

# T TRAINING

## 3-Event Tricks

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### Learning the Toehold 360 Wrap In

The toehold 360 wrap in (TO Wrap In) will take your toe pass to the next level while introducing you to many new tricks – like the toe 720 front and toe 540 front – and allowing you to add a toehold wake 360 to your run.

There are many ways to approach this trick, but I believe in doing it from the front even though many people have

learned it by pulling from the back and advancing their hips over the ski as they turn to the front. Unfortunately, after you learn it by pulling from the back you will then have to relearn the trick to do it properly in a toe pass containing multiple toehold 360s. Many people have a hard time breaking the habit of pulling from the back, causing them to plateau after learning the toehold front wrap in. You can learn this from the front and

do the entire 360 just as easy as from the back, but without the bad habit of pulling from the back.

To begin, start in the front position (See photo 1). Your toe leg should be into your body so that your thigh is parallel to the water and your leg is bent at a 90-degree angle at the knee. Your hips should be up, your back should be straight and your weight should be on the trailing edge of the ski. As you

start, let the leg out just slightly to build momentum, and then pull your heel toward your knee while cocking your toe leg knee toward the direction you will be turning (See photo 2). The pull helps you initiate the turn. As you begin to pull, your hips should start the rotation that the pull helps you initiate. The pull and turn of the hips should be synchronized and controlled. As you begin to rotate, keep your chest and hips up so the rotation remains smooth (See photo 3). While you rotate around to the front, finish by remaining tall with your hips and chest up and your knee pointing toward the boat, thus controlling the rotation out of the wrap (See photos 4 and 5).

The pull is important and involves quite a bit of timing. Start with your leg in and let it out slightly to help you initiate the trick. Many people start the pull with the leg out, causing the pull to feel to hard. This happens because their leg is too far out to start with and they are beginning from a static position. I like to draw a parallel between the pull and performing a bench press lift. When pressing the weight, it is much easier to

go down first then back up,

than it is to start at a static position at the bottom. The same principal applies to the pull in this trick. The pull will feel lighter if you have created some inertia. It is important that you remember that this is a very slight movement. It should hardly go out and the rope must remain tight. Rope control is imperative.

As you pull, try to make the rotation at a constant distance away from the boat. Many skiers try to advance on the boat, which ends up causing lots of slack. To rotate in a constant place be sure to keep your hips and chest up. As you pull, refrain from breaking at your waist and pulling your shoulders into the boat. Advancing your shoulders forward (breaking at the waist) while pulling is a sure-fire way to catch an edge. Initiate the turn with your hips and remain on the trailing edge of the ski.

As you finish the rotation to the front, keep your hips and chest up, which will help you remain on the trailing edge of the ski. This results in a tight rope, which will allow you more control on the wrap out. If you move up over the ski at the end the rotation, you will get slack causing you to have to wait for the rope to come tight. Without a tight rope you are sitting and wait-

ing – without control.

As you work on this trick you will probably fall out the back a few times. This is not unusual and you will have to develop an awareness of your position on the ski to find that fine line between being on the trailing edge of the ski and falling out the back.

This is a great trick and nothing is more enjoyable than performing a fast, smooth pass full of toe tricks. Be sure to have a qualified release person in the boat who can anticipate quick falls. Even though having a good pin person is important, you don't have to take the edge catching falls that release persons fear if you remember to keep your chest and hips up as you pull.

*Russell Gay is currently ranked No. 3 in Men's tricks on the IWSF's World Rankings List. Gay and his wife, Jane (pictured), own and operate Professional Water Sports Ski School and are sponsored by Masterline, Intensity Sports, O'Brien Skis, and Malibu Boats. If you would like to train with Russell and Jane, call (407) 656-1133.*

