



TOESIDE FRONT ROLL

Wakeboarder : Veronica Riva Words : Mark Osmond & Melissa Lock Photography : Mark Osmond

I was fortunate to be in Lake Como in Italy this May and managed to get out on the boat at Sambuca Wakeboard School, known as SWS, home to several members of the Italian Wakeboarding Team, current World Champions and Europe & Africa Champions. SWS run two Malibu wakeboard boats, a 23MXZ and a 22LSV. Lake Como is such a wonderful setting and well worth a visit and, if you're a wakeboarder, you have to pay a visit to SWS. This sequence of shots is of local rider Veronica Riva, who won the gold medal in the Girls' category at the 2023 Europe & Africa Championships in Sicily. Here she performs a toeside front roll and, with Melissa Lock, I'll take you through the steps to land this trick.

Veronica is a right foot forward rider, so if you are a regular rider rather than goofy, your approach will be opposite to that shown.

The first thing to say is that - as with a lot of wakeboard tricks - there's more than one way of landing this, so take care with instructions, listen to your coach but work out what works

for you. At the end of the day, all you need to do is take a toeside cut in, leaving the wake to do a front roll, land and ride away on a toeside edge. Easy as that!

Most tricks are learnt one wake first, but this one is sometimes learned wake to wake. If needed, shorten up the rope and slow the boat down to lessen the fall impact.

Edge away from the wake on your

heelside, wide of the boat. Allow the board to change edge slowly and take an aggressive toeside cut towards the wake.

As you edge up the wake flatten off and stand tall to take the trick up into air. Some describe this trick as a trip invert, ie initiating a similar motion to the trip on a tantrum.

This is because, once you have reached this stage of the trick, flipping

over should happen quite naturally, almost as if you have 'tripped' yourself over the wake.

It is also possible to do this trick without the trip; just hold that aggressive edge all the way up the wake before initiating the flip.

Once the trick is directed into the air, initiate the front roll over your back arm. You do this by bringing your chest towards your knees and, most importantly, by bringing your heels towards your backside. Without that last part your feet will be too far ahead of you for landing.

Keep the handle close, near your waist or towards your front hip 'back pocket'. Before landing, it will help to release with your back arm, but you

may find it easier to keep two hands on for longer than you would think.

What you do with the handle is key to how you land. Pushing the handle down into your back pocket and releasing your back hand will help you land on your toeside edge to ride away. Moving the handle towards the back hip and/or keeping two hands on is likely to turn the trick into a scarecrow (front roll with a frontside 180) and for many riders that's an easier trick to land.

You will spot the landing quite late but keep your eyes open and look for the horizon.

Think about trying to over-rotate the trick and land with soft knees over your toes. If you are under-rotating,

tuck in tighter and ensure you are going up before trying to flip. To slow the rotation down if you are over-rotating, open up and release your back hand. The key to any trick after a wake to wake jump is that it is a wake to wake jump before anything else; once you have the height, any additions are much easier to master.

HAVE FUN ON THE WATER TRYING THIS!

Mark Osmond and Melissa Lock are both Team GB wakeboarders and qualified coaches.

For information on SWS wakeboard school scan the QR code

