

LasWakegers Summer Camp 2021

Time	Activity	Remarks
0900-1000	<ul style="list-style-type: none">● Warm up exercise● Safety precautions briefing● Games	Beach
1000-1200	<ul style="list-style-type: none">● Wake surfing● Video taking	Boat Lifejacket
1200-1300	<ul style="list-style-type: none">● Lunch	Beach
1300-1400	<ul style="list-style-type: none">● Video Review	Beach
1400-1600	<ul style="list-style-type: none">● Wake surfing● Video taking	Boat Lifejacket
1600-1700	<ul style="list-style-type: none">● Debriefing● Cool down exercise● Games	Beach

Wake surfing 1 :

- Lifejacket & Regular or Goofy
- Lay back in the water with your feet laying loosely on the board with rope
- The rope should still be slack at this stage. Relax. Bend your knees up towards your chest. Put both hands on the handle, arms straight and between your legs
- Dig your heels into the wakesurf board and pop it up vertically
- Keep your feet shoulder width apart, with your back foot anywhere from 5 to 10 inches from the tail of the board
- Find your balance with one hand of the rope
- Fall safely

Wake surfing 2 :

- Brake and speed up with the rope
- Side to side movement / wagging the hip
- Moving the board from side to side
- Carve the wake if confidence
- Eye contact & smile

Wake surfing 3 :

- Find your balance without the rope
- Control the speed
- Squat if confidence
- Eye contact & smile