



Enquiries to:- P.O. Box 545 Dunedin

# SPRING NEWSLETTER

## Presidents Report

Hi all and welcome to the start of another season.

We are looking forward to some new and innovative changes to the club this year. To start with I have just found out that we are close to finalizing a deal to have a web site designed and hosted by a new member. I will keep you informed on the development of this project via email.



The next addition to the club we hope to run this season is the introduction of a ladies ski night.

There has been some talk of this for a couple of seasons now and it is seen by the girls as an opportunity to get out and have a leisurely ski at a pace not dictated by the boys. Hopefully this will lead to a stronger field in the women's events this season.

I look forward to seeing you this summer

Glyn

## Good keen man

I got a call from Villiami in the first week of August, It went something like this.

**Villiami:** Hi Glyn its Vil.

**Glyn:** Hey Vil, What you up to?

**Villiami:** I've just been skiing and am on my way home.

**Glyn:** Cool, I'm skiing too, at coronet, with a school group. We're staying in Queenstown. Where were you skiing?

**Villiami:** At lake Waihola!

**Glyn:** YOU MAD BUGGER!!

**Club Night:** Thursday

**Opening day:** Sunday 28th October. 11:00am

**Where:** Waihola clubrooms. BBQ available.

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What can you look forward to this year.

- Ladies ski nights.
- New website.
- We hope to get funding for a portable slalom course.

### Musings on a ski day

As I write this the All Blacks have just suffered a humiliating defeat at the hands of the French at the Millenium Stadium in Cardiff. What to do? Where to go? The world may never be the same!

But I thought about our top water skiers and wondered how do we compare? Well, we have one man (Steve Cockeram) ranked in the top 10 in the world for slalom and 2 in the top 20 (add Aaron Larkin to Steve) which gives us 1 top 10 skier per 4.1 million population and 1 top 20 per 2.05 million. "So what?" I hear you say – well the US has 4 men in the top 10 and 6 in the top 20, giving 1 top 10 skier per 75 million population and 1 top 20 per 50 million. So we're doing pretty good in men's slalom on the world stage right now.



And how did France do – none in the top 10, 2 in the top 20 or 1 top 20 skier per 31 million population.

The women's stats don't look quite so good, so we won't go there at this time when the entire nation needs to look for "glass half full" positive statements.

Talking about positive, it was a positive start to the season last Thursday night when 3 of us (Glyn, Greg & Andrew) hit Henley. Sun shining, dead flat water and no one else to have to share it with! Couldn't be better (actually the water could have been warmer than 10.6

degrees but, hey, you can't have it all.) The first ski was great, but then a nasty wee breeze snuck in from the southwest and spoiled it for us, so we cruised home and stopped off to say Hi to Allan Innes at Henley and caught up with his efforts to trap magpies in his front garden.

### Early season fitness and skiing

It doesn't matter if you start your season at this time of year with the die hards (some would say crazies!) or later on when it's a lot warmer – the approach is the same. No matter how well you skied at end of last season, it will take time to get back to the same level of fitness, technique and timing. Be prepared to ease back into it and avoid injuries. This is the time of year when your bad habits will work against you the most if you go too hard, too soon.



Ease back into free skiing at lower speeds before dropping a shoulder into the water on the turns, or before heading for the slalom course. Concentrate on holding good body position – knees bent, arms straight, hips up to the handle and shoulders toward the boat. Get a good rhythm going and try to hold it for at least 6 turns in a row at a time. And nothing beats getting out on the water for fitness!