

University of Minnesota Duluth - Outdoor Program

Surfing Based Strength & Conditioning - Pool Sessions

When the wind blows over Lake Superior from the Northeast Duluth becomes a legitimate surf town. Park Point, the Lester River and Stony Point are the local hot spots that draw surfers into the cold water to ride fresh water waves. Learn about the equipment, conditioning and the skills that will lead you to that "catch a wave and you're sitting on top of the world" moment. Learn about the RSOP Surf Member benefits, when the next surfing safari will take place, who goes surfing and where to find equipment.

WHAT TO EXPECT FROM POOL SESSIONS ON CAMPUS:

We will cover the following topics:

- board design, waxing, wetsuits and accessories, finding Lake Superior surf, reading the surf zone, surf etiquette, kayak support, surfing resources, surf travel
- paddling technique, awareness of board trim, turning skills, how to pop up into a stance and balance, foot work, controlled falls
- It will not take long for you to discover how physically demanding surfing is. We will work toward improving your endurance through interval training on and off the boards, submerged hypoxic training, free swimming, resistance training and balance drills.
- The 9:30-10:00am portion of each session will be devoted to dry-land instruction of surf related topics. Attendance at each session is strongly advised.

INSTRUCTORS:

Randy Carlson and RSOP Staff assistants

WHEN: Fall Semester 2009, Fridays 8:30-11:00am September 18 October 2,9,16,23. Spring Semester 2010, Wednesdays 2:30-4:30pm April 14,21,28 all in the pool. (Spring only membership \$25 UMD Students)

The Fall and Spring Semester "**e-mail notification surf outings on Lake Superior**" occur in October, November, April and May using RSOP surf boards, stand-up paddleboards and our new inventory of 5mm wetsuits, booties, mits and hoods. These outings occur at intermediate and advanced skill levels when the surf conditions and instructor schedules are favorable. Dawn patrol is typically the best.

WHERE: Meet at the UMD Pool in the Sports and Health Center

WHAT TO BRING: swimsuit, swim shorts that can get waxed, towel

WE PROVIDE:

Surfboards and surfing accessories.

Instruction is held in the pool, behind a ski boat and on Lake Superior.

COST: Must be a RSOP Surf Only Member \$45 per year for UMD Students / \$115 per year for Others or a "RSOP Combined Surf & Kite Member" for \$70 per year for UMD Students and \$175 for Others.



GOALS:

- Develop basic skills
- Have Fun
- Build advanced skills

EXPLORE MORE WITH THE UMD RSOP 2009-10:

- Canada River Wave Surf Safari September 25-27, 2009
- Kayak and surf in the pool Mon 2:30-4:30pm Thurs 9-11pm
- Introduction to Kiteboarding on campus Nov. 10,20,24 Dec. 1 Jan. 26,29 Feb. 2
- Rip Across Wild Rice & Island Lake Kiteboarding Dec. 5,10 Jan. 23 Feb. 18 Mar. 6
- Island Lake Snow Kite Expo - Feb. 6-7, 2010

GENERAL INFO:

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Surfing and Kiteboarding

Instruction Coordinator:

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The Real Classroom is Outside...Get Into It!