meetings and of upcoming events; send letters when necessary to obtain or relay information and for public relations; maintain current team roster.

### **Treasurer**

Keep accurate and current records of all money spent and income earned. Pays bills by check as approved by Board of Directors; prepare with the assistance of the Board of Directors an annual budget; present a financial statement at each regular business and Board of Director meeting; and prepares or has prepared required tax returns.

### **Show Director**

Coordinate all show activities and appoint one assistant show director, if desired.

### **Assistant Show Director**

Assist show director, assume show director responsibilities in his/her absence and assist in Skier Development.

### **Safety Coordinator**

Must be a trained USA Water Ski safety coordinator. Responsible for safety related calls. Acts as safety official or appoints USA Water Ski trained safety coordinator for all shows and team-sponsored skiing events. This individual has the authority to stop a show or practice for unsafe conditions.

## Membership

### New Member Orientation

1. Receive water ski safety training.
2. Be introduced to team officers
3. Receive a copy of the RCWS Member's Handbook
4. Welcome and introduction at general meeting

Warning: *In water skiing, as in most sports, there is a chance of serious injury or death.*

### What is expected of Members

1. Read and follow Member's Handbook
2. Work together with teammates
3. Respect authority and other ski club members
4. Participate in fundraising activities
5. Promote the team and its sponsors
6. Help with set up and clean up for practices and shows
7. Attend all show performances (please give Show Director adequate notification if unable to attend a show)
8. Attend general meetings
9. Attend winter practices
10. Check email for newsletters regarding scheduled activities
11. Participate on at least one committee
12. A parent or guardian of any skier age 12 or younger must be present at every practice.
13. Pay all membership fees on time (River City, USA Waterski, and WWSF)

### Team Rules

1. No smoking, drinking of alcoholic beverages, drug use or use of profanity at practices, shows, or general club meetings.
2. No member may participate in a show or practice while under the influence of drugs or alcohol.
3. No pets at site.
4. No playing in the water or on the dock during practice (dangerous with boats around).
5. No sliding or playing on jump (surface is waxed and extremely slippery and dangerous).
6. Only certified drivers may drive club boats for which they are certified.
7. All fallen skiers must wave to signal if OK and check for approaching boats.

*Violation of Team Rules may be subject to disciplinary action by the board*

## **Committees/ Programs**

Each family on ski team is expected to volunteer for at least one committee/ program.

*Adaptive Ski Program:* Plan and coordinate at least 2 adaptive ski days each summer. Work toward growing the program and increasing awareness in the community.

*Boat Driving Committee:* Assist the Head Boat Driver with boat maintenance, refueling, scheduling and coordination of drivers and spotters. Ensure that at least one safety coordinator is present for each show and practice.

*Communications Committee:* Work with Secretary to communicate information to the team (including weather related cancellations and delays), help acclimate new members, and field questions. Maintain a current list of member contact information. Send thank you letters to sponsors.

*Development Program:* Coordinate development days, schedule volunteers, and provide skiers training to meet the needs of the show team.

*Equipment Committee:* Assist the Vice President in maintaining and procuring all team equipment, including trailer, docks, boats, skis, ropes, helmets, wetsuits and flotation.

*Fundraising Committee:* Plan and coordinate fundraising efforts to support the budgetary needs of the team, including sponsorships, concessions and raffle. Work with Marketing/ Publicity committee to publicize events.

*Long Range Planning Committee:* In charge of looking ahead to set realistic goals and determine the best path to reach those goals for the benefit of the future of the Club.

*Marketing / Publicity Committee:* Inform the media of events, work with Explore La Crosse and other groups to promote the Club. Update the Website, Instagram and Facebook page. Coordinate team apparel orders.

*Safety/ Disciplinary Committee:* In charge of making, communicating, and enforcing the rules as to benefit and protect the club. Address any safety violations in a timely manner. Safety Coordinator certification encouraged.

*Show Costume Committee:* In charge of design and coordination of the production of costumes in the off-season. On show day, this committee is responsible for distribution and maintenance of costumes. *Show Theme Committee:* Help to develop theme, music, announcer script, dance choreography, filler skits, etc. under the leadership and direction of the show director.

*Show Site Committee:* Maintain the ski site/ beach area; perform weekly inspection of beach for glass and other foreign objects. Contact airport if garbage cans are full.

*Social Committee:* Plan and organize team social events including: alumni social, state tournament potluck, year-end banquet, and one or more social events during the off-season.

### ***Use of Club Equipment***

1. Ski equipment may be used by club members for special practice with permission of club officer (all equipment must be back for regular scheduled practice). Notify Vice President of any problems with any ski equipment.
2. Use of the jump requires that the club member is experienced in jump skiing and has skied over the jump in at least one show. Members wishing to receive training in jump skiing may ski over the jump only under the direct supervision of an experienced jumper. Boat traffic in the area can be significant during summer weekend and evening hours, so it is the driver's responsibility to use good judgement in where and when to ski. Remember this is a public waterway; respect other boater's rights and safety as well as your own.
3. 21+-year-old team members who are approved as certified drivers can check out team boats for special practice. Drivers must give a 3 day advance notice to the Head Boat Driver, whose approval will be based on the availability of the boat. Boat use is limited to approved USA Water Ski practice site, or other areas, as approved by the Head Boat Driver. The driver is responsible for the condition of the boat, that only club members will use the boat, and for boat gas replacement. Gas purchases may be reimbursed, with the approval of the Head Boat Driver or a club officer. The boat must be returned and properly stored after practice. Notify Head Boat Driver of any problems with boat.

### **Practice**

#### **Winter Indoor Practice**

1. To participate must be current on dues and an active USA Water Ski member (refer to the Membership Application's Information sheet)
2. Controlled by Show Director or Assistant Show Director
3. Practice pyramid building
4. Practice conventional and doubles
5. Practice show dances
6. Practice show skits
7. Starting dates, times and location will be in newsletter or announced via e-mail or other electronic means

#### **Summer Practice**

1. Starting dates, times and location will be in newsletter or announced via e-mail or other electronic means
2. To participate, member must have dues paid in full
3. Controlled by Show Director or assistant show director
4. Show Director will post show roster on van prior to shows

## **Development Program**

1. Starting dates, times and location will be in newsletter or announced via e-mail or other electronic means
2. To participate, member must have dues paid
3. Controlled by development director or assigned assistant
4. Practice will be scheduled one night a week minimum, additional practice when time permits
5. Will have a minimum of one senior skier available for instruction
6. A ski skills demonstration may be scheduled before or at intermission of regular show

## **The Show**

### ***Who will be in the shows?***

Show director is responsible for all activities related to putting on the show. This includes scheduling skiers for the show and determining what acts will be in the show.

### ***River City Show Guidelines***

1. Skier should have an 80% success rate before being placed in show acts
2. Team goal is to increase the size of acts
3. Costumes are required to ski in the show
4. Show director determines which acts will be in the show
5. Notify show director if you can't make a show or will be late for show set-up
6. Attend safety meeting prior to show meeting
7. No member may participate in the show or practice while under the influence of drugs or alcohol.
8. Only personnel involved in current act or setting up a future act should be on show dock.
9. Individuals in following acts should wait on shore or appropriate staging area with equipment ready until the current act leaves the dock.
10. When not in the current or following act, members should be rolling ropes and preparing equipment for future acts.
11. Act in a mature manner and respect other skiers and authority
12. Cheer on and encourage other skiers.
13. If you fall during an act, remember to: wave to indicate you are OK, make eye-contact with following boat and smile to the audience. Important: The following boat will indicate to you which direction to swim or to stay put.

*Remember we are a show team and unsportsman-like conduct will not be tolerated.*



## **Guidelines for skier development**

The following sections contain the recommended activities a skier should take, in sequence, when learning to ski a new act.

### **Flag carrier**

1. Deep water starts on two skis
2. Wake crossing on two skis
3. Sitting dock start
4. Sitting dock start with flag
5. Ski and unroll flag

### **Ballet**

1. Deep water starts on slalom (right foot forward)
2. Demonstrate slalom and wake crossings.
3. Solo standing hop dock (right foot forward)
4. Standing hop dock with four members of ballet line
5. Work with ballet team to learn routine.
6. Practice routine on shore.
7. Practice with ballet team on water (pin pulling is required)

### **Swivel**

1. Deep water starts on slalom
2. Good wake crossing ability on slalom
3. Land practice-putting foot in toe hold and balance
4. Practice skiing with foot in toe hold (pin pulling is required)
5. Practice deep-water starts with binding unlocked for 180 rotation
6. Contact experienced swivel skier for help

### **Tricks**

1. Good skiing ability on one and two skis
2. Contact experienced skier for coaching tips
3. Practice extensively on your own time

### **Ski around the boat (360 or watiki)**

1. Deep water starts on flat slalom ski
2. Hop dock start on slalom ski
3. Cut back and forth across wake quickly
4. Cut hard on flat slalom ski
5. Contact experienced 360 skier for coaching
6. Complete 360
7. Staggered hop dock 3rd skier off dock
8. Complete 360 with 2 experienced 360 skiers

### **Conventional Doubles**

1. Good skier on 2 skis
2. Sitting dock start on two skis
3. Find a partner to work with
4. Contact experienced conventional skier for shore coaching
5. Practice conventional routine on shore (spotter required)
6. Sitting dock start with girl on shoulders (spotter required)
7. Ski show course with girl sitting on shoulders
8. Practice conventional routine on water

### **Pyramid**

1. Meet requirements of conventional doubles skier (male requirement)
2. Contact pyramid team coach. (Best to attend winter pyramid practice)
3. Practice pyramid on shore. (rear spotter required for each climber on 2nd and 3rd levels; minimum of 1 forward spotter for every 3 climbers)
4. Floatation required for 2<sup>nd</sup> level and above

### **Barefoot**

1. Deep water starts on slalom ski
2. Cross back and forth across wake comfortably on slalom ski
3. Ski comfortably on slalom ski at 42 MPH
4. Contact experienced barefooter to coach you on shore
5. Practice with experienced bare footer on boom
6. Single ski step off on long line
7. Barefoot length of show course
8. Step off by given location between 2 members of barefoot line

## **Shoe skis**

1. Able to do 180 and 360 turns on trick skis
2. Contact experience shoe skier for coaching tips
3. Deep water starts on shoe skis
4. Sliding dock start on shoe skis
5. 180 and 360 turns on shoe skis
6. Back swan on shoe skis

## **Strap Doubles**

1. Able to do Conventional Doubles
2. Ask strap double skier to help coach you
3. Practice routine in pool (spotter required)
4. Get shore training on use of harness and how to release it from rope
5. Sitting dock starts in harness and release to free ski in deep water
6. Release to ski toward shore, stopping in hip to knee deep water
7. Ski in harness with hands free of rope
8. Review routine on shore with experienced strap skier; include girl's landing position
9. Sitting dock start with girl on shoulders, release to land in deep water
10. Ski show course with girl sitting on shoulders, girl dismount to skis, release to land in hip to knee-deep water
11. Practice strap doubles on water
12. Pin puller required when using harness on water

## **Trios**

1. Able to do Conventional Doubles
2. Ask trio skier to help coach you
3. Practice routine with experience trio's member on shore (spotter required)
4. Get shore training on use of harness and how to release it from rope
5. Sitting dock starts in harness and release to free ski in deep water
6. Release to ski toward shore stopping in hip to knee deep water
7. Ski in harness with hands free of rope
8. Review on shore routine with experienced trio skier including girl's landing position
9. Sitting dock start with girl on shoulders, dismount girl to skis, release to land in deep water
10. Ski show course with girl sitting on shoulders, girl dismounts to skis, release to land in hip to knee-deep water
11. Practice trios on water
12. Pin puller required when using harness on water

## **Jump**

1. Comfortably cross wake back and forth on one and two skis
2. Be able to put jump skis on in deep water
3. Sliding dock start on jump skis
4. Comfortably cross wake back and forth on jump skis, release and glide to stop
5. Ask experienced jump skier to coach
6. Land ride-over with skis together
7. Land ride over at 35 MPH with skis together, standing with knees bent
8. Pin puller required for wrap acts

## **Boat driving**

### **Head Boat driver**

1. Schedule drivers for practice and shows (decision based on experience and driving commitment to Club)
2. Works with Show Director to determine boat patterns for show
3. Schedules boats for special practice with active team members (3 day notice required, driver must be 21 years old and USA Water Ski Association certified)
4. Arranges for boat maintenance as required
5. Arranges driver training with trained USA Water Ski driver (driver must be checked out in type of boat they will drive and have two trained USA Water Ski signatures on boat drivers form)

### **Boat driving guidelines**

1. Drivers must be 21 years of age, checked out and approved by USA Water Ski trained driver to pull skiers at any time
2. Active, fully paid USA Water Ski members under the age of 21 may drive boats at the beginning and end of scheduled practices for the purpose of unloading and loading boats from trailers if they have earned a Wisconsin Department of Natural Resources Boater Safety Certificate and have been checked and approved by the Head Boat Driver.
3. Club boats are used only for member practices or scheduled events
4. Drivers must demonstrate ability to handle the boat with a trained driver
5. Drivers must know and follow current Wisconsin Boating Regulations
6. Driver responsible for spotter wearing PFD

### **Boat driving guidelines continued...**

7. Practice at Airport Beach. NO Club boats are allowed south of Interstate 90 bridge other than for Riverfest or other pre-approved and sanctioned purposes.
8. Drivers must check engine oil before operating boat. Outboards use Mercury TCW-3 oil only
9. Drivers must see that boat gas tank is filled after each use
10. Drivers must treat boats with utmost care
11. Drivers must see that boat is wiped down after each use
12. No driving or participating in club functions while under the influence of an intoxicant
13. No regular water practice will be scheduled on weekends or holidays between 1:00 P.M. to 5:00 P.M. from Memorial Day to Labor Day.
14. Special practices and shows may be added outside of the regular calendar at the approval of the Board

### **Accident or Injury**

#### **Boating Accident**

1. Make sure everyone is OK and accounted for
2. Injuries must be reported immediately
3. Give a written report to Board of Directors within 10 days of accident
4. Driver must file appropriate documents with Wisconsin DNR within 10 days of accident

#### **Injuries**

1. For water injuries, cross arms over head to stop show or practice (not the person injured)
2. Call 911 for serious injuries
3. Injuries must be reported immediately to Safety Coordinator
4. Member's medical information is filed in the RCWS van
5. Safety Coordinator will file Preliminary Notice of Injury form
6. Notify parent when minor is involved (local hospital won't treat minors without parental permission). Note: You may wish to have a release form on file at your local hospital.
7. Ski bindings, wetsuits, or other personal equipment may need to be cut for injury assessment or treatment
8. It is expected that a parent or responsible party of a minor under the age of 16 stay at the ski site during practices and shows

## SAFETY GUIDELINES

### Water Skier's Hand Signals

1. Speed up the boat – Thumbs up
2. Slow down the boat – Thumbs down
3. Cut the motor/Stop – Skier Uses Hand to “slice across their neck”
4. Turn around – Pointer finger circle
5. Return to the dock – Pat top of head
6. Speed and boat path OK – OK signal
7. Skier OK – One arm wave

### Water Skier's Safety Code

1. Skier must always wear approved flotation for
  - a. Going over a jump ramp.
  - b. During rope braid acts.
  - c. During around the boat acts.
  - d. While barefoot skiing.
  - e. All clowns/comedy performing in more than waist deep water.
  - f. If any part of a formation being towed is three or more tiers, then all members being towed by the towboat must wear flotation.
  - g. Skiers doing any act in which they do not hold the “normal skiing handle”. This includes any acts in which the towline is wrapped around the skier's body.
2. Ensure your equipment is in good condition.
3. Be ready on the dock or in the water for the boat to take off as needed for the show of flow.
4. Know and use the skier hand signals.
5. Never put any part of your body through the handle or wrap the line around yourself in any way unless rope is attached to a quick release.
6. Stay away from docks, pilings, other boats and swimmers.
7. Never ski directly in front of another boat.
8. Never ski in shallow water or an area where there may be obstructions above or just beneath the surface.
9. When a fall is inevitable, try to fall backwards or to either side.
10. If you fall during an act, remember to: wave to indicate you are OK, make eye-contact with following boat and smile to the audience. Important: The following boat will indicate to you which direction to swim or to stay put.
11. Never ski to the point of excessive fatigue.
12. Only ski during daylight, from sunrise to one-half hour after sunset.

13. No dangerous horseplay when skiing behind the boat, in the water, or on the beach.
14. No leaving the beach until wrap-up & clean-up is done at the end of the day.
15. No flipping or diving off the dock. Only enter feet first.
16. No flipping out of skis as you come into the beach.
17. No pets on the beach.
18. Setup and clean-up is the responsibility of all skiers.
19. Ski team members only are allowed to be in the boat unless approved by a board member.