

Water Ski Coaching Development

A Program Developed by USA Water Ski



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:

Level One Instructor - Beginning teaching techniques for introducing two-ski, one-ski and tricks skiing. The manual also includes teaching methods for beginning wakeboard, barefoot and kneeboard skills, plus a section on water toys.

Level Two Instructor - Intermediate teaching techniques for three-event slalom and tricks, plus beginning techniques for three-event jumping. Slalom competition techniques for long-line (75-foot rope length) passes at maximum boat speed are introduced. Level 2 teaches an instructor how to assemble competition tricks runs of up to 2,500 points and introduces jumping techniques for distances of up to 80 feet. Level 2 also teaches an instructor how to analyze and evaluate an athlete's performance and apply his understanding of water ski techniques to help the athlete improve. A Sports Science/Medicine supplement for teaching an athlete how to develop an off-water training regimen also is introduced.

Level Three Coach - Advanced three-event slalom, tricks and jumping teaching techniques for athletes who desire to successfully compete in sanctioned tournaments at the state, regional and national level. Level 3 introduces short-line slalom passes, how to develop tricks runs of up to 7,000 points and jump distances up to 180 feet. This level also includes a Sports Science/Medicine supplement that teaches a coach how to help an athlete develop a comprehensive off-water training regimen, which will enhance performances in sanctioned competition.

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.

Education						Participation		Evaluation
	Fee	Manual	Sci/Med Supplement	Clinic Required	First Aid/CPR	Junior Development Participation	Athlete Clinics	Examinations (See Below)
Level One	\$25	Yes	No	No	No	None Required	None Required	Self-Study Written
Level Two	\$35	Yes	Yes	No	Yes	Instruct at any two of the following three: USA Water Ski sanctioned Learn to Ski Clinic or Jr. Development Clinic – A USA Water Ski Affiliated Ski School – A USA Water Ski affiliated Camp.		Self-Study Written
Level Three	\$50	Yes	Yes	Yes	Yes	Assist at two State or Regional Camps and One National Camp	Conduct Two Clinics	Supervised Written & Video

Fees – The Level 3 fees include the clinic fees for that level.

Clinic Course Conductors – Level 3 clinics must be conducted by a qualified course conductor. A list of qualified course conductors in the United States can be obtained by contacting the Athlete Programs department at USA Water Ski HQ.

First Aid/CPR – A First Aid/CPR certificate will serve as proof of certification (required for Level 2 Instructors and Level 3 coaches).

Personal Performance Record – Participation at ski school seminars and state, regional and national junior development camps/clinics must be documented in a Personal Performance Record by a ski school owner or camp/clinic head instructor/coach. Personal Performance Records are distributed at Level 3 clinics and available upon request from USA Water Ski HQ.

Examinations – Level 1- Pass self-study written test.

Level 2 – Pass self-study written test, show proof of First Aid/CPR certification and complete all participation requirements.

Level 3 - Pass supervised written and video examinations only after attending a Level 3 clinic, obtaining First Aid/CPR certification and completing all participation requirements.

An aspiring Level 3 coach must take the written and video evaluations at a location arranged through a member of USA Water Skis' National Coaching Advisory Committee from his region or USA Water Ski HQ. An aspiring Level 1 or 2 instructor is eligible to take the written test only twice during a calendar year. An aspiring Level 3 coach is eligible to test only once during a calendar year.

Special Consideration – For information about being grandfathered through Levels 2 and 3, contact USA Water Ski HQ.