

UNIVERSITY OF MINNESOTA

Duluth Campus

Recreational Sports Outdoor Program

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Southern CA Surf & SUP Training Trip - May 14-22, 2011

Spend a solid week surfing, stand-up paddle boarding and hiking the Southern California coastline. From our campsite at San Onofre State Park we are one mile from watching the pros at Lower Trestles or visiting numerous beach parks and surf shops. We will surf the San-O Trails, Dog Patch, Old Mans, Churches, Middles, Cottons and other nice breaks in North San Diego County. We will visit the Surfing Heritage Foundation facility and eat at local hot spots to enhance our overall surf trip experience. In La Jolla we will paddle our SUPs with the leopard sharks, seals, garibaldi fish and other marine life. The following links will give you a better idea of the SoCal surf scene.

http://www.youtube.com/watch?v=IuKd_amacxg&NR=1

<http://www.youtube.com/watch?v=xi-F1jSJ-eU&feature=related>

http://www.youtube.com/watch?v=mYnKe_Ib-lw&eurl=http://www.surfingheritage.com/content.aspx?id=8

<http://www.youtube.com/watch?v=ARkZctD05UE&feature=related>

This is the real deal in terms of learning to surf, refining your surfing and taking in the So-Cal lifestyle as a warm and sunny "reward" for working hard in school. We provide all of the group equipment to establish a surf camp that is relaxing and also inspires you to dial in on you surfing skills. Prior to departure we will work with each person on the trip to develop swimming skills and general endurance needed for surfing.



Cost and Airline Travel Plan: \$425 UMD Students, \$695 Others

All participants must reserve and pay for their own flight to and from San Diego CA. You will most likely begin your airline travel plans from the Duluth or Minneapolis International Airport early in the morning on May 14th. We will begin our trip from the official group meeting site at the San Diego California International Airport, Baggage Claim Level on May 14th at 6:00pm. Randy will pick you up from this location and return you to the airport in a rental mini-van. Return flights must be planned for starting at 12:00 Noon or later on Sunday May 22nd. You will be responsible for the cost of several dinners during the trip when we are not providing a foil dinner option at the beach. Breakfast and lunch will be provided. See the detailed itinerary for more information about overland travel and surf days.



Registration Procedure, Skill and Endurance Pre-requisites:

- The \$50 deposit will hold your spot on the trip and will be required by March 10th, 2011. *It's highly recommended that you submit the deposit during the early part of Fall Semester to secure one of the six spots on the trip.*
- A mandatory pre-trip orientation meeting will occur on Wednesday April 20th from 4:30-6pm in the 153H SpHC Conference Room. The purpose of this meeting is to present trip photos, review the trip itinerary, clarify expectations and explain the minimum skill and endurance requirements.
- This trip is a beginner to advanced level trip in which most anyone can participate provided they are eager to work on their surfing skills and are comfortable swimming on top of and under the water. All participants must be able to swim continuously for 200 yards using any and all techniques (water wings are prohibited), tread water for 2 minutes and carry two swim bricks underwater across the width of the UMD pool. This mandatory swim test will be done on April 20th from 2:30-4:30pm in the UMD pool. An alternate assessment date will occur as needed by appointment.
- Pool hours are available to help you develop your conditioning on an individual basis. It is recommended that you become a UMD RSOP Surf/Paddle Board Member to develop your skills prior to the trip. Visit www.umdrsop.org for details. In summary, you must be fit enough to be physically active in the water and around camp for seven days. There will be time for breaks and relaxation, but we will need to cooperate and remain active to realize the full potential of our surf trip.
- It is also very important to shop for discounted airline tickets especially in mid to late March when the round trip rates for mid May can drop below \$200 for MSP to SAN. Use the following link to compare rates <http://www.igougo.com/traveldeals/ratefinder.aspx?SourceID=TVLY-pop-air&TypeID=2&endAir=SAN&creativeType=SAN&adlt=1&strtDate=03/14/2009&endDate=03/22/2009>

Final Pre-Trip Meeting: This meeting is scheduled for Wednesday April 20th from 4:30-6pm in the 153H SpHC Conference Room. We will cover introductions, expectations, trip logistics, risk management, equipment, food preferences, and check on vital details such as verification of flight times. Health & Liability Forms must be completed and turned in at the final pre-trip meeting.

Sincerely,

Randy Carlson

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Southern CA Surf & SUP Training Trip - Itinerary

Saturday May 14 (Airline Travel)

Book your flight so you are in position to meet the group at the San Diego California International Airport, Baggage Claim Level at 6:00pm. We will ride in the rental van to our overnight accommodations in San Diego. Most likely we will eat dinner at Wahoo's Fish Taco.

Sunday May 15

Load SUP boards from Bob's Mission Surf Shop and look in local surf shops, eat lunch and head north to San Onofre to set up camp and do some late afternoon surfing instruction before eating dinner out in San Clemente and buy our groceries.

Monday, May 16

Early morning surf at San Onofre, breakfast and lunch at the beach, in the late afternoon we can look around San Clemente or Doheny/Dana Point area and eat dinner out before returning to our campsite.

Tuesday, May 17

Early morning surf at San Onofre, breakfast and lunch at the beach, in the evening we can visit the Calafia Beach Park and visit the San Clemente pier or stay at the beach for foil dinners.

Wednesday, May 18

Early morning surf at San Onofre or Middles, lunch at the beach, then off to the Surfing Heritage Foundation provided that we can walk away from the surf.

Thursday, May 19

Early morning surf at San Onofre, one way SUP touring along the coastline or head South to Encinitas and surf a new break, breakfast and lunch at the beach, eat dinner out before returning to our campsite.

Friday, May 20

Choose our favorite surf spot. Again--another day in the sun working on the tan you will take home to the envy of family and friends, and surfing too! Lessons today feature one on one coaching to help get you onto a clean shoulder and moving down the line into a bottom turn cutback combination. Continue one way SUP touring along the coastline, biking and hiking. Eat dinner out or do a foil dinner at the beach depending on our location.

Saturday, May 21

Early morning surf then pack up the rental equipment to be returned to Bob's Mission Surf in San Diego. Check out LaJolla Shores for some SUP touring and marine life observation, visit San Diego surf shops, eat dinner out and then return to our campsite in San Onofre.

Sunday, May 22 (Airline Travel)

Rise and shine, pack up and roll toward the airport by 7:00am. Return flights must be planned for starting at 12:00 Noon or later.

Facts, Surf/SUP Instruction Strategies & Equipment Plan

Climate and Weather

SoCal is famous for its warm days and blue skies. Temperatures generally remain pleasant and moderate during the fall, winter and spring seasons. Winter nights can dip down into the 40s while late spring days can reach the 90s. The Pacific coast generally receives an afternoon breeze from the ocean, which cools the land and offers foggy mornings and evenings. The water temperature is around 55- 60 degrees with underwater visibility between 20 and 40 feet. A full wet suit and booties will be provided for surfing as well as most other water based activities.

Surfing and Group Interaction

Surfing can be an incredible experience. Riding the energy (waves) of an endless ocean and being among the largest mammals on the planet is awe-inspiring. We will be surfing on 7'-9' Softop and epoxy surfboards with SUPs in the 9'6"-12' range. The Softops have a soft foam top and hard bottom, allowing us fall on the boards

without damaging them or ourselves. The epoxy surfboards and SUPs will range from thruster shapes to round nose riding shapes. Surfing as a group, we have the opportunity to share our equipment inventory along with our thrills and spills. When surfing however, we are dealing with Mother Nature in all her harsh realities. A surfer is no match for the dynamics of the sea if not properly trained. Weather and sea conditions can change quickly resulting in dangerously overpowering wind and waves. A solo surfer can quickly find him/herself overpowered and sucked out to sea in a rip current. It is important the each group member take the lessons provided seriously as we will be teaching you the skills necessary to prevent a dangerous situation from arising. Since each participant is alone on his/her board, taking personal responsibility to stay with the group will ultimately determine his/her safety. As a group, we try to stay a step ahead of the swell by "reading" the waves each morning and staying aware. Surfing as a unit not only helps us to assist one another with difficulties, but allows us to communicate our plans with one another.

The Nature of our Outings

Our trips are cooperative group adventures. This format gives you, the participant, more control over your experience. By cooperative we mean that we all play an active role on the outing, loading gear, making meals and cleaning dishes. Being a group, we realize that this is a collective experience and are aware of the need to work together. Listening to one another's concerns and desires helps us to direct our efforts toward the best group experience. Within the parameters of safety the trip leaders will do as much as possible to help each person explore surfing and the ocean environment. We will be camping in tents, sleeping in sleeping bags and preparing our own food for breakfast, lunch and some foil dinners at the beach. We will have bathrooms and showers at our campground.

Although the opportunity exists for each of us to step outside our comfort zones to try something new and exciting, participants are not required to do any surfing activity that they believe is too difficult. With safety and fun as our goals, it is important that each person feels confident and enjoys the activities in which he/she participates. As a University sponsored outing, it is important to recognize that UMD prohibits alcohol or illegal drug use at any time on the outing.

Food

Most of the time we will provide your meal. On some occasions you will be purchasing your own dinner at local restaurants. It's important for us to buy foods that you like to eat. We'd like your input in planning the menu for the trip. To facilitate this, we will be asking for your help in menu planning at our pre-trip meeting. Below is a sample menu to give you an idea what type of food we've had on previous outings.

Breakfast

Bagels and cream cheese, fruit, cereal, milk, granola, oatmeal packets, baked goods, coffee, hot cocoa

Lunch

Cheese and crackers, sandwiches (meats, P.B&J, tuna...), hummus wraps, cookies, apples, oranges, chocolate, nuts, chips, candy, energy drinks, water

Dinners

Pasta, Rice, Steamed Vegetables, Grilled Meats, Burritos, Fajitas

Just a reminder that although we provide plenty of food, individual eating preferences make it difficult for us to ensure that everything is available every day. If you cannot be without certain foods, we welcome you to pick them up when we stop at grocery stores.

Group Equipment (provided by UMD):

Ground transportation (mini-vans)

Camping equipment: as necessary

Water containers and water (2.5 gallon dromedary water bags)

Tents (3-4 person)

Butane camp stoves, Charcoal Starter and charcoal

Butane lantern (Coleman®)

Cook kits (4 and 6 person kits)

Serving utensils (Spoon, Spatula, pasta server)

Ice chests & paper towels

First aid kits

Surf boards: Surf Tech soft tops and epoxy boards of various lengths (6'6"-9'0")
Stand-Up Paddle Boards (9'6" -12') and paddles
Surfboard accessories- fins, leashes, and replacement parts
Wetsuits: UMD 5mm wetsuits and booties

Personal Equipment (you bring):

To help you with your packing, we have included the following Personal Equipment list. This list includes all equipment necessary for the entire trip. Please Note: We recommend that all valuables such as jewelry be left at home. Proper clothing and equipment are essential for a successful outdoor experience. We have compiled this detailed description of clothing and gear to help you decide what you will need for your surf camp outing.

Clothing

There are two major rules of thumb here. First off, the best policy is to dress in layers so that you can add layers if it is cold and take off layers if it is too hot. Keep in mind that more, thin layers are better than fewer, heavy layers because they pack better and give you more flexibility. You should bring 2 t-shirts, 1 long-sleeved shirt, a hooded sweatshirt and warm hat for at night! The second rule of thumb is to make sure that you bring some warmer layers that are NOT COTTON. Cotton will not keep you warm when it is wet and will take a long time to dry. A few considerations: wind layers...it is often windy in the evening, wind layers will increase comfort! The other must is rain gear -- you can't always predict the weather!

Required Footwear

Booties must be worn when ever you are surfing. Your shoes will get wet and dirty. Flip flops are acceptable. In addition, bring a sturdy and comfy pair of tennis shoes with you to wear in camp each night. These will protect your feet, enable you to do some hiking and be an extra pair of shoes in case something happens to your other shoes.

Other Necessary Equipment:

Individual Mess Kits (cup, bowl, spoon and fork)

Sleeping: You should have a synthetic sleeping bag that you can stuff into a stuff sack. Synthetic sleeping bags are recommended because if they get wet, they will still keep you warm. The nights will not usually dip below 40 degrees. Sleeping pads are required because they will make your nights more comfortable and will keep you insulated from the ground.

Water Bottle & Snacks: Bring TWO bottles that hold around 32 oz each. Be prepared to pick up some snacks that do not melt or crush easily so you can eat in between meals. The cool water and general physicality of surfing will prompt the need to take in more calories. It's also nice to eat a snack to reduce the salt taste in your mouth and help settle your stomach if you swallow some salt water.

Sunscreen and Sun Protection: Regardless of where you are, it is necessary that you have (and wear) sunscreen and a hat with a brim that keeps the sun off your face. Your sunscreen should be SPF 15, at the minimum. Lip balm with sunscreen is also a good idea. A rash guard with a high neck design is a great purchase to help reduce neck abrasion from the wetsuit and reduce sunburn. Remember, a thin long-sleeved shirt and thin pants make great sun protection! Sunglasses and something to help you keep them on (Chums etc.) are a necessity. Protect your eyes! Swim goggles or a mask will allow you to look down at the marine life while paddling a board.

Flashlight/Headlamp: Bring one! They are necessary for maneuvering around at night. You may want to consider bringing along extra batteries and bulbs.

Toiletries and Medication: Simplify your life and be sure to bring only what is necessary. Travel sized items that you can purchase in the grocery store are great because they take up less space and weigh less. If you take medication regularly, think ahead and bring what you will need with you. Some sort of protective packaging is great so that if your gear gets wet, you will still have dry medication. Contact cases, solution and eye drops are good to remember if you need these things. Medications such as aspirin, pepto bismol, sore throat lozenges, sinus medications, Neosporin with pain relief etc. are not part of Group First Aid Kit. If you feel it's necessary to have these, we recommend that you bring such medications.

If you have any questions about the equipment that you should bring on the trip please contact Randy Carlson at rcarlso6@d.umn.edu or 218-726-6177 office or 218-391-8134 cell.