



TOURNAMENT PREPARATION

Preparation comes in many forms, are you preparing to achieve your tournament goals?

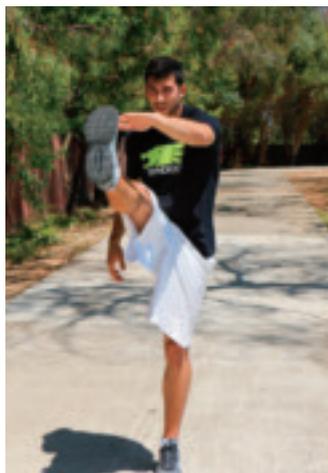
Written by **Brian Detrick**

Preparation is defined as the action or process of making ready or being made ready for use or consideration. So I pose the question, what do you do to prepare yourself for a tournament? If you want to reach your maximum potential, you can't just show up on the day of the tournament and expect to be successful. A successful tournament comes from all of the preparation you do leading up to it. I am going to touch on four aspects of preparation – physical, mental, equipment and technique – that will help you reach your maximum potential the day of a tournament.

Physical

Working Out

Being in shape is important to be successful in most sports. It is the same with water skiing. I recommend working out two to three times a week on overall strength with an emphasis on your core. Mix in some cardio into your workouts so you are not gasping for air when you get down to the other end of the lake. Find a balance between going to the gym, yoga and working on your mobility. I also recommend receiving some type of massage once or twice a



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month to assist in taking care of your body. By taking care of your body, you will allow yourself to recover quickly, be less prone to injuries, and, if you do get injured or take a hit, you will be able to bounce back quickly.

Eating/Hydration

What you put in your mouth is what fuels your body. You need to maintain a healthy diet and obtain enough protein in order for your body to recover after workouts and skiing. This is one aspect of how your body recovers and can affect not only your recovery, but also your weight and overall health. One thing that helps me stay on track is meal preparation: preparing my food for a week at a time. Our lives are busy so it makes it easy to have all of the food cooked, and you just need to scoop out the right portion



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recover from the stress you put on it whether it is at work, skiing, working out or in your personal life.

Mental

A lot of our sport is mental. Being able to stay in the moment and focus on your skiing is very important. Being prepared helps you mentally in order to have the confidence when you go into a tournament. You have to focus on the aspects of our sport that you can control. If you cannot control them, why are you spending time and energy worrying about them? Don't worry about what boat you have, who the driver is, what the conditions are or what your competitors are running. Focus on you and what you can control. Think about the cues that you work on in practice that help you reach your maximum potential. Stay

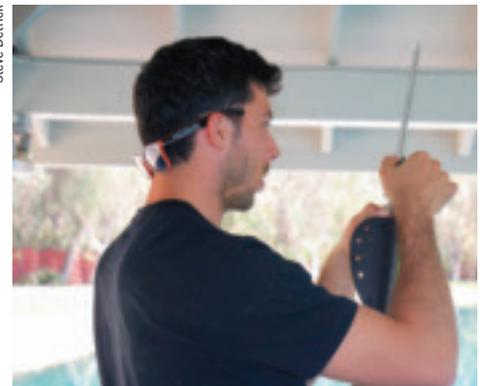
Technique

Have you put the time in on the water to work on your technique and skiing ability? Everyone is different on how many sets a week they ski, but do what you feel is right for you. Personally, I listen to my body and that has worked well for me over the last few years. Once tournament season approaches, I usually take four sets during the week and then the three to four tournament rounds over the weekend. Try to take the same approach you have in practice and replicate that in tournaments. An aspect of preparation that will help your skiing is using video analysis. I don't think many skiers do this enough. It is a very valuable coaching tool if you don't have anyone to coach you. Have someone video you or buy a Wakeye and use its app to film. It makes video-

INSTRUCTION: Slalom



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relaxed and don't put added pressure on yourself. Remember, you are doing this because you love the sport and days don't get any better than being on the water.

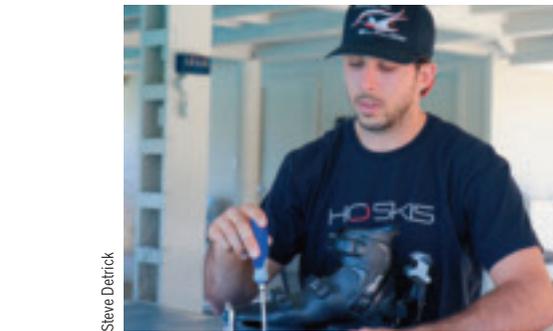
Equipment

Are you dialed in with your equipment? Take the time to make sure your ski is set up the best it can be for you, make sure your handle is the right length so you don't have to worry about it when you get to a tournament, and check your equipment before you ski, especially if you traveled. I learned a valuable lesson at this year's Masters as I quickly checked my ski when I arrived, but later found out that my ski was broken and I did not know that until after the tournament. Make sure to check your screws, your bindings and even check your fin frequently to make sure it has not moved over time.

ing extremely easy with its GPS based app that will start/stop recording when you reach the selected speed or go below that speed. Watch your rides to see what you are doing and pick out one or two things you would like to improve on. Focus on improving those items over the next couple of weeks, and you should see some improvement in your skiing.

Remember that attaining goals and achieving great performances do not just happen; they come from the hard work and preparation you put in – not only recently, but over the years – to be the best you can be.

HO Skis, Pacific Slalom, Centurion Boats, STRIVE, Mello Marine, Wakeye and WOD Repair Lotion sponsor Brian. Follow @Brian_Detrick on Twitter and Instagram, Like his Brian Detrick Athlete Page on Facebook and check out his website – BrianDetrick.com.



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size to eat for that meal or the meals for the day. Hydration is very important, especially during the summer and when you are around the water. If you are dehydrated, it takes multiple days for your body to fully recover and to become hydrated again. Make sure you are drinking plenty of water and electrolytes on a daily basis.

Sleep

Sleep! Yes, some people love it, but many people neglect the proper amount of sleep for an active lifestyle. Make sure you are getting enough sleep – seven to eight hours of sleep each night is ideal. This allows your body to fully