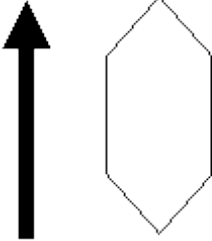



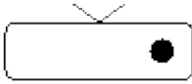
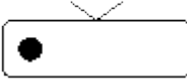



Slider terminology

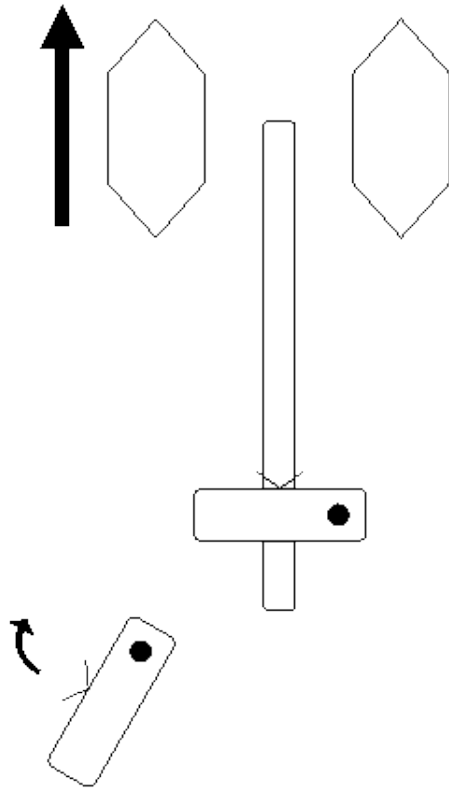
Getting onto the slider

To explain the different ways of getting onto the slider, we use the following symbols:

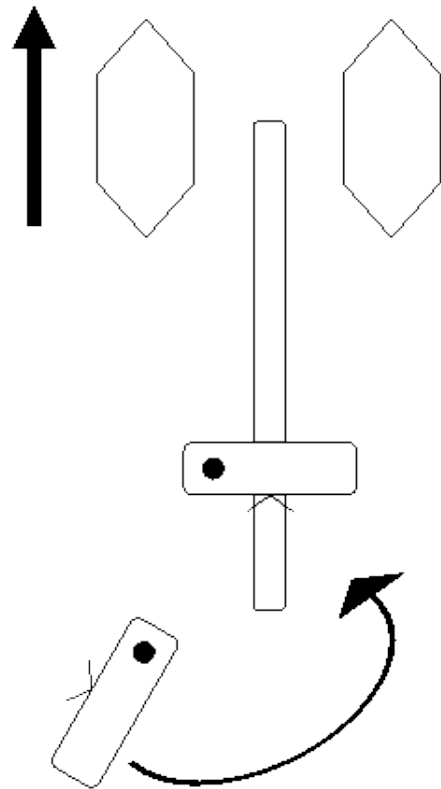
	Boat + direction
	Slider (seen from above)
	Forward foot
	Eyes (face forward)
	Wakeboarder right foot = forward
	Wakeboarder left foot = forward
	Rotation of the rider when getting onto the slider

Right foot forward

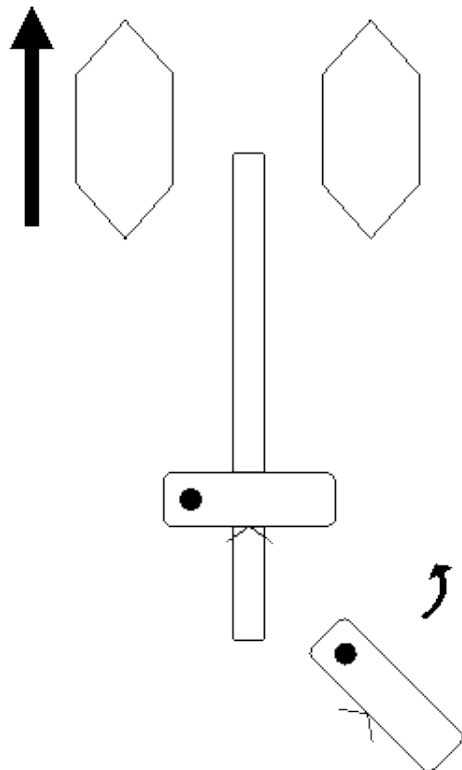
Backside Boardslide



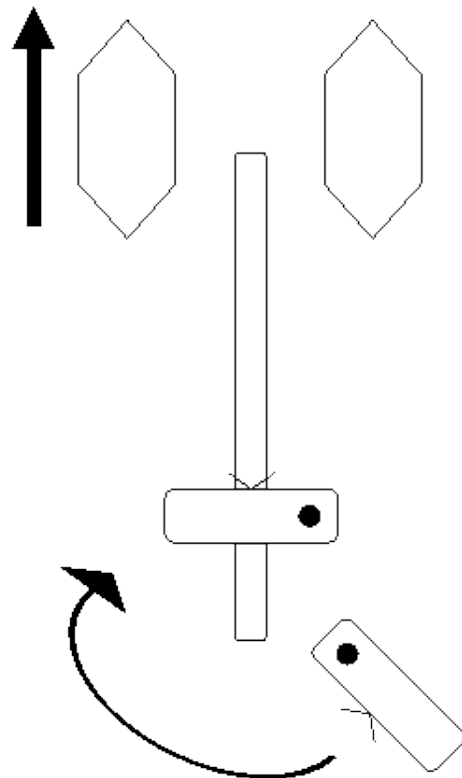
Backside Lipslide



Frontside Boardslide

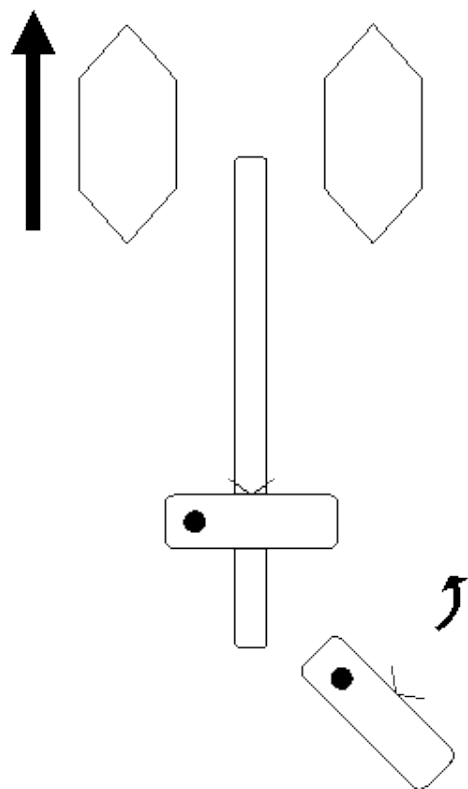


Frontside Lipslide

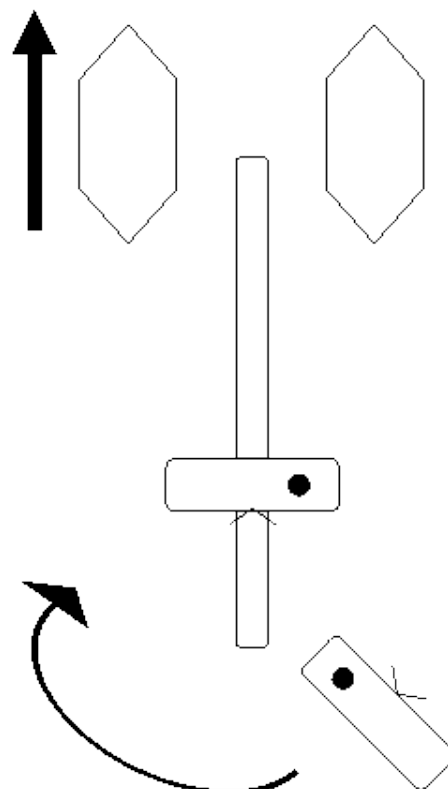


Left foot forward

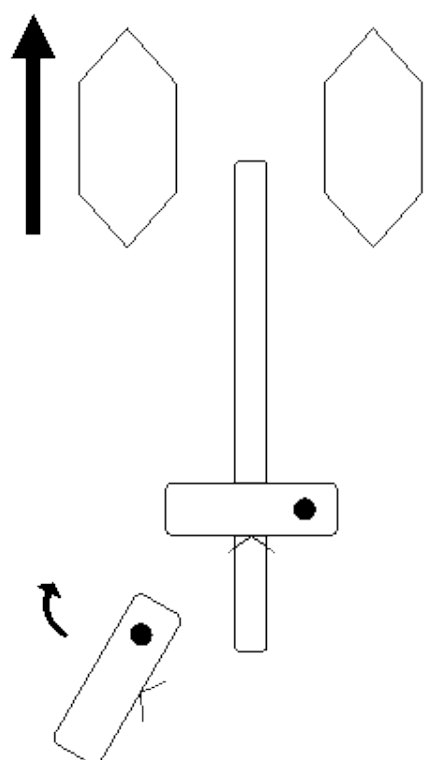
Backside Boardslide



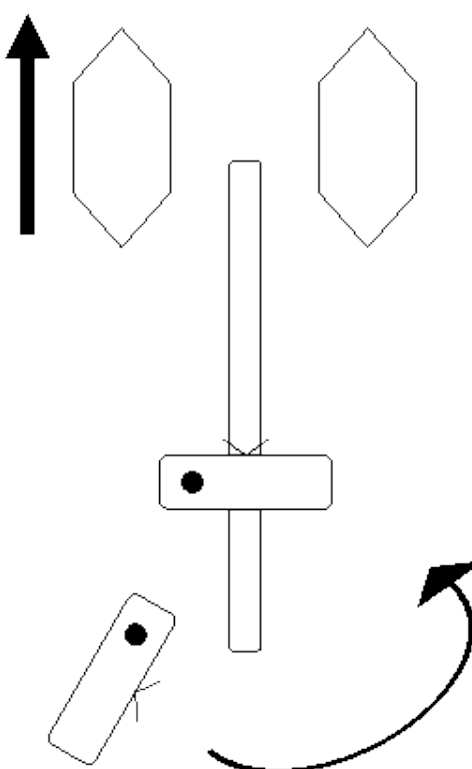
Backside Lipslide



Frontside Boardslide



Frontside Lipslide



Riding the slider

The approach

Frontside approach = is a toeside cut towards the slider

Backside approach = is a heelside cut towards the slider

Getting up the slider

50/50 slide = slide with the board in the same direction as the slider.

boardslide = front foot goes over the surface of slider first

lipslide = back foot goes over the surface of slider first

example :

backside 50/50 = approaching the slider on the heelside and ride the slider with the board in the same direction as the slider.

	50/50	boardslide	lipslide
backside approach	easiest	third easiest	harder : back is facing the boat
frontside approach	second easiest	harder : back is facing the boat	fourth easiest

On the slider

- spins (backside / frontside rotation) with or without handlepass
- nose / tail press : 50/50 with more press on nose / tail
- nose / tail slide : board or lipslide with the board more sliding on nose or tail. Not symmetrical anymore.

Leaving the slider

- with extra rotation : backside/frontside 180/270/360/... with or without handlepass.
- flips...

Scoring the sliding

In a course with obstacles 25% of the score relates to those obstacles (Intensity-Execution-Composition)