PROGRESSIVE EDGE WAKE PARK

GOLD AWARD

CERTIFICATE OF ACHIEVEMENT

Awarded to

for having reached Gold Award Level in Wake Park riding.
Congratulations - you're now ready to take on Platinum!

BWSW Coach/Operator Name

BWSW Coach/Operator Signature

Home Park

Date

British Water Ski & Wakeboard

PROGRESSIVE EDGE WAKE PARK



GOLD AWARD

QUICK TIP
To future proof your progression be sure to play around with the switch and toeside variants of every trick.

QUICK TIP
For rotations off rails, hold your hit until the very end and push off before spinning.

TERMINOLOGY

- Poke - Straightening (poking) one leg as part of a trick, usually with a grab
- Frontside 50/50 - Toeside approach, keeping the board inline with the rail/feature

STAGE 1

Kicker
- ☐ 1. Heelside straight air with rear hand grab ☐ Indy ☐ Tail ☐ Stalefish
- ☐ 2. Frontside 180 ☐ Heelside ☐ Toeside

Rail
- ☐ 3. Backside boardslide to frontside 90 off the rail
- ☐ 4. Backside 50/50 into frontside 360 along the rail
- ☐ 5. Switch backside 50/50

In the flats
- ☐ 6. Ollie backside 180 ☐ Natural ☐ Switch
- ☐ 7. Enter wakeboard contest

STAGE 2

Kicker
- ☐ 1. Heelside frontside half cab 180
- ☐ 2. Switch straight air
- ☐ 3. Toeside indy grab
- ☐ 4. Heelside front hand grab ☐ Melon ☐ Nose
- ☐ 5. Heelside frontside 180 with front hand grab ☐ Melon ☐ Nose ☐ Slob

Rail
- ☐ 6. Frontside 50/50
- ☐ 7. Backside 50/50 to frontside 180 off the rail
- ☐ 8. 50/50 into 360 along the rail Frontside Backside

QUICK TIP
Suck up kicker landings with just your knees and keep those knees and ankles soft on rails.

STAGE 3

Kicker
- ☐ 1. Heelside frontside 360 ☐ Natural ☐ Switch
- ☐ 2. Heelside poked tail grab
- ☐ 3. Heelside frontside half cab 180 with grab
- ☐ 4. Toeside indy poke
- ☐ 5. Tantrum
- ☐ 6. Toeside front roll

Air Tricks
- ☐ 7. Heelside air raley
- ☐ 8. Heelside back roll



This is to certify that _____

has dialled in every skill on the Gold Award. Awesome job!

Now, get your coach to fill our your details and let BWSW know you've completed Gold so they can hook you up with a free BWSW membership and goodie pack.

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