

# kiteista

## FED UP WITH KITESURFING?

It's a thing that can happen to all of us: the moment when we become fed up with kitesurfing.

So how can this happen and does it mean it is time to find another sport? Absolutely not. We all get some form of this feeling from time-to-time. Have you ever been getting ready for another session and asking yourself what trick you'll try, but knowing in the back of your mind that you'll probably just have the same session as last time and not try anything new? This can quickly evolve into a lack of motivation to go and ride as you feel your lack of advancement is removing the fun and the satisfaction from your sessions. Sound familiar?

It can happen to anyone – regardless of your skill level – and it is quite a normal feeling as we all reach a stagnation point in our progression. Luckily we can get rid of this feeling just as easily as we can find it... At KiteSista it is a situation we come across often as we spend a lot of my time with kiteboarders from all over the world, of all skill levels and we often come across riders who are becoming a bit fed up with their kiting.

One such client comes to mind, let's call him Craig... Craig spent a season in Cumbuco in order to improve and immerse himself in the kite scene, but he was telling me how hard it was for him to progress past just tacking back and forth over and over and never trying any tricks on the water.

Of course he loves kiting, this was not the problem, but he had reached the point of stagnation: he knew it was time for him to start throwing down tricks but he just wasn't doing it. This of course was certainly not helped by the stark realization that the lagoons of Cumbuco are filled with some of the best kiteboarders in the world and, whilst this is an impressive site to behold, it can be more than a bit demoralizing when you are plucking up the courage to try a front roll.

So we passed on some advice to Craig, and we would say the same to you, with the aim of ensuring that your sessions remain fun and relaxed and do not turn into a psychological battle against yourself.



Rider: Sofi Chevalier  
Photo: KiteSista

### SET UP SOME GOALS

You have heard it said many times but it really does make a difference. Not too many and make them realistic (a goal to 'try something' is more attainable than a goal to 'not leave the water until you land your dream trick') but the most important thing is to stick to them. Small goals can also be

very interesting, like riding toeside on your weaker tack, adding a grab to your trick, or adding a jump to your transition. These small steps can actually help you add style and variation to moves you already have dialed in, which can help remove the feeling of repetitiveness from your tricks.



Rider: Sofi Chevalier  
Photo: KiteSista

## BE POSITIVE ON THE WATER

Not many great things in life are achieved in a bad mood or whilst annoyed at yourself, and kiteboarding is no exception to this. So breathe, relax, smile, and find your happy place: it will make the world of difference.

## PREPARE YOURSELF BEFORE GOING KITING

So many professionals in all aspects of life will tell you that preparation is the key to success. A warmup routine is an important aspect of any sport, but whilst preparing your body, it is also a chance to prepare your mind. Take yourself seriously (even if you are smiling on the outside) and go over your goals for your session in your head.

## COMMUNICATE AND EXCHANGE IDEAS

Don't feel embarrassed to ask for some tips before your session. Other riders will want to help and probably appreciate the fact that you deem them worthy of your questions! You can also look around you and if you see someone riding with a good style then have a break, take a seat and watch them. You can learn

a lot and then when you go to talk to them after the session, not only will they be very flattered you were paying attention, they will also most likely be happy to share the tips they have to help achieve their style.

## GET SOME RELATIVE PERSPECTIVE

It is just kitesurfing. We all know how important this sport is for us and how sometimes it feels as if we live and breathe it, but it is still supposed to be fun. Not being able to land a specific trick is not the end of your life, you will not be a better person off the water because of it, especially if it makes you desperately unhappy in your failed attempts. This attitude can also help you as you might adapt your goals to work for you, rather than ticking off the default trick list everybody seems to want to work to these days.

## GO ON A KITE CAMP

Whether it is an intensive coaching camp or just a group holiday, it doesn't matter. What is important is that you are not kiting by yourself and if you are lucky

you will have good motivation and influence from those around you, which will help you to improve a lot. By having someone watching you on the beach and calling you in every five minutes to tell you what to do can also make the difference. You really should try it at least once and we expect you will be back again...

Rider: Sofi Chevalier  
Photo: KiteSista



## TRY TO HAVE SHORT SESSIONS

Most experienced kiteboarders don't go out for four hours each session, they wait for the right moment when the conditions are to their liking and then get out there and ride intensively for about an hour, then stop to let their body and mind recover. The benefit of this over just cruising up and down for hours on end is the increased likelihood that you will go for your goals rather than confine them to the back of your mind. If you feel fresh, focused and ready then you are in a much better place to progress. If you only get to kite once in a while and you want to make the very most of it then set aside the first hour for progression, then switch to cruise mode!

## PLAY

Don't forget to play! Kitesurfing is a game and the sea is your playground. You can use a lot of different toys to have fun: Strapless sessions, foil, freestyle, wakestyle, wave riding. Don't be afraid to try something new, even if you have to start from zero again. It will challenge you and will definitely put a giant smile on your face.

## CHANGE SPOTS AND OPEN YOUR EYES

If you have the chance to be able to move around and change spots from time to time, then you should. Opening your eyes and looking around you at new scenery and conditions will make you a more versatile kiter and – we know it sounds a bit cheesy – but sometimes we forget just how lucky we are with the beauty of nature around us. The simple act of taking time to appreciate your surroundings can make your day – even when achieving your goals just doesn't happen this time round...



Rider: Sofi Chevalier  
Photo: KiteSista