

International Water Ski and Wakeboard Federation World Barefoot Council

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IWWF Barefoot Athlete of the Year 2009

Keith St. Onge



St. Onge is once again proving he is the most dominant international force in Barefoot Waterskiing. He turned in another unbelievable performance in 2009, repeating as the World Overall Champion in New Zealand. He once again reset the world trick record, this time at an amazing 11,250 and he retains a stranglehold on the world record in Wake Slalom.

St. Onge also turned in an incredible performance at the World Games in Taiwan helping bring the U.S. team to victory, as well as winning the individual Gold Overall medal on the international stage.

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Stateside, he completed "barefooting's triple crown" by capturing the U.S. National Championship for the tenth time in 12 years. This year, he not only won the overall championship but also the gold in tricks and slalom. Just weeks after his Nationals success, KSO switched gears and finished second in the endurance figure eight championship, "Footstock."

St. Onge's participation in all forms of barefooting makes him a respected ambassador of the sport, recognized around the world. He is now turning his attention to growing the sport by training the next generation of Barefooters.

KSO recently joined forces with former World Champion David Small to create the World Barefoot Center in Winter Haven, Florida. The WBC is nurturing young barefooters to rise to the top of the competitive world by offering sponsorship programs and all levels of training. St. Onge is also inventing new equipment and training techniques to give his students the edge. Everyone will soon want to be on Team WBC.

Throughout all of his success, St. Onge has developed a loyal following of fans because of his humble and kind nature. The best barefoot water skier in the world still pitches in to help at tournaments and even drive the pick up boat.

And St. Onge is showing no signs of slowing down.

"I am staying motivated and looking ahead to Germany in 2010. I want to raise the bar on the record and the world," says St. Onge.

Write-up provided by Betsy Anderson

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Nominee Resume

Number of Tournaments Skied in the Past Year

Keith participated in 11 total Tournaments in 2009

7 Traditional barefoot tournaments

1 Regional Championship

1 National Championship

2 Endurance tournaments

1 National Endurance Championship

Number of International Tournaments Skied in the Past Year

Keith participated In 2 International Tournaments

2008 World Championships (held in Jan 09)

2009 World Games

World Ranking

Based on the 2008 WSL Keith is currently ranked;

3rd Overall

2nd Slalom

4th Trick

6th Jump

Based on the 2008 World Championships Results:

1st Overall

1st Slalom

1st Trick

3rd Jump

Medals at World Titles

23 World Championship Medals

7 Team Medals

16 Individual Medals

9 Gold

3 Silver

4 Bronze

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Keith has won individual medals in all but one World Championships. (His 1st one)

World Records

Keith has held 7 world records

Currently holds the World Slalom and Trick records

20.6

11,250

Confederation Ranking

1st Overall

1st Trick

1st Slalom

1st Jump

Confederation Records

This confederation does not keep records but if they did I am confident Keith would own all of them.

National Ranking

1st Overall

1st Trick

1st Slalom

1st Jump

National Records

Keith owns all 3 National Open Pro records

20.6 Slalom

11,250 Trick

25.8 Jump

New Personal Bests

12,650 Tricks

25.7 Jump (25.8 was back in 1998)

New Skills Learned

I think the best new skill that he has learned this year, is the ability to combine the most difficult barefoot tricks into a 15 second routine at standards that the world has never witnessed.

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Contributions and Support to Their National Team

Keith is the best ambassador that the US team has he is ALWAYS helping new and seasoned skiers everywhere he goes. He'll give pointers, advice and even training to help progress a skier in their quest to learn and improve.

World Contributions to the Sport

Keith travels the world teaching and promoting the sport, yes it is his business, but he does it with a great personal touch. He is regarded as the best in the world by an overwhelming majority of his peers. He has sponsored many tournaments, clinics around the world and is the premier sponsor of the 2010 World Championships.

He represented the USA at the 2009 World Games and 2008 World Championships (held in 2009)

Confederation Contributions to the Sport

Pretty much same as above, he is very good at sharing his time and donations across the globe.

National Contributions to the Sport

Again more like above, and always willing to lend a hand to help out at the tournament scene.

Local Contributions to the Sport

Owns and operates a very successful ski school in Winter Haven, FL. He offers promotional deals to many skiers such as skiing on the ski school's team, deep discounts for aspiring skiers, etc.

Time Donated Coaching Other Skiers.

Every year Keith donates too many hours of coaching to actually count. He recently announced his support to the 2010 World Championships in several ways of which include free coaching / training sessions.

He also provides extreme training programs for young potential world competitors who are serious about being the next world champion, at a fraction of the cost that it takes to actually run it.

Promotion of the Sport

I can not think of any single person in this world that promotes the sport more, on a global basis, as Keith does. He is highly regarded as an ambassador of barefooting.

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New Skiers Introduced to Sport

Too many to name and he is constantly taking on personal projects to develop new future champions.

Officials Ratings Held

Keith is an assistant Judge, Driver, and Scorer

Extracurricular Activities

Keith enjoys Kick boxing, working out and biking.

Other important information

Keith is a role model for barefoot waterskiing, his humble and kind nature help make him the dedicated human being he is.