

**C**OMPETITION IS GOOD. Just look at what it did for kneeboarding in the '80s and wakeboarding in the '90s. As we get ready to enter the new millenium, hydrofoiling hopes to follow in the footsteps of these popular board sports.

Could hydrofoiling become the "watersport of the '00s"? I think so!

Tournaments will inspire riders everywhere to practice, extend limits, and gather together to exchange ideas about this new extreme sport.

The change in name to *The Hydrofoiling Newsletter* has also brought a change in thought. Behind the boat we will cover more than just sit down hydrofoiling. Air boarding and the soon to be developed "high performance stand up foils" will be covered as these sports grow.

Hydrofoiling also encompasses numerous other watersports usage. For example, Malibu Boat's Wedge system, Doel Fins, and more.

Fresh, cutting edge, or extreme? If the answer is yes, it's going in.

*Tony Klaurich, D.C.*

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## Over the Top



photo: Klarich

Jon Wilborn has his Eyes on the 1998 Worlds.

## Inside Competition

Tommy Phillips, industry insider and world class promoter, takes a look at the tournament scene from a front row seat.

Many people ask me why I love promoting my own events. My answer is that events bring people together and create a master mind of growth. People talk about things related to the sport they are participating in and about how they can make it better.

I love doing events that have never been done, like the first skurfer tournament in 1987. I asked Tony Finn and a few other buddies if they wanted to give it a try. We had nine guys all wanting to compete. Go out and go big. Carve hard and try to impress the judges. The slalom skiers and kneeboarders that were around got a kick out of it and the day was a success.

Late the next year Tony Finn invited me to judge the first World Skurfer Championships in Hawaii. I met Eric Perez there and introduced him to Herb O'Brien. After that Eric flew over with some prototypes he had been working on and the next weekend Herb and I met at Stapleton International Airport and We saw the first prototype of the first compression molded wakeboard. The rest is history.

(Continued on page 14)

Mike Mack's

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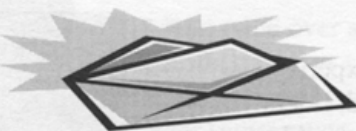
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## Letters



Winter Greetings from Switzerland. Although just a beginner who started last summer, I am absolutely thrilled by this innovative means of soaring above the water. Our season is short over here so reading *Flight* helps me visualize 'til next Summer. In the Autumn newsletter Tony wrote about helmets, mentioning the risk of possible head and foil contact. Sounds like something to avoid at all costs. My idea is to attach a short neoprene cushioned leash between board and ankle. How does this sound?

Barbara Laube-Munz  
Zurich, Switzerland

*The brain trust at Air Junky has already created a similar device to keep the feet in. As for helmets, wearing one makes sense, especially when learning new skills, pushing your riding level, or when it's cold.*



**Air Junky's  
ankle straps!**

### OUI

I am one of the very few ones practicing the Air Chair in France. Progressing alone is kind of tough, and I am always looking for advice to learn new tricks.

Dominique Bailly  
Viry, France

*The international scene is heating up, with Canadians leading the way. Australia also has a strong contingency with moderate interest from Switzerland, New Zealand, and Mexico. On learning new moves, stayed tuned for more in depth instruction.*

### Rey de la Silla

I want to see how to do the laid out gainer trick in sequence photos. All the Monterrey air chair heads want to do it. I would also like to see a step by step "air Raley".

Adrian Villarreal  
Monterrey, Mexico

*Check out this month's tips&tricks for advice on how to lay out your gainer. As for the Raley, no one has had the balls and skill to pull one off....yet. Adios amigo!*

### Join the *Flight* E-mailer.

Send your E-mail address to be added to the list. Tips, direct links to advertisers, products, & more. Don't miss out!

### Flight On File

Thanks for the *Flight* Newsletters. A complete set is now on file here. I enjoy the in depth information you have put together.

Carole Lowe, AWSEF

*The American Educational Foundation (AWSEF), parent organization of the Water Ski Hall of Fame and Museum, was founded in 1968 as a non-profit foundation dedicated to the preservation of the traditions of one of America's most popular family recreational activities and to the encouragement and education in the safe enjoyment of water skiing. For more info call (941) 324-2472. With Flight now on file, we are creating the history of our sport for future generations to reflect on!*



**Mexico's King of the Chair: Villarreal**

Got questions or comments? Send your thoughts and words to *Flight* via mail or E-mail: [hopro@ez2.net](mailto:hopro@ez2.net)



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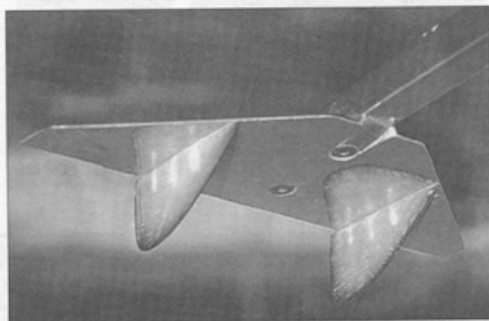


## Filings

### Breakthrough Blade

The Colorado River area has once again borne another hydrofoiling breakthrough: the rear blade should fly right-side up! Current foil design has the rear blade flying upside down (flat side up), and the front blade flying right side up (flat side down). The Farmer Brothers (foil modification geniuses) have figured out that both blades should fly right side up! The result is a higher performance foil. Jumps are bigger with the same effort because both blades contribute to generating lift. Skidders are much easier, and holding them for long distances is a breeze.

Like any high performance product, the new blade requires some practice to get used to. The blade wants to make up and down oscillations while in level flight, but with practice these can be controlled. Overall the new blade is a great advancement for foilers.



The new rear blade flies right side up

Mike Mack has added his own ingenuity to the new rear blades, mounting fiberglass wakeboard fins for reduced drag and increased maneuverability. It takes some work to shape and fit each fin, but the results are worth it.

The experimenting has reduced weight and increased interchangeability to test new fins quickly.

### Air Board

After several months of experimenting with the air board, riders have figured out that like the Air Chair, you do not want to become separated from your board. Ron Stack is using XTC boots by Sub Rosa, while Tony Klarich has opted for Fogman hard shell in line skating boots mounted to wakeboard plates. These boots offer good translation between the lower body and the board. However, they take a minute to get off... not good in an emergency.

The trick list is growing quickly with skidders, wake to wake

jumps, and air jumps with grabs. The first inverted move is soon to come, probably a backside roll.

### Learning Curve

Damon Moore, one of California's top all around skiers, is now starting his second season instructing kneeboarding, wakeboarding and Air Chairing. "I teach so I can spend more time doing what I love", says Moore. "When others have fun, so do I".

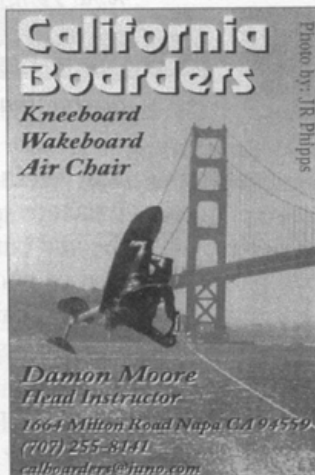


Photo by: JR Phillips

### Staying Connected is Key for Inverts

### Event Horizon

The INT-League of Arizona is planning its second season of Air Chair events. The series was so popular last year that requests for competitions in other states are being considered.

For more info on the AZ - Air Chair Series: 602-807-5080 or azint@ix.netcom.com

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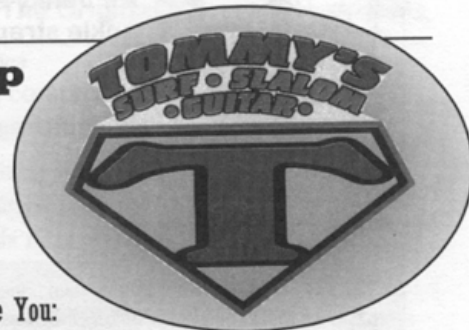
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# 4 Steps

## to Skiing Success

Tony Klarich, D.C.

Over the years I have learned hundreds of tricks on just about every water ski device. Along the way I have developed a four step plan to learn new skills, and have started to implement the steps when teaching students. The good news is that you can apply these steps (or a simple variation) to just about any move you want to master. The four steps are: 1) the approach, 2) the takeoff, 3) controlling the line tension, and 4) the landing.

I have found that people learning new tricks advance much faster when they work through each step, getting to know each one individually before moving on. Taking the time to master each step will also increase your consistency. In addition, you will be able to diagnose your own problems if you start falling on moves you've already learned.

### 1: The Approach

In a broad sense this step should include your off-water approach to new skills with the right equipment, dry land training (with a handle), the proper warm up, and visualization. Don't overlook these!

On the water the approach means working to find the best set up for a trick, and using it methodically each and every time.

Know and set your line length and boat speed. For wake tricks cut out the same distance from the wake every time with the same strength, duration, and angle of pull. Look at the back of the boat to get a visual reference of where you are each time. Wait the same period of time before you turn in slowly on a tight line. Cut into the wake with consistency, and get set for the take off in the same manner. The whole idea with the approach is that you hit the wake (or place where you initiate a trick) with the same speed, the same angle, and the same body position every time. If something doesn't feel right during any part of the approach, don't throw the trick! This will save you lots of falls.

### 2: The Takeoff

If you have done your job right in step one, you will be in a much better position to initiate your trick. Finding your rhythm on the approach helps you get consistent takeoffs. Never rush an approach or takeoff because of rough water, coming into a boat turn, or trying to show off.

Concentrate on the key elements of consistency: where you are looking, handle position, speed & angle at the wake (or other take-off point), amount of line load, and body position (knee bend, shoulder angle, etc.). Sounds like brain overload, but remember that we are taking this in steps and as you master each one you won't have to be thinking about the whole trick at once!

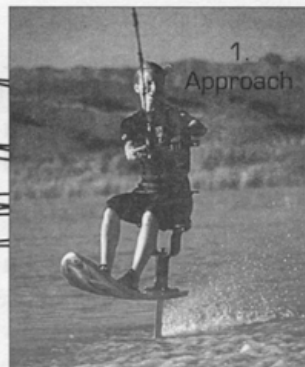
### 3: Controlling Line Tension

*"The rope is your ally, not your adversary". -Chet Raley*

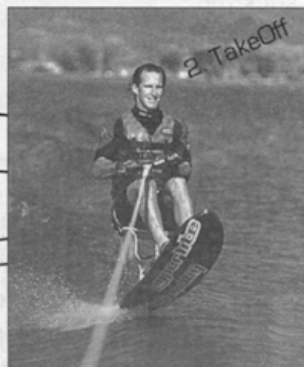
This quote from one of the world's best instructors pretty much sums it up. If you are not using the rope to your advantage, and knowing what the tension is doing throughout your trick, there is little hope that you will get consistent on a new skill. Sure, you can fumble your way through learning handle position by trial and error, but there is a better way.

I have found that the biggest key to controlling the line for most tricks is keeping the handle in close. Use the line tension to complete your rotation. In general, pulling the handle in will speed your rotation up, while letting it out will slow you down. It's common to throw a flip, and throw the handle too. That's no way to get around.

photos: Doyle



Take your time. Be patient and consistent. Make every approach the same.



Put yourself into the exact position each time by using a good approach. Maintain control.



Pay attention to your rope. Feel the tension and react. Spot your landing and adjust.



Build confidence as you master each step while building to this level. Now, be ready to ride it out!

The rope is your lifeline. When you get to this step it's time to make a conscious effort to feel how the pull affects you in the air, and use it to your advantage.

#### 4: The Landing

Getting ready for your landing starts well before the actual touch-down, first with the spot. There are two key elements to spotting your landing. The first, simple as it may sound, is to *keep your eyes open*. To avoid the common mistake of closing your eyes you have to consciously make the decision to look for your landing every time you go through a trick, especially if it's a new one. With each new attempt you will become more aware of your surroundings, and will be able to see more and more.

The second element of a good spot is leading with your head. In addition to keeping your eyes open, turning or raising your head can help you see the water much sooner in the trick (see photo #3). Seeing the landing earlier gives you more time to adjust the speed of rotation. Both of these require constant mental repetition.

The next step is the touchdown. Like a skilled springboard diver about to hit a pool you should be ready for the critical moment of impact. *Land your board/ski in the same direction that you took off from!* If you hit the wake at a 30 degree angle, you should land with that same angle. Turning in or out is a common mistake, and reduces your chances for success.

Adjust your body position as you land. This may require getting two hands on the handle (most inverts and spins), or getting your shoulders forward (hydrofoiling). Whatever the key elements of your landing, know them and work them together to stick it every time.

There will come a point in many tricks where it seems like you are doing everything right except riding away. Be patient because the landing will come. Mentally prepare yourself to stick the trick. After working through the three other steps you should now be confident with every other phase of the move. Now it's time to throw it like you are going to make it, and then ride it out!

As you progress with your landings you can fine tune them by flowing into them. Eventually your landing will be an extension of the rest of your move, and not a sudden jolt or bounce.

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#### Putting it together

This system works! It may take a bit more time for you to work through each one of the steps, but you will be rewarded in the long run with consistency.

Also be aware that during a real move these steps aren't so cut and dry. Your takeoff is dependent on your consistent approach. Controlling the line tension needs to be done through the entire trick, and your landing starts as soon as you leave the wake. Take it step by step to slow things down, and concentrate on just a few things at a time. Master each step before moving to the next, and I'll see you in the air.



## Fly Your Foil

Learning to fly your foil is one of the keys to mastering hydrofoiling. Your front and rear wings act like an airplane wing. This may be one reason why pilots always seem to do so well.

Lean back (tilt your blades up) and your wings gain altitude. Tilting the blades down will ground the ski on the water. The trick is to fly your foil up and down in small increments. Return to level flight before the blades top or bottom out. Side to side motion is controlled with handle position and body lean.

Increasing your speed also increases the sensitivity of response.

Many new riders make the mistake of bringing along their skiing background. Hydrofoiling is not like skiing. Do not think about riding the ski. You must concentrate on what the foil is doing down below to visualize how to fly.

Serious students should check out the basics in aeronautics.

## Get It On

Being secured to your Air Chair helps reduce injuries caused by a free flying foil after a fall. But you can't avoid this if you don't use the heel loops. Without the heel straps on a fall can result in your feet coming out, the chair pivoting around at the seat, and the foil swinging around for a body or head shot.

The first step in getting belted and bound for flight is to get into the water with your chair. Be careful not to kick your feet by the foil. It's easy to forget and smack your leg! Next, slide completely forward through the seat belt until your back is against the front of the seat (1). Use your "off" foot for support by placing it *under* the heel strap and

in the binding or anywhere nearby where you can use it for leverage by pushing yourself back against the seat. Next, slide the front part of one foot (big toe first) into the other binding. Reach down, grab the rear heel loop securely (palm up), and pull it firmly rearward and onto your heel. Release and your foot will slide in easily (2). Repeat for your other foot.

If you use gloves it is a bit more difficult to reach around and feel where everything is. It may help to get it on without gloves, then put them on after you are secure. If possible, you should also practice donning and doffing several times in shallow water or a pool to learn faster.

If you are pulling friends on your Air Chair, always make sure that they put

on their straps, no matter how much they complain. It's tough at first, but it's a cheap insurance policy to reduce the risk of injury.

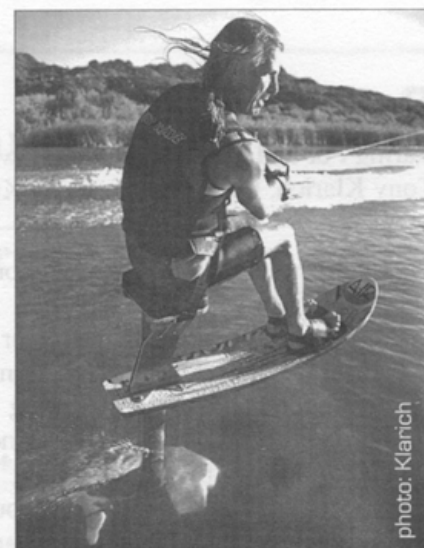


photo: Klarich

Ride the Foil, Not Your Ski



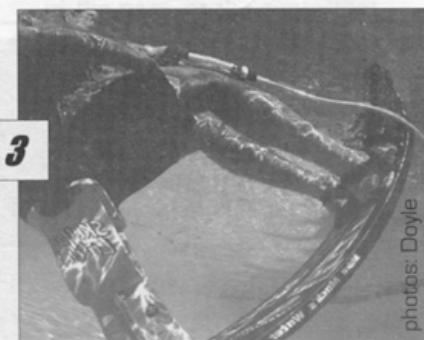
1

Place Your Back Against the Seat Tower



2

Pull Heel Loops Open to Ease Entry



3

Always Use Both Heel Loops!

photos: Doyle



## Chair Lift

One of the toughest things about air chairing is getting around with the thing. Anyone who has spent time transporting a chair knows that maneuvering through narrow passages, gates, or anywhere else can be tough with the two-hands-on method.

Here's another way to carry your chair with only one arm, while leaving the other one free for the important things in life. Get into position by setting your chair on the ground blade up, then bend down to fit the front blade onto the meat of your shoulder. Lift up and stabilize your chair by grabbing the rail or foil.

## Tips from the Doc

### Back to Basics

Caring For and Stretching Your Lower Back  
Tony Klarich, D.C., photos: Kelly Kingman

Water towed sports are stressful on the back. Air Chairing more than most generates forces in the lower back at the "lumbo-sacral junction" that are intense, especially during improper deepwater starts. Imagine bending over to lift up something heavy up with both hands with your knees only slightly bent! These same potentially harmful forces can be reproduced during improper starts.

To reduce the risk of injury to yourself and your students use good biomechanics on the water. Most beginners find it easiest to learn starts by leaning all the way forward toward the boat and reaching their hands forward as the boat pulls them up. Although this is the easiest way

to learn, it is also the worst position for an unsuspecting lower back.

New riders should get their weight forward by

sitting further forward on the seat. Smaller riders will also find that moving the bindings back is a more "back friendly" position. Deepwater starts should be performed by pushing equally on both feet to meet the resistance of the water, and keeping the shoulders back slightly during the initial start (this is when stresses are highest). Get the shoulders forward immediately *after* planing off. It is this quick and subtle shift of body weight that gives so many new riders problems.

It's not just starts that can affect your back. Having 36 pounds strapped to your lower body requires common sense and training to avoid low back injury.

Maintaining good flexibility is critical. Gentle motions should be performed in all ranges of motion for the best benefits. (flexion, extension, rotation, etc.). I highly recommend making stretching a part of your life, not just for skiing. Of course you should always warm up and stretch as part of your pre-riding ritual. Use the quiet time to refocus energies, relieve stress, and get in tune with your body. Hold each position at least 30 second and breathe!

recommended reading:

Yoga topics, *Stretching*: Bob Anderson

*The Outdoor Athlete* (2nd edition): Steve Ilg

**Disclaimer:** Make sure to get your doctor's clearance before participating in any new exercise program.

Grasp ankles for counter-balance. Roll slowly from top down. Feel each segment move



Roll Over



Pillow Posture

Relax, Breathe, & Prepare



Cobra

Extend up slowly and completely. Keep your lower back relaxed & hips on floor



Bridge

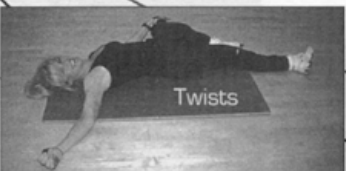
Heels in and knees spread. Hands near heels for balance. Extend up through hips.

Toes together, sit on heels. Stretch through the upper body by reaching forward, then dropping shoulders.



Sprawl

Opposite arms rests on top knee while looking across. Experiment with different positions to target specific areas. Spend extra time with this one & do both sides.



Twists



Knees Up

Curve back & tighten abs while pulling both knees.



Flexion & rota-

Pull each knee individually. Don't bounce. Keep head on floor and opposite leg relaxed.

**Special Thanks:**  
Canyon Lake Fitness



photo: Klarich

Lay Out Your Gainer

1. Cross the wake and pull out to approximately a 45 degree angle. Turn back in to straighten out.
2. Do an air jump with both hands on the handle.
3. At the apex of your jump, let one arm out with the rope, thrust your hips forward, throw your head and shoulders back, then

- push on your feet slightly to lay your body out.
4. Look for the water and spot your landing.
5. At this point, grab back onto the handle with your other hand and pull it through for your landing.
6. It is very important to do a two-handed jump,

- hesitate, then throw the head and shoulders. You must separate those two actions.
7. I highly recommend wearing a helmet for this trick, as the tip of the board tends to catch the water on failed attempts!

-Jon Wilborn



# 1998 HYDROFOILING RULES & GUIDELINES

Hoping to follow in the footsteps of competitive kneeboarding and wakeboarding, top level hydrofoiling tournaments will inspire riders everywhere to practice, extend limits, and gather together to exchange ideas of this new extreme sport. Get set to show your stuff.

## DIVISIONS

Women (all ages)  
Men: to 29 years old  
Masters: 30-39  
Veterans: 40+  
Open: any age

Age on Jan 1 of current year

Events run in order by division.

## GENERAL INFORMATION:

All equipment must be pre approved and free from dangerous additions. All riders must use both heel loops during the entire runs. Foils may not be excessively sharp and must have safety pin or other locking device. No additional length may be added to T-Bars. The safety director will have the final say on equipment decisions.

Riders can supply their own rope and handle. The rope must be low-stretch or non stretch. Ropes must be free of knots and in good condition. NO EXCEPTIONS.

All riders must use personal floatation (neo vests and barefoot wetsuits o-kay).

Extended Pylons will be available.

NOTE: There will be a mandatory equipment check before the event.

DON'T expect a perfect tournament. Events are put on to facilitate the growth of the sport. If you have ideas for improvement, write them down and get them to us. Rules are subject to change when necessary as determined by the chief judge.

Current Hydrofoiling contests use two distinct formats:  
Free Ride & Tricks

## FREE RIDE RULES

A ride consist of:

A. A set time limit of 2-4 minutes (determined on site) beginning at the first start attempt and ending with a clear signal at the end of the set time. No fall limit. Tricks performed out of time will not be considered.

OR

B. A 2-4 pass run. The ride ends when the rider reaches the starting point or after a 2<sup>nd</sup> fall or 3<sup>rd</sup> fall.

A common run is 3 minutes or 3 falls. Ask your event coordinator for the specifics.

1. The rider is responsible for telling the driver boat speed.  
2. Your ride should represent your range, ability, and creativity. Subjective scoring on a scale from 0-10 will be awarded in each of the following categories:

**Air:** How big you go, intensity, energy, height, distance.

**Degree of Difficulty:** How hard your overall run is, performing difficult and different tricks.

**Performance:** Variety, creativity, and overall impression.

3. The judge(s) will be looking for everything in your run including starts, straight-aways, turns, and landings.

4. Keep moving, and show every trick you do, even if they are easy ones. Mix it up, and try to avoid repeating tricks. Show your style.

5. Subjective scores from each category will be added together for the final points total.

6. Rerides will be granted only if there was an obvious disadvantage to a rider from a controllable cause. (Rough water or stray wakes do not get a reride).

## PRO TRICKS RULES

2 - 25 second passes

10 tricks in order, by pass

Additional subjective scoring:  
25-35%

of the overall score.

- ♦ Attack sheets shall be submitted to the chief judge before the event. Runs may not be changed after the cut off time. Riders list tricks, point values, and boat speeds. Dismounts (wild card): need not be listed.
- ♦ All tricks must be done in order and from the pre-approved Pro Tricks List.
- ♦ New tricks may not be added for the Tricks event, but should be done in the Free Ride. New moves will be assigned point values for 1998-99 after video taped submission and/or discussion between invitational riders.
- ♦ Flips and gainers (somersaults) *must* have dominantly end over end rotation for credit. Rolling into or out of a "gainer" or "flip" will result in NO CREDIT. If you roll at all, call it a roll.
- ♦ Rerides may be allowed at the discretion of the chief judge for variance of boat speed, unsafe conditions, or other serious extraneous conditions.
- ♦ Timing for the trick passes shall start when the contestant initiates the first trick after passing the indicated start point. Each trick pass shall end when 25 seconds have elapsed from the start of the pass, or the contestant falls in the course. The last trick must be initiated (in air) before the 25 second limit to score.
- ♦ The first pass shall consist of 5 tricks. The contestant will be picked up after the first fall during the first pass. Any second fall shall end the run.

- ◆ The second pass shall consist of 5 tricks with a "last chance" dismount only if the contestant does not fall at any point after the start of the second pass.
- ◆ The dismount scores 2000 subjective points based on accuracy to a landing buoy (1000), along with form, style, and presentation (1000).
- ◆ 2 tricks from "jumps" must be included as part of the 10 tricks.
- ◆ **Open Division Only:** Only 2 tricks from each category can be performed for full value. No single trick can be repeated (unless it is a switch (reverse)). Categories with the **2 trick rule** include, but are not limited to: backside rolls, frontside rolls, front flips, gainers, helicopters, skidders, and combos. If a contestant performs more than 2 from one category, subsequent "repeaters" will be scored at one-half face value.
- ◆ Note: several tricks count in two categories: a BS combo roll will count in both the BS roll category and combo category. A BS Skid Roll will count in both the skidder and BS roll groups).
- ◆ A contestant who does not fall through or after the second pass gets a dismount trick. A pre-approved area with a landing buoy will be set, with safety of the riders and show value of prime consideration. The driver will return to the dismount immediately after 25 seconds of the second pass.
- ◆ Credit for dismounts will be given for any attempt based on accuracy and
- ◆ Protests must be made in writing delivered directly to the chief judge within 30 minutes of the posted results. Protests will be discussed by judges of that event. Video tape may be used as a back up. All judges' decisions are final.

## Style points

A maximum of 4,000 style points can be earned for each pass. Style points will be awarded for each pass from guidelines applied to each of the category, however, the judge's decisions are final.

**1000 Points-Execution:** Exhibited as control and mastery. Keying on the defined mechanics (as listed on the Tricks List) of the trick and a clean, controlled landing. *Execution is independent of other categories.* Degree of difficulty of tricks is not a consideration of execution. *Key words: form, control, technique*

**2000 Points-Air:** is related to though not exactly the same as intensity. However, in addition to outright hang time, air may also take into account the start position and approach, speed at initiation, height, and distance. The rider will be compared against a gold standard of air for that individual trick, in addition to the overall impression of "how big". *Key words: aggressiveness, hang time, energy, confidence*

## 1000 Points- Composition

- ◆ Smooth flow between tricks
- ◆ Variety and range: (many types of tricks) mid air/wide air/wake, spins/flips/skids/grabs vs. straight, more..
- ◆ Expression (ones individual approach to the same tricks) & showmanship

- ◆ Creativity (performing tricks that no one else is doing), Introduction of a new trick for the first time.
- ◆ Using transition moves

## TRANSITION MOVES

Transition tricks must be performed within the 25 seconds of the trick pass. A run may not start with a transition trick. A transitional trick is done between the main listed tricks in order to link them together and create a good flow and an interesting pass. It is a chance to show the range and individuality of a rider.

Judges will be looking for unique inclusion of all levels of transition tricks, and will be awarding riders who include them.

## GRABS

Tricks which include a grab as an integral part of a trick will be considered as unique trick (wake jump vs. seat lift).

For tricks that are defined with a grab, a grab is defined as an obvious and clear controlled meeting of the rider's hand and the board. Slaps and swats are not adequate demonstration of a grab.

No additional points will be formally added to high end moves adding grabs (rolls, flips, helis). They may, however, receive consideration in the style category.



# 1998 Hydrofoiling Worlds



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team rider: Mike Murphy / photo: Klarich

**Be Like Mike**



## PRO TRICKS ATTACK SHEET

Name \_\_\_\_\_  
Division \_\_\_\_\_

Pass 1 Tricks	Points	Judge's Use
1)		
2)		
3)		
4)		
5)		

TOTAL

Execution \_\_\_\_\_ × 100= \_\_\_\_\_  
Air \_\_\_\_\_ × 200= \_\_\_\_\_  
Composition \_\_\_\_\_ × 100= \_\_\_\_\_

Subjective Total

PASS 1 TOTAL

Pass 2 Tricks	Points	Judge's Use
1)		
2)		
3)		
4)		
5)		
DISMOUNT		

TOTAL

Execution \_\_\_\_\_ × 100= \_\_\_\_\_  
Air \_\_\_\_\_ × 200= \_\_\_\_\_  
Composition \_\_\_\_\_ × 100= \_\_\_\_\_

Subjective Total

PASS 2 TOTAL

*Flight presents*

# 1998 HYDROFOILING TRICKS LIST

## BASIC TRICKS

Cross One Wake	100
Cross Both Wakes (start outside, end outside)	200
Ride with One Hand (minimum 3 sec.)	200
Touch Water (one hand)	250
Off the Wake Turn (use outer wake as a reference point to change directions)	200
Moguls (turns across both wakes up-across-down the trough: min. 3 times)	500

## JUMPS

Baby Jump (any part of front blade must clear the water)	250
Bunny Hop (entire front and rear blade must clear water)	300
One Wake jump	350
Double Wake Jump (ski leaves wake with foil landing past the 2nd wake)	400
Smacker (jump off outside of wake during off the wake turn)	350
One Hand Jump (free hand off handle during jump)	450
Fashion Air (free hand above head and back)	500
Mule Kick (wide, board twists into boat w/tip drop)	450
McThruster (wake/mid/wide; tip drop w/ forward hip thrust)	450
Tip Drop nose of board dips below the horizontal)	425
Stiffy (board horizontal to water w/ bottom towards boat)	500
Quiver (wake/wide, move tip of board up and down several times)	500
Typewriter (wide, jump w/ min. four handle passes in typing motion)	525
Flying Chicken w/ Sound (wide, flap arms min.3 time w/ audible bird sound)	550
Undertaker (wide jump with one hand handle grab under both legs)	700
<b>Shifty -inside</b> (wide, board spins into boat, then reverse direction for landing)	550
Back-at-Cha (wide, board & head spin away from boat & back)	650
Shifty 180 - <i>outside</i> (wide, board & body spin completely away & back)	1200

## Release Moves

Floater (jump w/ two hand handle release and recovery)	800
Lazy Boy (floater w/ both hands behind head)	900
Spinner (floater w/ min. 360 handle rotation)	1000
Nancy (floater w/ two hand rail grab near feet)	1250

## Grabs

Seat Lift (grab near footman loop at side & pull up)	600
Reach Around (tower grab: rear upper vertical tower near top of "wineglass")	650
Method Air (right hand/right rail grab near foot, or left hand grabs left rail...)	650
Cross Rocket Stiffy (Stiffy with rail grab <i>across</i> board near foot)	650
Tail Grab (right hand right rail grab near tower base or left hand grabs left...)	650
Nose Grab (grab nose of board w/ either hand in air)	650



photo: Klarich/ rider: Shonna K

Crossing the Wake



photo: Klarich/ rider: Vicki Mack

Wake Jump



photo: Klarich/ rider: Wayne Rexwinkle

Fashion Air



photo: Klarich/ rider: Murphy

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Violators will be deep sixed - Submarine



photo: D. Whitmore/ rider: D. Moore



Backside (BS) Roll

photo: Doyle/ rider: Klarich



Air Wrapped Helicopter

photo: Doyle/ rider: Klarich



Gainer Dismount

## INVERTS

### Wake

BS Roll (side over side rotation, shoulders moving back)	1150
FS Roll (side over side rotation, shoulders moving forward)	1200
Blender (BS roll with helicopter wrap)(counts in BS roll group)	1250
Gainer ( <i>must</i> rotate end over end)	1300
Front Flip ( <i>must</i> rotate end over end)	1400

### Air (NO WAKE)

Pogo Roll (BS air roll: side over side rotation, shoulders moving back)	1150
Submarine (BS air roll to complete submersion w/ recovery)	1350
FS Air Roll (side-side rotation, shoulders moving forward)	1200
Air Front Flip	1350
Air Blender (BS roll with helicopter wrap)	1200
Show Gainer (back flip cutting to left, <i>must</i> rotate end over end)	1250
Gainer (back flip cutting to right)	1250

## COMBOS

Jump Combo Jump (double wake jump to immediate air jump)	650
Jump Combo Roll (2 wake jump to immediate BS Roll)	1350
Double Combo Roll (BS roll to immediate BS Roll)	1650
FS Combo Roll (FS roll to immediate FS roll)	1725
Triple Combo Roll	2000
Quad Combo Roll	2200

## MISC. MOVES

Skidder (bottom of wing rides on top of water, 2 second minimum)	600
Jump to Skid (double wake jump to skidder, board can't touch water)	750
Wake Cross Skidder (skid crossing both wakes)	750
Skid with Floater	900
Skidder Wake Jump (skidder 2 wake jump to skidder)	900
Skinned Knee (skidder while holding handle vertically w/ knees)	900
Skid Roll (BS or FS roll to skidder)	1250
Power Turn (low slalom turn with weight <i>supported</i> on hand "surf turn")	1100
Body Slide (entire arm and side <i>must</i> be supported by the water)	1200
Air wrapped helicopter	1300
Wake wrapped helicopter	1375
Air hand-to-hand helicopter	1450
Whip-tic (air 180, land backwards to front)	1900

## DISMOUNTS

LD (long distance gliding)	500 & up
Backwards landing	475
Mc Skidder (go to skid before or after releasing rope)	600
360 Tick-tock (back landing w/ release to front)	700
360-540 Gyro (rider carves turn in circle)	600
Roll Over (FS roll)	675
Gainer	600
Gainer Combo	800

**Dismount Score (up to 2000) = style for trick (1000) + accuracy (1000)**

Note: If not specifically listed reverse tricks (reverses side *or* direction of rotation) may be performed for the same points as the regular trick. Open category may only perform two tricks per group for full credit. See trick rules for more complete explanations.

**positions:** mid= 10-15' outside wake, wide= 25' or wider from wake  
**min.=**minimum, degrees of rotation measured from boat

## Extreme News

### The Great Pyramid

The concept of running connected triple four high pyramid has been around for 3-4 years, and several top clubs have previously tried unsuccessfully to build one.

Our 38 person connected triple four-high pyramid was pulled by Al Hutchinson at the wheel of a 20' Hydrodyne powered by triple 150HP Evinrude engines. It was a monumental task just to pull the 38 riders (17 shoulder starts) from a seated dock start with 36 skis and over 2000 feet of rope all set up.

And all this with the pressure of only getting one try during the 1997 Show Ski Nationals.

Our pyramid had three exciting and distinct points of audience appeal. The first being the start itself, as the crowd anticipates that many people being pulled off the dock at once. The second climax comes when the pyramid is built and actually skis through the course. Af-



Badgerland's World Record Pyramid

ter that, there is great anticipation to see if it all comes back to the beach. The crowd enthusiasm was tremendous, and to see it all take off, build, and have all 38 skiers return to the beach was an unbelievable feeling!

Jeff Henke,  
1997 Badgerland Show Director

### Wake Skate

Wakeboarders and crossover athletes from board sports such as skateboarding and surfing have popularized yet another extreme sport. The wake skate is a wakeboard without bindings. Riders use ¾" to 1" fins on both ends of their boards and place their feet on rubber traction pads that are canted in for support. Most boards are topped with a soft foam to cut down on injuries caused from the free flying boards.



photo: Heather Lee

The wake skate is the latest craze

Wakeboarders will find getting up not too difficult, but performing tricks is another story. Top riders can pull off wake jumps, wake to wake 180s, shuv-its (the board, not the rider spins), and more. Several companies have introduced the board this year at a cost of about \$150-\$250.

## RetroX

Stand up hydrofoils were the original magic carpet ride. They were first developed and marketed in the 60s, and many pairs were sold. The original foil had a V-shaped strut and 3 small wings.

These hydrofoils also inspired the Air Chair. On the Colorado River in the 80s riders experimented by mounting up numerous skiing devices on the V-foils including kneeboards, trick skis, and more. The breakthrough came when a Sit-Ski was mounted on the foil. Modifications were made from there including adding a seat belt, heel loops, and an updated foil.



photo: Doyle / rider: Murphy

The Original Stand-Up Hydrofoils

(Continued from page 1) Tommy Phillips Inside Competition

From our backyard tournaments, to the first compression molded wakeboard, to the first wakeboard superstar...the ball was rolling out of control.

The WWA (World Wakeboarding Association) was formed at another small tournament in Denver in 1991. Todd Weatherill took the reins after all of us voted at the lake. We had the Second Worlds next Spring. New events and new faces kept the pace going.

The same thing happened in '96 at the 1st World Hydrofoiling Championships held in Denver. Mike Murphy was finally recognized for his outstanding achievements. People became stoked and Air Chair sales sky rocketed. The sport has taken another leap because people decided to try something new. If you want to have a tournament you should have one. Do not promise perfection. Promise fun and have an ear for suggestions. If things go wrong, apologize and try to make it better next event. Remember the formula: Under promise and over deliver. Events help everyone that participates. Events help the sport and help the industry. Tony Klarich and I will be glad to field questions and who knows, we just might show up to ride or help. Give it a try!



# Marketplace

## Classified Ads

Now you can sell your stuff, search for custom products, or just get together with other riders. Send your ad in today! \$20 for 30 words, pre-paid. Summer deadline: May 22

I live on Lake Ozarks in Missouri. I'm interested in meeting people to Air Chair with. I also customize Air Chair foils. Contact Tim Shafer 573-374-4373 or e-mail at: mtshafer@lakeozark.net



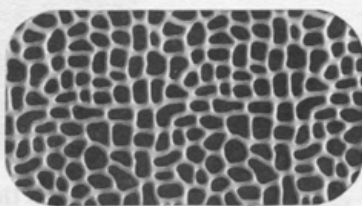
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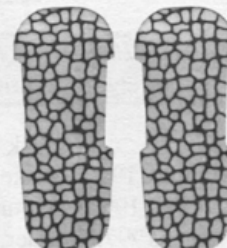


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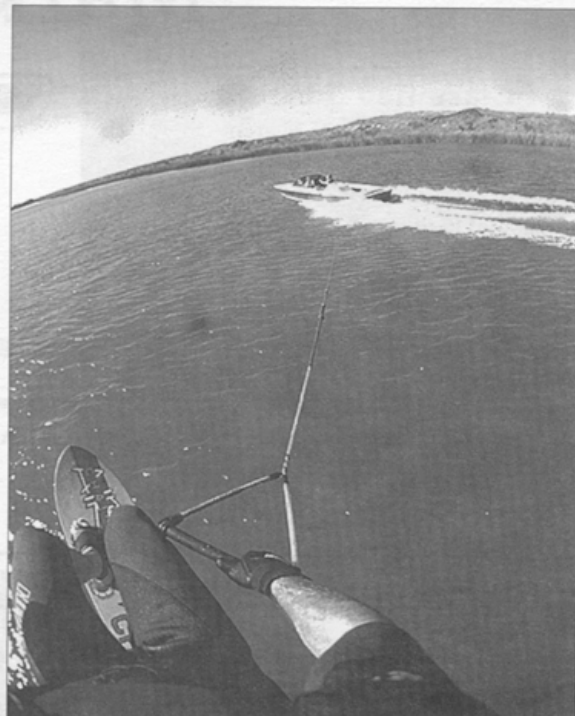


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Spring 1998

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Interview with Damon Moore

Photo Session