



COACHES DEVELOPMENT PROGRAM DESCRIPTION

Revised 1/1/2011

USA Water Ski's Coaching Development Program was introduced in 1991 as a three-level program that provides a structure for the certification of water ski instructors and coaches through a three-step process of education, participation and evaluation. The goal of the program is to improve the quality and consistency of water ski instruction in the United States.

USA Water Ski presently has three levels of certification for water ski instructors and coaches.

Certification Levels

- **USA Water Ski Jr. Level 1 Instructor (ages 16 and 17)** – beginning teaching techniques for introducing two-ski, one-ski and tricks skiing; teaching methods for beginning wakeboard, kneeboard, barefoot and hydrofoil skills, plus a section on water toys.
- **USA Water Ski Level 1 Instructor (ages 18 and up)** – beginning teaching techniques for introducing two-ski, one-ski and tricks skiing; teaching methods for beginning wakeboard, kneeboard, barefoot and hydrofoil skills, plus a section on water toys.
- **AWSA Level 2 Instructor** – intermediate teaching techniques for 3-event slalom and tricks, plus beginning techniques for 3-event jumping; slalom competition techniques for long-line (75 ft. rope length) and passes up to maximum boat speed; shows how to assemble competition tricks runs of up to 2,500 points; introduces jumping techniques for distances of up to 80 feet; offers how to analyze and evaluate an athlete's performance and apply his understanding of water ski techniques to help the athlete improve; includes a Sports Science/Medicine supplement that teaches the instructor how to help an athlete develop an off-water training regimen.
- **AWSA Level 3 Coach** – advanced 3-event slalom, tricks and jumping teaching techniques for athletes who desire to successfully compete in sanctioned tournaments at the state, regional and national level; introduces short-line slalom passes, how to develop tricks runs of up to 7,000 points and achieve jump distances up to 180 feet; includes a Sports Science/Medicine supplement that teaches the coach how to help an athlete develop a comprehensive off-water training regimen.

All levels of certification can be obtained by fulfilling a set of participation requirements and passing an evaluation. All levels require an aspiring instructor or coach to pay a fee to USA Water Ski.

Refer to the **Coaches Development Program Quantitative Requirements for Advancement and Renewal** on the next page for more information.