

**NEW ZEALAND WATER SKI RACING
ASSOCIATION INC**

February 2009
Newsletter

Committee:

President	Chris Carter
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Ski School	Emma Duckworth Brad Dutton
Trans Tasman	Brad Dutton Chris Carter
Bridge to Bridge	Chris Rollitt & Committee
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Newsletter/Publicity	Hayley Tong
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Rescue Boat & Caravan	Bruce Robb Ken Taylor
Twin Rivers	Richard Mayne
Hundred Miler	Hayley Tong Emma Duckworth
Social Committee	Chrissy de Mey Nicola Dutton



Event Calendar – In Brief

- **Mid winter – 9th August Karapiro**
- **Rotorua ** Series 1 – 27/28 Sept**
- **Karapiro ** Series 2 & 3 – 18/19 Oct**
- **Hamilton ** Rollos Marine Bridge to Bridge 01/02 Nov**
- **Birkenhead ** Series 4 & 5 – 22/23 Nov**
- **Taupo ** Series 6 6th Dec**
- **Karapiro ** National Ski School 4th to 8th Jan**
- **Rotoma ** Series 7 10th Jan**
- **Taupo ** Round the Island 24 Jan**
- **Paeroa ** Twin Rivers 14 Feb**
- **Rotorua ** Bryce Newton Memorial 100 Miler Classic – 21 Feb**
- **Wellington ** North Island Champs 7/8 Mar**
- **Taupo ** National Champs 21/22 Mar**
- **Trans Tasman Junior Challenge (International) – 18/19 April**
- **Lake Dunstan Ski Race – 18/19 April**
For info call 0274450791

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Words of Wisdom

The Rotoma race went off really well, albeit there were some very tired skiers (not to mention drivers and observers/coaches) after the hard out but very successful ski school. Cheers to Brad, Kristin and Emma, plus all of the helpers for a great ski school week.

The weather held out for the day and there didn't seem to be too many dramas. It was great to see the Skippers 'Force Fed' inboard in action and running well, no doubt after a big effort from Skip and his preparation team...there's something to be said of the inboard sound!

It was also great to see such a big turnout for the racing, especially the ski school newbie's. Great fun and some great results – awesome!

Thanks to all of the helpers on the day and for the food Chrissy and Kay – nice!

Race hard, race safe!

Cheers,
Chris.

SKI RACING CHRISTMAS BBQ 2008

Thanks to the awesome people who helped with the first Ski Racing Christmas BBQ.

What a smooth running night it was!!

Special thanks to Kaye Skipper , Tania Witherford and Nicola Dutton. Without their help it would not have been possible. Plenty of food, superb weather and great people all combined to make it great. Hopefully the start of many more relaxed social occasions in the future. Any one who would like to help with future events or even if you have ideas, then please contact me – Chrissy de Mey via email chrissy.m@ct-marine.com

Trans Tasman Under 19 Challenge - Team Selection 2009

The Trans Tasman Challenge will again take place this year on April 18th and 19th in Victoria, Australia. Our team was announced during the prize giving for the hundred miler. Many skiers have made great progress this season and there is some very close results and competition.

Good luck to our team making preparations and doing some extra training to bring back the cup for our loved and respected Mike Williams.

So here goes - our New Zealand Trans Tasman Team representatives

Sub Junior Girls
Columbia Cox

Sub Junior Boys
Mat Strong

Junior Girls
Hayleigh Frost

Junior Boys
Marc Skipper

16-19 Girls Div 2
Jess Sinclair

16-19 Boys Div 2
Michael Witheford

16-19 Girls Div 1
Adelaide Cox

16-19 Boys Div 1
Jarron Fritz

Our congratulations and well done from the Selection Team. You will be contacted soon about what you need to do about training and travelling to Australia.

The Selectors

For enquiries about the Trans Tasman please contact Team Manager Chris Carter on 021759704

Skier/driver/observer Profile Page

Full Name: Brendon McPherson

Age, DOB: 20/10/78

Nick Name: (if any) McLovin

Town You Live In: Hamilton

Favourite Movie: One Night In Paris

Favourite Food: Indian and Firetrucks Chicken creations come in a close 2nd

Favourite Car: Black Range Rover Sport with 20" wheels!! And tints

Favourite Boat: RX1950 Cyclone of course!!!!

Favourite Music: Drum n Bass, Rock, Kiwi Music & Britney of course

How long have you been involved in Ski Racing: Since about 1999, when I skied the bridge in Family A (two up), but have got more involved since buying a boat in 2005.

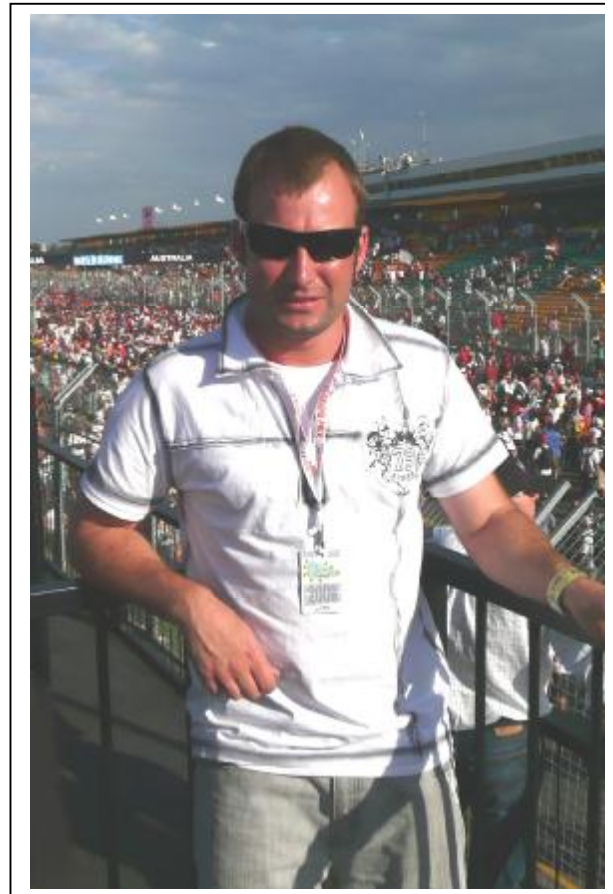
Favourite Event and Why: Definitely the Bridge to Bridge, it's a race where if things can go wrong they will and it seems to require an element of luck to succeed in the race.

Idol or Mentor: Adam Smale

How long have you been on the committee and what job do you do: Just elected at 08 AGM, but am keen to assist Hammo with the proposed NZ Ski race Cheer Leading Squad, as I would like to nominate myself as a selector.

Are you a skier / observer / driver or all: I mainly drive, observe sometimes and have been known to get on the ski, but would hardly call myself a skier...

Anything you would like to say: No thanks



Ski School



Ski School 2009 was held from the 5th – 9th of January and for the 1st time in over ten years was held back at the school's founding establishment – Brooklyn Water Ski Club. We had 43 students (the most ever) and was a very hectic week. The students ranged in age and ability from 8 to 55 years old and from never skied to training for the World Champs in Belgium this year.

All the students had 11 sessions across the 5 days and 2 races. All the students really got into the races on their doubles, singles and drag skis which was awesome to see. We had more than half of the students on drag skis by the end of the week, so hopefully we can get some of the new ones along to our racing.

We had absolutely stunning weather and all the student were very well behaved most of the time. The award for the most helpful student was Connor Strong and the most improved skier was Mitchell Jones from Ngaruawahia. Mitchell went from never skied before to skiing on a single with wraps by the end of the week.

All in all it was a fantastic week that was very enjoyable and really made worth while when you see young people giving new stuff a go and never giving up.

Thank you to Emma, Kristen, Heather, Helen and Clare who looked after us and kept us fed all week. Thank you also to all the Drivers and Boat Owners who gave up their time and boats during the week. Thanks goes to the patient coaches who sat in the boats all week and shared their knowledge and taught the student.

Thanks everyone and lets do it all again in 2010.

Cheers, Brad

Health, Nutrition & Hydration

Take yourself to the next level ...

I used to write brief newsletters when I managed the NZ Team for the World Champs in 2007 and as I am now a qualified Personal Trainer I thought it would be a great opportunity to share some of my knowledge with you. You may already know a lot of what is mentioned here and you may know very little of it. Or you may know it all and not practice it all which I think is more likely!!!! I hope you gain something from this ...

How many of you are **absolutely confident** when you put your ski on and jump in the water at the start of a race that you are in the **best possible condition to ski the best you can** in that race? I am hoping that some of you are!

Have a think about this. **What do you want to achieve out of your ski racing?** Are you **happy with how you are performing** or would you really like to see how good you can be. This will be different for all of you. Some of you will be happy with where you are and others will want to be a World Champion.

Ski Racing is a motor sport and as such is extremely expensive not to mention lots of other things as well. Are you getting the best return for your money? **Are you really happy with your performance** and is the rest of your team (your driver and observer) happy with where you are at? Have you actually **talked as a team** to work out your goals for this season and if so are you on track to achieve them?

Hopefully after ski school you will have all done this and will be fired up to race well for the rest of the season!

Here are some guidelines that will help if you want to improve your performance and if you are truly serious about your sport and about the time, effort and money the rest of your team puts in to help you.

Training 6 days a week – You should be training 6 days a week and these should all be good sessions with a mixture of on the water, gym, cardio, core body etc. You are putting yourself at risk every time you ski, this is a dangerous sport, however if you are fit and strong you have a much better chance of avoiding injury.

Train your core – Your core body is a very important part of your body when you ski. It helps stabilize your body and helps your legs do their job. If it is strong it can help prevent injury and the best part about training your core is that you get a 6 pack (which is really an 8 pack)! So if you don't have a 6 pack – get a serious core programme going!

Eating the right food – Learn about nutrition and what food is right for you and when you should be eating it. **Be responsible for your food and plan what you will need for the day.** If you know you're going skiing for the day then pack your food and take it with you. This is not your mum and dad's job or anyone else's it is your responsibility. It's a very interesting topic so you might even find you enjoy it!!

Hydrate correctly – It is summer time so it is extremely hot. It is very important to keep yourself hydrated. You should be drinking at least 2 Litres of water a day with an extra 1 Litre for every hour of exercise you do. Water is by far the cheapest and often the most convenient way to hydrate. But there are great benefits of using performance hydration sports drinks. (See article below). When you have a really big event coming up like the hundy make sure you start hydrating all week before that event. Drink lots of water and then you will be fine during the race. See the extra article in this newsletter regarding hydration.

Warm up and Cool down – Something else I don't see a lot of! Make sure you warm those muscles up just a little bit before your race. The great thing about ski racing is when you have finished you go straight into cold water which is the best way for your body to recover.

It doesn't hurt to do a few stretches either when you come into the beach. This however is a personal choice so learn to know your body and what it responds to.

The other great recovery method which I think Pressie mentioned at ski school is lying on your back with your legs up a tree or wall at 90 degree (don't have to be dead straight). Just do this until you get the pins and needles effect in your feet. This works the same way as an ice bath does. It removes the lactic acid away from where it has built up and aids in recovery. The ice baths have been scientifically proven to aid in recovery. The best thing to do is try it and see if it helps. Everyone is different so it may or may not work for you.

Injury Treatment – I was horrified to find that everyone I spoke to at Rotoma who had a recent injury, never put any ice on it straight away! If you hurt yourself, (and it's not so serious that you get taken away in an ambulance), get someone to get some ice or a can of drink or anything that is cold and put it on the injured site immediately. You can do this for the first 24 hours and this aids recovery hugely.

When you get hurt blood immediately rushes to the injured site and what ice does is it stops that from happening so essentially it stops bruising and also eases the pain as well. The standard treatment for a soft tissue injury is **RICE** and not the packet variety. This stands for Rest, Ice & Compression (together), and then Elevation. So while you are icing the site, elevate it which also helps move the blood from the injured area.

Goal Setting – I know most of you set goals while you were at ski school. It is important to look at them everyday so they are top of mind. Make sure they are specific, measureable (You must be able to measure your steps towards your goal in some way), achievable (be realistic but also push yourself), realistic and have a time frame.

Also keep reassessing where you have been going wrong. Before you ski read your notes from ski school and make sure you improve each time you ski.

Use a Mentor – Find someone who you look up to in the sport and talk to them. Find out how they became so good. This is what is so great about ski school, for the younger skiers you have a whole lot of coaches who can help you become very good skiers. Please don't feel you can't approach any of these people as they are all more than willing to help you.

For the coaches themselves, you need to go to the next level and talk to an overseas skier who has achieved what you want to achieve and find out how they have done it. Ask them about their training, ask them what they eat. You will find a lot of the Aussie skiers are very approachable and willing to help. We do have two world champion skiers and observers who would be more than willing to help as well I am sure!

We have a lot of very talented skiers in New Zealand with a lot of potential to go a very long way in the sport. So be confident and take yourself to the next level!

Just remember, everyone has different theories on a lot of things so find out what works for you personally.

If I can help you in any way then please contact me (see my advert in this newsletter). I look forward to seeing your progress this season!

Faye Fish



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Blood Glucose Homeostasis: The ingredients in Cytomax® help maintain blood metabolites in the optimal range.

Cell Protection: Antioxidants prevent exercise-induced free radical damage to muscle cells.

Cellular Balance: Electrolytes ensure cellular nutrient balance is restored quickly after exercise.

Optimal Osmoality: rapid gastric emptying

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Best ways to use Cytomax® Performance Drink

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During: Use Cytomax® Performance Drink continually during exercise (32 fl-oz./hour) to ensure proper **hydration/electrolyte replenishment** and optimum levels of **performance**.

After: Continue using Cytomax® Performance Drink immediately post training to ensure **glycogen restoration, electrolyte balance** and to **reduce post exercise cramping**.

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Frazer 0274 775502**

How serious are you about your sport?

Do you want to be a **World Champion** or are you happy where you are?

Do you feel you are **race fit** and every time you ski you have **skied your best?**

Or do you feel you have so much **more potential?**

If you want to take your ski racing to the next level and really see how good you can be then I can help you with the following:

- * personalised testing to analyse your strengths & weaknesses
- * personalised programmes to improve your fitness, balance, Strength & agility
- * Nutritional advice so your body is able to perform at its best.
- * Personalised training sessions to take you to the next level.

*It's up to you to do the work - I have the tools to help you.
Contact me today if you're serious about your sport!*

Faye Christensen

faye@empowerme.net.nz

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