

Dear Skier,

Thank you for entertaining the idea of bringing me to your ski site or area to put on a waterski clinic. I appreciate your initiative to ask for assistance in improving not only your skiing but that of those around you. I feel confident that I can help you improve your skiing through coaching, training tips, technical advice, and by broadening your general knowledge in many aspects of your skiing.

In order to make the task of setting up the clinic less daunting, I have provided five documents that will help you organize and promote the clinic.

Document #1 is a flyer/sign up sheet so that you may post in it areas where other skiers may see it (boat dealerships, marinas, your ski club, etc.). If you think it would be more productive in your area or at your ski club, **Document #2** is a flyer with a place for your contact info so that people can contact you directly rather than sign up/express interest on the sheet. **Document #3** outlines the basics of how the clinic should be run in order to maximize the effectiveness and efficiency of our time. **Document #4** is a worksheet to help you break down the various costs associated with the clinic and layout the costs per set in order to recover those same costs from the participants. **Document #5** is a daily schedule so that you may organize a plan for each day.

Please call me anytime or e-mail me with any questions or concerns you may have. I ask for 20% of the daily rate up front to secure your dates. I look forward to hearing from you and setting up a time to come ski with you.

Seth Stisher
866.213.7993
seth@waterskitrainer.com

WaterSki Clinic with Seth Stisher of WaterSkiTrainer.com, H2OSMOSIS SPORTS, AND H2OPROSHOP.COM



Seth's Coaching Philosophy: All skiers have different backgrounds, builds, athletic abilities, goals, and motivating factors. This is why I feel that it is important to have a dynamic coaching style and recognize that there are many ways to approach skiing and achieve desired goals. Additionally, I like to give skiers enough background information on the physics of skiing to allow them to continue to progress long after their coaching sessions. All of this is done in a relaxed, enjoyable environment with organized, understandable coaching methods.

DATE(S) OF CLINIC: _____

TIME RANGE OF CLINIC: _____

COST PER SET/DAY (CIRCLE ONE): _____

LOCATION: _____

Clinic Interest Sign Up Sheet

| Name | Phone | E-mail | Date(s) | Preferred Time(s) |
|------|-------|--------|---------|-------------------|
| 1) | | | | |
| 2) | | | | |
| 3) | | | | |
| 4) | | | | |
| 5) | | | | |
| 6) | | | | |
| 7) | | | | |
| 8) | | | | |
| 9) | | | | |
| 10) | | | | |



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DATE(S) OF CLINIC: _____

TIME RANGE OF CLINIC: _____

COST PER SET/DAY (CIRCLE ONE): _____

LOCATION: _____

ORGANIZER CONTACT INFORMATION

ORGANIZER'S NAME: _____

ORGANIZER'S E-MAIL: _____

ORGANIZER'S PHONE: _____



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WHAT THE CLINIC CONSISTS OF:

Unless otherwise noted, all clinics include **up to 18 sets or 8 hours of water time** per day (whichever comes first). It is nice to have **at least** a 30 minute lunch break, a few short breaks in between, and time for up to two ski rides for myself. This means that the entire day will range anywhere from 9.5 to 10.5 hours depending on breaks, etc. The organizer(s) will get a free t-shirt. All others will be able to purchase t-shirts for \$10 each. Additionally, all participants will receive a coupon for 15% off of any \$50 or more purchase from H2Osmosis Sports. I will also have stickers, pens, and "Ski Notes" notebooks available at no charge for those skiers who want them in most cases. Additionally, I can do video analysis time permitting for an extra \$25 per skier after the clinic is over. If you decide to setup a clinic where there is a lower number of skiers and there is time within the regular part of the clinic day, of course there will be no extra charge for video analysis.

CLINIC SCHEDULING:

Within this range, you can set the clinic up for volume, quantity, or a good balance of both. If you would like skiers to take shorter sets and get more skiers involved in the clinic, try to schedule 20 minute sets with a lower pass limit. If you would like each skier to get plenty of time per set, schedule 25-30 minute sets with a higher pass limit and a lower number of skiers. Either way, leave a little room for the unexpected and for time delays between skiers especially if your lake setup is not super efficient (i.e. the dock is not located with an easy approach to the slalom course, etc.) .

HOW TO MAXIMIZE THE TIME WE HAVE:

There are a couple of quick tips to maximize the time we have and insure efficiency throughout the day (please note that none of these tips are meant to make anyone feel rushed...to the contrary they are given in order to increase the organization of the day so that no one feels rushed.

- 1) Have boats and fuel lined up in advance.
- 2) Have a backup plan in case you have a boat problem.
- 3) Have a driver schedule so that no one gets burned out on driving and so that there is no down-time.
- 4) Plan for lunch in advance so that there isn't a long unexpected delay.
- 5) If at all possible have a schedule for the skiers throughout the day.
- 6) Insure that you have the most efficient plan for the exchange between skiers so that there is not a great deal of time wasted in the transitions.
- 7) Leave some space around lunch time for any necessary ski adjustments for any skiers whose setups may need some tweaking.

OTHER NOTES:

Please note that none of the elements of this document are meant to make the clinic less relaxed than in years past. It is only an attempt to help you and the other skiers involved get the most out of the clinic. I understand that situations arise and that things can't always be planned for, but I figure the better the plan in the beginning the easier it will be to deal with unexpected occurrences. Ultimately I want us to have a relaxed, enjoyable clinic without great time constraints or a completely rigorous schedule. I am very flexible and hope that you are as well.



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2008 RATE STRUCTURE

\$1,100 PER DAY PLUS FOOD, TRAVEL, LODGING
\$25 PER SET FOR POST CLINIC VIDEO ANALYSIS
\$10 EACH FOR WST TEE-SHIRTS

COST CALCULATION WORKSHEET

| ITEM | COST |
|--|----------|
| Daily Rate x _____ days | |
| Travel (Flight if applicable) | + |
| Travel (Rental Car/Mileage if applicable) | + |
| Lodging (Hotel if not in organizer's home) | + |
| Meals (reimbursed to organizer) | + |
| Boat Fuel | + |
| Any other boat charge | + |
| Other miscellaneous Charges | + |
| TOTAL COST: | = |

| | |
|-----------------------|---|
| # OF DAYS: | |
| # OF SETS/DAY: | X |
| TOTAL SETS: | = |

| | |
|-------------------|--------------------|
| TOTAL COST | = \$ /SET |
| TOTAL SETS | |



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TIME RANGE OF CLINIC: _____

COST PER SET/DAY (CIRCLE ONE): _____

LOCATION: _____

Clinic Schedule for Day: _____ and Date: _____

Break down the time per set as you see fit based on the number of skiers you would like, your time constraints, and the efficiency and logistics of your site/dock setup. It has been my experience that 25 minutes is usually the best set length unless you have a tournament site where you are used to having a quick turnaround time between skiers.

| Time | Skier Name | Phone Number | Paid Status |
|--------------|-----------------------------------|--------------|-------------|
| | Seth Stisher | | |
| Clinic Start | | | |
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| | | | |
| Lunch | Seth may Ski 2nd set before lunch | | |
| Break | | | |
| Somewhere | | | |
| Here. | | | |
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