

Island Lake Stand-Up Paddle Boarding (SUP) Introduction (Level 1)



THURSDAY, SEPTEMBER 17 & SATURDAY, SEPTEMBER 19

HERE'S WHAT TO EXPECT:

This rapidly growing paddling/surfing hybrid adventure sport is a thrilling full body workout and a great way to explore our lakes and rivers. Spend a day on Island Lake paddling flatwater and on a ski boat wake to develop your stance options, balance, stroke techniques, board trim and wave surfing skills.

SKILL REQUIREMENTS:

No experience is necessary. A basic knowledge of canoe strokes and bracing is helpful.

WHERE & WHEN:

Meet at the RSOP Trailhead in the Sports & Health Center or contact Randy by e-mail at rcarlso6@d.umn.edu for a map to the Carlson's Lake Home on Island Lake. The September 17th session is held from noon-6pm and the September 19th session is from 10am-4pm.

COURSE INFORMATION:

This is a physically active class, please get plenty of rest, eat a healthy breakfast and bring a sack lunch. Read the attached course outline to familiarize yourself with the skills that you will be learning.

EQUIPMENT:

Please bring layers of clothing to stay warm on and off the water. Refer to the attached equipment list for details on the items to bring.

FOLLOW UP:

Please call Randy at 218-391-8134 if you will be late, need directions, or are not able to attend the session.

COST:

\$30 UMD Students/ \$85 Others. Free for RSOP Surf/Paddle Board Members. Members will have two SUPs and several surf boards that can be shared for the day.

Deduct the SUP Introduction fee from an annual RSOP Surf/Paddle Board Membership if you're hooked. Annual memberships are \$45 UMD Students/ \$115 Others.

GOALS:

- Develop basic skills
- Have Fun
- Meet new people
- Build advanced skills

EXPLORE MORE WITH THE UMD RSOP 2009-10:

- Surfing Based Strength and Conditioning Pool Sessions on Fridays 8:30-11:00am September 18 October 2,9, 16, 23 and Wednesdays 2:30-4:30pm April 14,21,28
- Canada River Wave Surf Safari September 25-27, 2009
- Kayak and surf in the pool Mon 2:30-4:30pm Thurs 9-11 pm
- 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:

Phone: (218)726-6533

Fax: (218) 726-7188

Email: rsop@d.umn.edu

www.umdrsop.org

Surfing and Kiteboarding
Instruction Coordinator:

Randy Carlson

(218) 726-6177

rcarlso6@d.umn.edu

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Course Outline

- Equipment distribution
- Board & paddle design – while eating sack lunch or snacks
- Discuss river, lakeshore touring, and surf zone exploration
- Basic stretching
- Leash attachment
- Board transport and fin management in shallow water
- Stance, balance and board trim
- Stroke development and maneuvering
- Group communication
- Lake and river travel – etiquette and safety discussion
- Self and assisted rescues
- Proper footwork to adjust board trim and rail pressure while surfing a wave
- Introduction to standing wave surfing
- Cutback skills and use of the paddle when surfing
- Equipment return and change into dry clothes
- Course evaluations and closure
- Drive back to campus

SUP Introduction Course Objectives: Participants will learn how to:

- Identify the SUP board and paddle design that best suits your personal interests.
- Maneuver a SUP board on flat water.
- Communicate effectively with others.
- Manage self-rescue and understand how to help others.
- Catch a wave, adjust trim and rail pressure to maintain the ride.

Follow-Up Skill Development:

Lake Superior Stand-Up Paddle Boarding available through private instruction features:

- Exploring touring and surf zone dynamics
- Wetsuit & safety accessories used to manage risks on Lake Superior
- Distance paddling in variable weather conditions
- Reading the surf zone
- Swimming in the surf zone with and without your equipment
- Paddling through the surf zone
- Catching waves and surfing down the line
- Surfing etiquette and safety considerations

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Equipment List

Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. We will be getting wet during this course.

ITEMS WE FURNISH

- stand-up paddle board
- life jacket
- helmet
- paddle
- wet suit & paddling jacket
- first aid and repair kit

YOU BRING

- swimsuit & towel
- filled water bottle
- sunglasses
- eye glasses strap
- sunscreen
- warm hat that covers ears
- lunch
- nylon wind breaker
- nose plugs (optional)
- camera (optional)
- footwear - 1 pair of neoprene booties or thin soled sneakers that can get wet
- synthetic long underwear top and bottom / no cotton
- fleece long sleeve top or wool sweater