

# **Stand-Up Paddle Boarding (SUP) & Wave Surfing Introduction (Level 1)**



**JULY 31, 2011 - \$130/PERSON**

## **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 flatwater and on water ski boat wakes to develop your stance options, balance, stroke techniques, board trim, and river wave surfing skills.

## **SKILL REQUIREMENTS & GROUP SIZE:**

No experience is necessary. A basic knowledge of canoe strokes and board sports is helpful. Maximum group size is four to provide personalized instruction.

## **WHERE:**

This class will begin at 9am at Island Lake 15 miles North of Duluth (see map) and run until 4pm. This is a physically active class, please get plenty of rest and eat a healthy breakfast.

## **COURSE INFORMATION:**

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 Carlson's cell phone 218-391-8134 if you will be late, need directions, or are not able to attend the course (cancellation policy applies).

## **CUSTOMIZED COURSES:**

Additional stand-up paddle board instruction is offered along the Lake Superior Shoreline on calm and big surf days using a customized course format. Call for availability. \$135/person/day (2-3 people); \$125/person/day (4-6 people). All participants must complete the UMD Health Form and Liability Waiver.

## **Explore more with the Outdoor Program:**

- Lake Superior SUP & Kayak Adventure Tour on the Split Rock Shoreline, Call to Arrange Date
- Lester River SUP & Sit-On-Top Kayak Rental, July 2, 8, 29 August 12, 20
- SUP Demo Series July 9,10,30 and August 7
- Custom course in WW Open Canoe, call Randy at (218) 726-6177
- Fifteenth Annual St. Louis River Whitewater Rendezvous July 15-17
- Swift Water Rescue May 28-30

## **GENERAL INFO:**

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrsop.org

For more whitewater paddling information call Randy Carlson at (218) 726-6177.

# **Stand-Up Paddle Boarding & Wave Surfing Introduction (Level 1)**

## **Course Outline**

### **Day 1**

- Introductions and expectations
- Equipment sizing and distribution
- SUP history, board & paddle design
- Discuss lakeshore touring, surf zone and river exploration
- Stretching routine for surfers
- Board transport, leash management and fin management entering the water
- Board control around people, arm paddling, kneeling while using a SUP paddle
- Safety practices during and after a wipe-out
- Fluid movement to get back on the board
- Toes forward base stance, balance while standing and board trim hop
- Stroke development (sweeps, forward, reverse, draw, cross draw, extended sweep)
- Maneuvering skills (spin, straight line, carved U turn, beam wind adjustments)
- Offset surf stance with stroke tempo variations and cross forward stroke
- Day trip planning, open water hazards and group communication
- Lunch break
- Bracing skills (toe side and heel side sculling low brace, slapping low braces)
- Submerging the tail or nose of the board to pivot turn
- Cross stepping and weight distribution
- Introduction to standing wave surfing behind the ski boat while kneeling and standing
- Adjusting board trim and rail pressure while surfing a wave
- Leg and rail pumping to increase speed down the line
- Use of the paddle when surfing
- Floaters and cutback maneuvers
- Equipment return, change into dry clothes, snacks
- Load trailer
- Course evaluations and closure

### **SUP Introduction Course Objectives:** Participants will learn how to:

- Identify the SUP board and paddle design that best suits your personal interests
- Maintain a safe SUP environment and communicate with others on the water
- Maneuver a SUP board on flat water, in wind and on waves
- Manage wipe-outs, self-rescues 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 with loaded SUPs and adapting to 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

# **Stand-Up Paddle Boarding & Wave Surfing Introduction (Level 1)**

## **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.

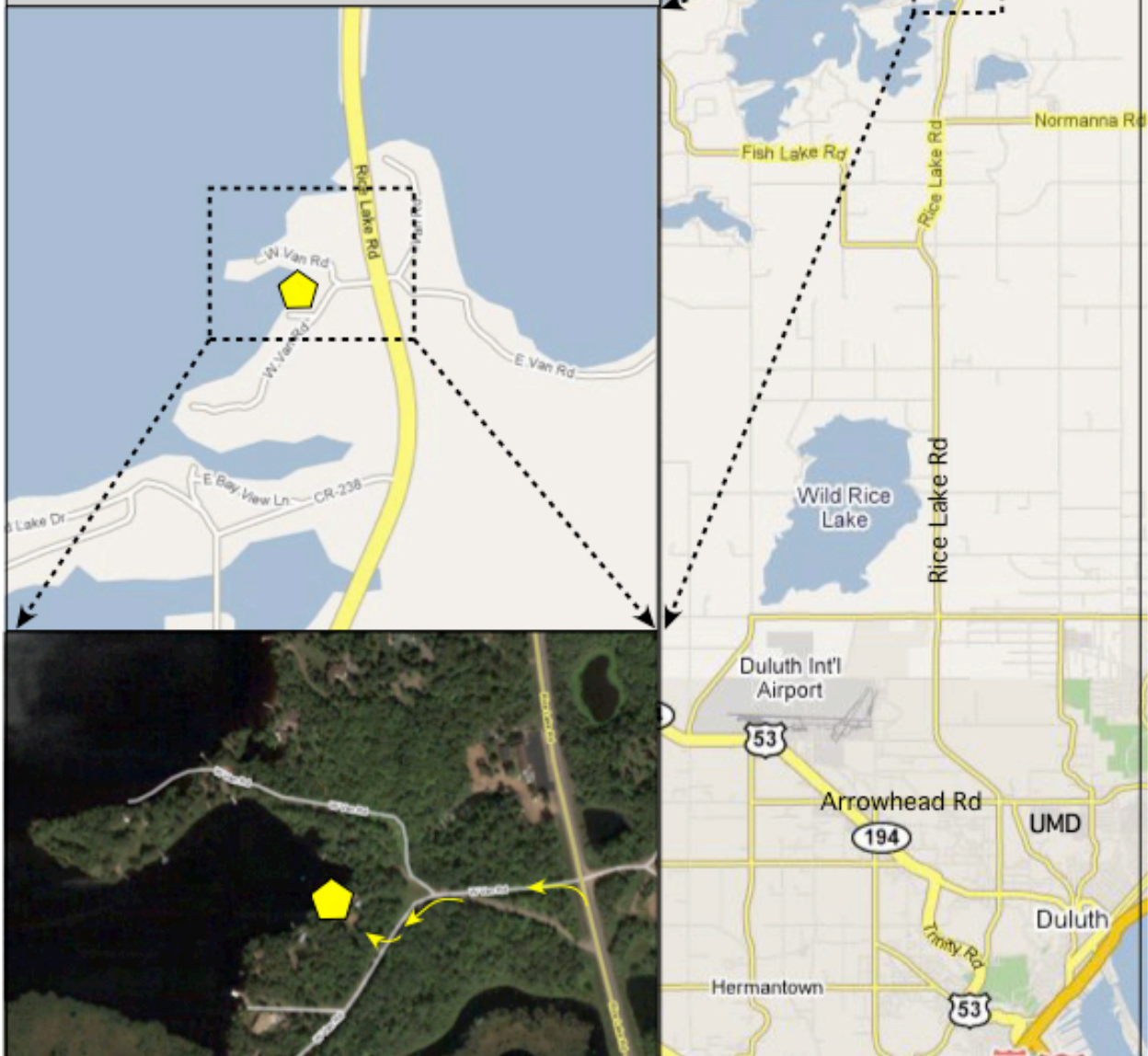
### ITEMS WE FURNISH

- stand-up paddle board
- life jacket
- helmet
- paddle
- wet suit & paddling jacket
- dry bags
- first aid and repair kit
- whitewater rescue equipment

### YOU BRING

- swimsuit & towel
- filled water bottle
- sunglasses
- eye glasses strap
- sunscreen
- warm hat that covers ears
- lunch
- nylon wind breaker
- nose plugs
- 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

## Map to Carlson's on Island Lake



Take Arrowhead Road to Rice Lake Road (SuperAmerica station at stoplight). Go North about 15 miles until you reach the West Van Road (just before Porkies Bar and the bridge). Turn left on West Van Road. Stay to the left (don't take the right fork) and go about 300 yards until you reach the second driveway on the right, which says Carlson's.