

Seth Stisher

TEAM MASTERCRAFT PRO



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With more than 14 years under his coaching belt, you would expect world-class instruction from the brain behind H2Osmosis Sports. Seth Stisher's keen analytical eye for the mechanics of slalom enables him to pick out the smallest problems with a laser-quality focus. And that's just what our campers reported. But it was his method of translating complicated physics into practical movements in his signature easygoing manner that really won their praises. Here are three of Stisher's top tips.



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GET UP, STAND UP:

A balanced, athletic stance is fundamental. Concentrate on maintaining an upright posture, stacked over the ski, in order to get the most out of your ski and give yourself the opportunity to react athletically to all situations. The ski works most effectively when your body mass is located either over the boots or slightly leading the boots. If your weight distribution gets too heavy on your back foot, you lose the ability to move like an athlete and you also cause the tail of the ski to sit deep in the water, therefore pushing water rather than riding on top of it. This makes everything you do feel like more work.

SPEAK YOUR MIND: The student is as much a part of the instruction process as the coach. Asking questions and giving honest feedback are key elements to your overall success. Be sure to get coaching from someone who allows you to be a part of the process. A good coach will help you wrap all the given information into a package that enables you to execute new concepts more readily, even when you return home and ski in your own environment.

SAVE IT FOR TOMORROW: If your mind is verging on a breakthrough, but your body is ready to shut down, call it a day and pick up where you left off the next time you hit the water. Ignoring signs of fatigue from your body is one of the easiest ways to get injured. Additionally, some of my students' biggest breakthroughs come after a night of rest or a day off. Rest allows the new ideas or concepts to "gel" in your mind and may even give you a chance to visualize a little more. Consider asking your coach to cut your water time short and finish your lesson time on the shore with some clarification and perhaps dry-land drills.

SETH'S TOP TIPS

Campers' Views

"I was impressed by the 'coach' in Seth, the positives he conveyed, as well as the demonstrations/movements he performed from in the boat were on my wavelength." — Shane Coulter, Morisset, Australia

"Seth is a very analytical coach, focusing on the smallest details — which is great, as sometimes it is in the detail. He had great tips for practicing movements and techniques in free-skiing, without the hassle of being in the course." — Heike Neumann, Mainhausen, Germany



Camper: Shane Coulter

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Camper: Doug Faker