



## USA Water Ski and US Hydrofoil Association Challenge You to Learn How to Hydrofoil!

Read this Brochure and have your instructor help you learn the skills for each of the 15 levels of the Learn to Hydrofoil Challenge! Record your progress on the other side, then mail this card to USA Water Ski to receive a Certificate of Recognition and a \$5 gift certificate for an Active Membership.

### Level 1-15 performance criteria

**Level 1**  
On land, demonstrate:  
The seven skier hand signals  
Proper body position for starting  
Proper body position while riding  
On land, explain:  
Five of the 15 skier safety codes

**Note for levels 2-15**  
Skiers who begin at a level higher than level 1 must demonstrate the seven skier hand signals and explain five of the 15 skier safety codes before attempting the on-water performance criteria for that level.

**Level 2** **On Water**  
Complete a deep-water start and maintain the proper hydrofoil body position for three seconds.

**Level 3** **On Water**  
Maintain proper body position for 60 seconds.

**Level 4** **On Water**  
Steer back and forth in control with the board on the water inside the wakes.

**Level 5** **On Water**  
Leave the center of the boat wakes on one side and then return to the center of the boat wakes one time, with the board on the water.

**Level 6** **On Water**  
Leave the center of the boat wakes on one side and then return to the center of the boat wakes four times, keeping the board on the water. Repeat this to the other side.

**Level 7** **On Water**  
Learn how to raise and lower the foil in a controlled manner. Start with the board on the water, raise the board off the water 1 ft, then lower the board to the water.

**Level 8** **On Water**  
Learn to steer the hydrofoil in a flying position. Leave the center of the boat wakes on one side then return to the center of the boat wakes one time in a flying position (board not touching the water). Repeat this to the other side.

**Level 9** **On Water**  
Learn to cut from inside the boat wakes to the outside of the boat wakes (and vice versa) while keeping speed, board height from the water, and line tension consistent. Complete 5 double wake crossings.

**Level 10** **On Water**  
Jump the foil out of the water by slightly leaning back and then controlling the landing.

**Level 11** **On Water**  
Learn to dip and jump the foil completely out of the water.

**Level 12** **On Water**  
Cut outside the boat wakes, and dip and jump the foil completely out of the water. Complete 5 jumps.

**Level 13** **On Water**  
Perform 5 jumps over one side of the boat wakes. Perform 5 jumps over both boat wakes.

**Level 14** **On Water**  
Cut outside the boat wakes, dip, release the handle, and jump to throw a backwards dismount. The dismount should invert the foil end over end, and land the board on the surface of the water.

**Level 15** **On Water**  
Cut outside the wake and perform a backside roll or gainer.

**Congratulations!**  
You are now a hydrofoiler!

### Receive Recognition

USA Water Ski's Learn to Hydrofoil Challenge includes these materials:

- This brochure
- Hydrofoil Coaching Tips
- Certificate of Recognition
- \$5 Gift Certificate for Membership

After you successfully complete the Learn to Hydrofoil Challenge, mail this card to USA Water Ski to receive a Certificate and a \$5 Gift Certificate for an Active Membership to USA Water Ski.

### Record Your Progress



Ask your instructor to initial the blanks below and record the date as you complete the performance criteria for each level. Remember, although a participant may begin at any level, the participant must demonstrate the seven skier hand signals and explain five of the 15 Skier Safety Codes before attempting the criteria for that level.

Level 1 Date Achieved _____	Level 9 Date Achieved _____
Level 2 Date Achieved _____	Level 10 Date Achieved _____
Level 3 Date Achieved _____	Level 11 Date Achieved _____
Level 4 Date Achieved _____	Level 12 Date Achieved _____
Level 5 Date Achieved _____	Level 13 Date Achieved _____
Level 6 Date Achieved _____	Level 14 Date Achieved _____
Level 7 Date Achieved _____	Level 15 Date Achieved _____
Level 8 Date Achieved _____	Complete! Date Completed _____

### Congratulations!

You've completed all 15 levels! You are now a hydrofoiler! To receive your Certificate and Gift Certificate, return this card to USA Water Ski, 1251 Holy Cow Road, Polk City, FL 33868. Phone 1-800-633-2972



### Learn to Hydrofoil Challenge

Participant \_\_\_\_\_

Instructor \_\_\_\_\_

Participant's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Birthdate \_\_\_\_\_

E-Mail \_\_\_\_\_

