



Development Coach Report October 2021

Introduction

Over the last 12 years I have been fortunate enough to work at the Town Loch National Training Site, Neilson holidays, Loch Lomond Wakeboard and Glasgow Wake Park as a wakeboard and waterski coach. After talking with Carole about her vision for the Governing body I was delighted to join Waterski and Wakeboard Scotland as Development Coach in November last year. Due to the COVID-19 lockdowns the first few months in post were spent planning for the season ahead while hoping that measures would ease before the start of the new season. This also gave me and Louise time to have chats with each of the main clubs in Scotland and gauge what they would like to see from us in the coming year.

Competitions

Wakeboard

For this year we decided to focus on more fun backyard style competitions rather than the normal Wake Series. Due to not knowing how the rules might change at the start of the season we pushed back the Wake Series until next year.

British Nationals - We were really proud to see Eve, Lotte and Orla all competing this year at nationals. Eve managed to place first in the ladies open, Lotte came second in the girl's category and Orla came in fourth after winning the qualifications the day before.

Foxlake Open - Foxlake managed to host their annual competition and although the number of attendees was down from pre-covid times they still managed to put on an amazing competition. The level of riding was really high and once the big air competition started there wasn't anyone on site that wasn't cheering each competitor on.

Glasgow Wake Park - Glasgow are due to host their annual competition on the 25th of September. Instead of the big end of the Wake Series competition they are aiming for a more laid back backyard style competition with a rail jam afterword.

Waterski

Nationals - Sadly due to some mechanical issues some of the high-end athletes decided not to attend nationals this year. The good news however is that Georgie Hutchison managed to come second overall and equalled her PB.

Kyle Waterski and Wakeboard - Kyle managed to host a really fun backyard competition that made great use of the full and half slalom course. A big congratulations to Arin for winning the backyard and to Town Loch's own head coach Simon for setting a new site age group record of 4.5 @11.25m, 55kpm.

Town Loch- For this season the Town Loch National Training Site have decided to host a fun backyard competition on the 26th of September that will be open to everyone. This will give the newer skiers a more relaxed introduction to competitive slalom but will also cater to the higher end athletes who have missed competition.

Aberdeen Waterski and Wakeboard - Aberdeen have decided to host a fun backyard competition on the 25th of September for their members and will feature both slalom and trick skiing and wakeboarding.

Content

Coaching Booklets - After the site visits and conferring with the board we decided to start work on coaching booklets for waterskiing, wakeboard boat and cable. The aim for these booklets was to give new participants direction on what tricks to focus on next and to also give new instructors the basic coaching points for each trick/skill.

YouTube Channel - We started producing coaching videos for our YouTube Channel. These consist of quick trick tutorials for wakeboarding and a series by Kevin on the correct way to train at the start of the season/getting back into the sport for waterskiing. The content is always being worked on and will include more boat wake and ski material in the coming months.

Coaching

High End Athletes - I was able to head down to the UK Cable Nationals to coach Orla and Lotte in the days leading up to the competition. Sadly, due to personal reasons I had to travel back home the day before the competition. I am so proud of how well they all performed and can't wait to see them all competing again next season.

Coaching Clinics- One of my favourite parts of this season has been the coaching clinics at the Town Loch National Training Site and Aberdeen Waterski and Wakeboard Club. We started out at Town Loch, and I was really impressed with the level of riding from the regulars and can't wait for the next session. I was delighted to have Calum (COO) join me on our trip up to Aboyne and we were delighted to finally meet everyone in person. The site is beautiful, and the members all made us feel really welcome. I am really looking forward to heading back up at least once more before the end of the season.

Courses

I was lucky to have Mike Lock come up to the Town Loch National Training Site to put me through my SBDA L1/2 Principal course this year. Since then, we have managed to run two SBDA level 2 courses at the Town Loch National Training Site. For Next season we will make a calendar with set dates throughout the season and advertise the courses well in advance.