THE ULTIMATE GUIDE TO WAKEBOARDING
Have you ever wanted to try wakeboarding but didn’t know where to begin? Maybe you enjoy it but you’re not happy with your equipment. Here’s a guide to help your wakeboarding experience. We’ve got you covered, including tips and tricks for beginners to well-trained wakeboarders.

GETTING STARTED
Before jumping into the water, it’s a good idea to get a feel for the basic motion and positioning of the wakeboard on dry land.

1. Sit on the ground with your feet shoulder-width apart, knees together and hold the handle with straight arms.
2. Have a friend or spotter slowly pull the rope until you are fully standing.
3. Decide which leg you will be leading with. This is whichever foot you instinctively place forward.
4. Check all of your gear before getting in to the water. Always wear a protective vest and a helmet.
HOW TO STAND UP
The first step in wakeboarding is finding your correct positioning in the water and standing up on the board.

1. Once you’re in the water, start by floating on your back with the front of the wakeboard perpendicular to the rope.
2. Have your knees between your elbows and hold onto the handle securely.
3. As the boat or cable begins to pull you, slowly rise. Let the gradual momentum pull you up.
4. Stand with your back straight, holding the handle in front of your leading leg.
5. Lead with your front foot and gently guide the board backward, so it’s pointing at the end of the rope.
6. Keep the front end of the board from going below the waterline by leaning slightly on your back foot.
7. Keep your knees slightly bent and your chest up while you’re ridding.

HOW TO CUT
Cutting, or edging, is the first skill all wakeboarders must master before moving on to more advanced tricks.

1. In order to swipe across the wake, turn your shoulders and hips so that they are open towards the boat or the front of the cable.
2. Look in the direction that you want to go and move the handle slightly to the inside of your forward-facing hip as you transfer your weight to your heels.
3. Bend your knees as you cross the wake.
4. Keep the rope at your hip, your arms straight and steer with your lower body, rather than with the rope.
5. To cut back in the opposite direction, slowly press your toes down and push your knees forward, towards the water.
6. Turn your shoulders and hips in the direction you wish to cut.
HOW TO JUMP THE WAKE
Catching air is one of the best parts of wakeboarding. For beginners, shortening the rope to around 55 to 60 feet will narrow the wake and make jumping easier. Here are the basics steps to successfully jump the wake.

1. Progressively increase the speed and angle of your cut as you approach the wake.
2. As the wake lifts your board stay centered. Extend your knees and your body as you hit the top.
3. When you’re in the air, keep your chest up and bend your knees to lessen the impact when you hit the water.
4. Raise your leading foot up slightly so that the front of the board doesn’t go underwater when it lands.

A common problem riders run into is that they ease up the tension when pulling on the rope as the wake approaches. This flattens out the board, and the energy that lifts you into the air is lost. The key for any good jump is to edge the entire way through the wake.

WHERE TO WAKEBOARD
Wakeboarding can be practiced on almost any body of water, from lakes and rivers to the ocean – anywhere with enough room for a reasonable tow and a few tricks. The original method of wakeboarding is to be pulled by boat, but it can be done with jet skis and cables. For example, BlueWater Resort’s Wakeboard Island in Parker, Arizona, is a two-tower cable pulley system course. The course at Wakeboard Island is located on the existing marina and was designed with riders of all skills levels in mind.

WHAT YOU NEED
As with any sport or activity, some basic safety equipment is necessary; here’s what you’ll need to be prepared for a wakeboarding adventure.

- **WETSUIT** – Wakeboarding is a sport for all seasons. Wetsuits help to keep you warm in the water no matter the temperature.
- **IMPACT JACKET** – Impact vests are padded jackets that protect your body from falls. To stay afloat in the water, buoyancy aids are another option that gives your body added protection.
- **HELMET** – This vital piece of equipment is a requirement, especially for cable riding.
CHOOSING THE RIGHT WAKEBOARD
If you’re wakeboarding for the first time, renting a board is the best way to get the feel for what size, weight and type of binding you prefer before purchasing one.

Wakeboards come in a variety of sizes. Your weight determines the length of the board. Use this chart to help you determining the right board length:

<table>
<thead>
<tr>
<th>RIDER WEIGHT</th>
<th>WAKEBOARD LENGTH (in inches)</th>
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</thead>
<tbody>
<tr>
<td>Less than 100 lbs.</td>
<td>Less than 51 in.</td>
</tr>
<tr>
<td>90 - 150 lbs.</td>
<td>51 - 53 in.</td>
</tr>
<tr>
<td>130 - 180 lbs.</td>
<td>53 - 55 in.</td>
</tr>
<tr>
<td>170 - 250 lbs.</td>
<td>55 - 56 in.</td>
</tr>
<tr>
<td>200 lbs. or more</td>
<td>56 in. or more</td>
</tr>
</tbody>
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Be sure that whatever size board you get is right for the type of wakeboarding you are going to do. If you’re boat riding and just cruising around, a wakeboard with fins for grip works best. On the other hand, if you want to hit rails, kickers and other obstacles, you’ll want a board made for trick riding. Boards with shallow, detachable or no fins are designed specifically for obstacle cable park riding.

BOARD WEIGHT
Wakeboards also come in different weights. Manufacturers are constantly developing new ways to make boards even lighter, faster and more fun. Lighter boards make for easy maneuvering and a smooth ride, since there’s no extra weight holding you down.
BINDING AND BOOTS

Wakeboard boots and bindings have a wide range of features for all types of riders. Boots are designed to fit any shoe size. They should be snug on your foot, but not so tight that they cause any pain. Also, keep in mind that boots can be put on easily and used on the same board for multiple riders.

BOOT FLEX

When choosing a wake boot, flex is one of the key things to consider. The flex of wakeboard boots varies from stiff to extremely flexible and it what type is best depends on your personal preference. The scale for stiffness is one to five, one being the softest and five the stiffest. Keep this scale in mind when checking out product details. The softer the boot, the easier the movement for tricks. The stiffer the boot, the better for speed and carving it is.

BINDING FEATURES

Open-Toe Boots – The open-toe option is great when you’re purchasing a single board, especially if you have kids who are still growing. This gives the rider’s toes some extra room, and you’re able to fit a few more shoe sizes into the same boot.

Closed-Toe Boots – These boots allow for increased control and leverage with quicker heel to toe responses. Closed-toe boots have a more precise fit, and the extra coverage keeps your feet warmer.

LACING

There are also a few different options when it comes to the lacing system on your wakeboarding boots. All types of lacing are located up the middle of the front of the boot, similar to snowboarding boots.

1. LACES WITH FASTENERS – These are the most common type of laces and can be easily replaced. The lace-up fasteners offers you excellent support and hold.

2. HOOK-AND-LOOPS STRAPS – These straps are easily adjustable and secure without the hassle of tying.

3. BOA® LACING SYSTEMS – Boa® is designed for superior speed to tighten and loosen your bindings. The stainless steel laces with a dial ratchet closure make for simple, no-tie security.

4. HINGES – The hinge on the heel of the boot opens with the flip of a lever. This system makes taking your wake boot on and off quick and easy.

All systems are efficient, whether you prefer to tie up laces or simply strap up hook-and-loops or hinges and start riding. Wakeboarding is a new adventure every time you hit the water! For both experienced and novice riders, there’s nothing like the feeling of catching some good air or learning a new trick. Start planning for your next wakeboard experience today.
COMMON WAKEBOARDING MISTAKES AND HOW TO FIX THEM

Whether you’re a beginner or an expert wakeboarder, most people have made at least one of these common mistakes before. Here’s what causes these mishaps, with a quick solution to the problem for a better ride.

**THE PROBLEM**
Not coming up from water – Beginners often straighten their legs underwater, rather than keeping their knees bent.

**THE FIX**
Bend your knees, holding them towards your chest. Let the boat do the work, slowly pulling you up to a standing position.

**THE PROBLEM**
Falling Forward – This is caused when you don’t take your time coming up out of the water.

**THE FIX**
Don’t force it. Relax and don’t try to stand up too fast. Wait until your body is fully out of the water, then slowly straighten your legs and stand.

**THE PROBLEM**
Falling Backwards – This is caused when you bend your arms too much when holding the handle. The handle is too close to your body.

**THE FIX**
Don’t attempt to pull yourself up with your arms. Keep your arms fully straight and extended forward. Let the boat or cable pull you up.

BlueWater Resort & Casino is located by the Colorado River in Parker, Arizona. Wakeboard Island offers a boat-less cable pulley system within the marina for fun and relaxation in a skate-park-style environment.