



T-BAY SURF CLUB SURF COACHING MANUAL



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1. Introduction

Since its formation in 1969 the T-Bay Surf Club has continuously placed itself at the vanguard of the Irish Surf Scene. Though not blessed as often with the massive swells you might see on the West Coast, T-Bay does pick up a surprising amount of rideable surf throughout the year. Because of this, over the years the T-Bay Surf Club has produced some of Ireland's top competitive and free surfers.

The Surf Club is not only the oldest club in the country, but is probably the most active as well. It was that type of Club commitment that helped to build Ireland's only fully dedicated Surf Centre, the T-Bay Surf Club, right on the beach in Tramore.

In 2011 the T-Bay Surf Club undertook a huge commitment in setting up the Junior League which was a league, run on Sunday mornings, developed to support self-starting surfers and help them progress through a series of levels and assessments up to academy level or competition standard. The league was divided into seven levels with under 12 and over 12 at each level and catered for a wide range of skills and abilities. However the League was a victim of its own success with over 180 surfers of all levels taking to the water each Sunday and in the process of dealing with these huge numbers, the vision of the progression and development of surfers to competition level and beyond became blurred.

So much so the Directors and committee, together with advice from Irish Surfing, made a decision at the end of 2015 to re-evaluate the league and in doing so to attempt to redraw their whole coaching structure and strategy and align it more with Coaching Ireland and its edict for sport training and coaching.

In doing so the club redefined one of its main mission goals as;

‘provision of assistance to self-starting junior surfers, by means of instruction and assessment, in order to progress their skills and competence, and to encourage competition at all levels.’

This manual is a product of these discussions and deliberations and is the first step in the development of a progressive coaching programme to develop the sport of surfing in T-Bay Surf Club and in time produce high level competitive surfers to compete at both national and international level.

T-Bay Directors and Committee

A red rounded rectangle with a white border and a drop shadow, containing the text "LEVEL 1" and "Learner Surfer".

LEVEL 1
Learner Surfer

2. Learner Surfer Level 1

Learner Surfer Level 1	
Overview	The Learner Surfer Level 1 is the second step in learning to surf. It covers surfing safety, self-rescue skills and riding a small wave at an angle to the shore.
Aim	Understand surf safety, beginner boards and equipment and ride a broken or green wave on an angle (trimming).
Conditions	Sandy beach, with even gradient, free from rocks and rips/sweeps, white water or peeling waves up to 1½ feet (½ metre), wind less than 20 km/h, water depth of chest deep or less. Foam boards.
Pre-requisites	Novice Surfer Level 0: Ability to paddle onto and catch a wave, pop-up, and ride the wave straight to the beach.
Duration	10 Weeks
Topics Covered / Outcomes	<p>Surf safety</p> <ul style="list-style-type: none"> • Understand the surf environment • Types of waves and their dangers • Be aware of beach information and warning signs • Identify surf hazards, including rips, and how to avoid them • Demonstrate skills in swimming, bodysurfing, floating, treading water • Methods to negotiate through the surf and come in from the surf, with or without craft • Implement self-rescue techniques <p>Surfing technique skills:</p> <ul style="list-style-type: none"> • How to look after the surfing environment • Identify surfing hazards • Choosing a beginners surfboard • Waxing, caring, carrying and storing your board • Identify types of wetsuits and surf clothing, when to wear these • Identify suitable weather conditions for surfing • Choose a safe surfing location • Choose a safe place to enter the water • Negotiate small waves using a variety of techniques • Paddle the board in trim • Turn the surfboard in a sitting position • Wipe-out and dismount techniques • Identify the types of waves suitable for surfing <p>Surfing Manoeuvres:</p> <ul style="list-style-type: none"> • Select, paddle, catch, pop-up and ride waves, with safety • Trimming • Angle across wave • Turning

2.1 Progression Assessment (Level 1 to Level 2)

Assessment for progression from Learner Level 1 to Level 2 (Assessments carried out at Week 5 and Week 10 of the session).

Surf Theory

- 5 Questions on practical surfing matters e.g. safety and theory.

Practical Surfing Skills

Assessed on ability to competently

- Paddle, correct positioning and catch waves
- Pop up correctly
- Turn the board and trim right to the beach
- Turn the board and trim left to the beach

2.2 Learner Level 1: Lesson Outlines (Surfing conditions favourable)

Lessons		Content
Lesson 1	Safety/Theory	<ul style="list-style-type: none"> • Protecting head from board after wiping out • How to push the board safely out through waves
	Surf Manoeuvre	<ul style="list-style-type: none"> • Correct Paddling to Catch waves • Pop up
Lesson 2	Safety/Theory	<ul style="list-style-type: none"> • Wave types • Getting in and out of the surf correctly
	Surf Manoeuvre:	<ul style="list-style-type: none"> • Pop up • Turn right and trim
Lesson 3	Safety/Theory	<ul style="list-style-type: none"> • Beach Information and warning signs and surf hazards
	Surf Manoeuvre:	<ul style="list-style-type: none"> • Pop up • Turn left and trim
Lesson 4	Safety/Theory	<ul style="list-style-type: none"> • Wipe-out and dismount techniques
	Surf Manoeuvre:	<ul style="list-style-type: none"> • Pop up • Turn right or left and trim

Note: Safety/theory topics are liable to change within the boundaries of the descriptions given in Section 2.

2.3 Learner Level 1: Lesson Outlines (Surfing Conditions flat or too rough)

Lessons		Content
Lesson 1 (Flat)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Tech tools and apps for surf forecasting • Correct Paddling of board to Catch waves • Paddle races (strengthening and conditioning)
Lesson 2 (Flat)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Paddling (strengthening and conditioning) • Turning the board in a sitting position and paddling
Lesson 3 (Too Rough)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Demonstrate skills in swimming, bodysurfing, and floating in rough surf without boards • Methods to negotiate through the surf and come in from the surf without boards
Lesson 4 (Streetboardz)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Straight line (getting used to board) • Gentle turns using hands
Lesson 5 (Streetboardz)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Using body to turn board gently • Speeding up the turn (with scarf following hands and body)
Lesson 6 (Streetboardz)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Straight line (getting used to board) • Using body to turn board gently • Speeding up the turn (with scarf following hands and body)

LEVEL 2
Improver Surfer

3. Improver Surfer Level 2

Improver Surfer Level 2	
Overview	This level assists students to gain information and skills at the Improver Level 2 surfer level. These skills will include competent duck diving, trimming back hand and forehand, and top and bottom turns (forehand).
Aim	Demonstrate Water safety, duck diving, wave selection, trimming forehand and backhand and perform top and bottom turns (forehand).
Pre-requisite	Learner Surfer Level 1
Conditions	Broken and unbroken waves of up to 3 feet (1 metre). Foam boards.
Duration	10 Weeks
Topics Covered / Outcomes	<ul style="list-style-type: none"> • Access surfing conditions-weather, swell, tides, wind direction, speed • Identify how to read waves by understanding different water conditions, wave types, and their suitability for surfing, left and right waves, wave frequency • Choose a suitable place for entering and exiting the water at different surf breaks • Identify and use the different types of rips • Negotiate broken and unbroken waves using the duck dive • Identify correct paddling out protocol • Choose the correct waves to ride, • Identify the correct take off position. • Correctly ride the wave by understanding how body weight and speed affect surfing • Identify how to turn your board • Identify methods to get off the wave • How to wipe out safely at the Improver level • Surfing etiquette - drop in rule, snaking, ethics • Introduction to using video for improving your surfing <p>Surfing Manoeuvres</p> <ul style="list-style-type: none"> • Trim on forehand and backhand • Perform top and bottom turn (forehand)

3.1 Progression Assessment (Level 2 to Level 3)

Assessment for progression to Level 3 (Assessments carried out at Week 5 and Week 10)

Surf Theory

- 5 Questions on practical surfing matters.

Practical Surfing Skills

Assessed on ability to competently carry out the following surf skills;

- Paddling, positioning and catching waves
- Pop up correctly

And execute consistently

- Bottom turn (forehand)
- Top turn (Forehand)
- Generating speed
- Link the moves (Forehand)

3.2 Improver Surfer Level 2: Lesson Outlines (Surfing conditions favourable)

Lessons		Content
Lesson 1	Safety/Theory	<ul style="list-style-type: none"> Negotiate broken and unbroken waves using the duck dive Surfing etiquette - drop in rule, snaking, ethics
	Surf Manoeuvre	<ul style="list-style-type: none"> Pop up Bottom turn (forehand)
Lesson 2	Safety/Theory	<ul style="list-style-type: none"> Access surfing conditions-weather, swell, tides, wind direction, speed Know how to read and interpret them
	Surf Manoeuvre:	<ul style="list-style-type: none"> Pop up Top turn (forehand)
Lesson 3	Safety/Theory	<ul style="list-style-type: none"> Choose a suitable place for entering and exiting the water at different surf breaks Identify correct paddling out protocol
	Surf Manoeuvre: Linked	<ul style="list-style-type: none"> Pop up Bottom turn (forehand) Top turn (forehand)
Lesson 4	Safety/Theory	<ul style="list-style-type: none"> Choose the correct waves to ride, Identify the correct take off position.
	Surf Manoeuvre:	<ul style="list-style-type: none"> Pop up Revision of turns

Note: Safety/theory topics are liable to change within the boundaries of the descriptions given in section 3.

3.3 Improver Surfer Level 2: Lesson Outlines (Conditions flat or too rough)

Lessons		Content
Lesson 1 (Flat)	Safety/Theory	<ul style="list-style-type: none"> • Identify methods to get off the wave • How to wipe out safely at the Improver level
	Surf Manoeuvre	<ul style="list-style-type: none"> • Correct Paddling of board to Catch waves • Paddle races (strengthening and conditioning) • Turning the board in a sitting position and paddling
Lesson 2 (Flat)	Safety/Theory	<ul style="list-style-type: none"> • Same as for surf conditions favourable
	Surf Manoeuvre	<ul style="list-style-type: none"> • Stretching for surfing • Video session
Lesson 3 (Too Rough)	Safety/Theory	<ul style="list-style-type: none"> • Same as for surf conditions favourable
	Surf Manoeuvre	<ul style="list-style-type: none"> • Core strength workout
Lesson 4 (Streetboardz)	Safety/Theory	<ul style="list-style-type: none"> • Same as for surf conditions favourable
	Surf Manoeuvre	<ul style="list-style-type: none"> • Straight line (getting used to board) • Straight line (compressing and decompressing)
Lesson 5 (Streetboardz)	Safety/Theory	<ul style="list-style-type: none"> • Same as for surf conditions favourable
	Surf Manoeuvre	<ul style="list-style-type: none"> • Generating speed with scarf following hands and body • Generating speed around cones (with scarf following hands and body)
Lesson 6 (Streetboardz)	Safety/Theory	<ul style="list-style-type: none"> • Same as for surf conditions favourable
	Surf Manoeuvre	<ul style="list-style-type: none"> • Bottom turn (forehand) • Top turn (forehand)



LEVEL 3
Intermediate Surfer

4. Intermediate Surfer Level 3

Intermediate Surfer Level 3	
Overview	This level assists students to gain information and skills at the Intermediate Level 3 surfer level. These skills will include board and fin performance, some other manoeuvres, and the ability to link these.
Aim	Demonstrate knowledge on how different board/fins affect performance. Execute Top and bottom turn (backhand), Cut-back (forehand) and Re-entry (forehand) and demonstrate the ability to link manoeuvres. Introduction to competing and competition.
Pre-requisite	Improver Surfer Level 2
Conditions	Unbroken waves of up to 3 feet (1 metre). Short or long board. Hard board.
Duration	10 Weeks
Topics Covered / Outcomes	<ul style="list-style-type: none"> • Identify 5 different types of surf breaks • Identify how parts of your board affect performance • Identify the different types of fins and fin systems • Identify surfboard damage • Choose a surfboard for the intermediate surfer based on personal style and the surfing conditions • Identify surfing safety and assistance clothing • Introduction to competing and competition <p>Surfing Manoeuvres</p> <ul style="list-style-type: none"> • Top and bottom turn (backhand) • Cut-back (forehand) • Re-entry (forehand) • Linking manoeuvres

4.1 Progression Assessment (Level 3 to Level 4)

Assessment for progression to Level 4 (Assessments carried out at Week 5 and Week 10).

Surf Theory

- 5 Questions on practical surfing matters.

Practical Surfing Skills

Assessed on ability to consistently and competently

- Catch green waves and surf

Executing the following manoeuvres in the process:

- Bottom Turn (backhand)
- Top turn (backhand)
- Cut-back (forehand)

4.2 Intermediate Surfer Level 3: Lesson Outlines (Surfing conditions favourable)

Lessons		Content
Lesson 1	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Identify parts of the board and how they affect performance • Bottom Turn (backhand)
Lesson 2	Safety/Theory Surf Manoeuvre:	<ul style="list-style-type: none"> • Fin systems and how they work • Top turn (backhand)
Lesson 3	Safety/Theory Surf Manoeuvre:	<ul style="list-style-type: none"> • Identify different types of surf breaks • Cut-back (forehand)
Lesson 4	Safety/Theory Surf Manoeuvre:	<ul style="list-style-type: none"> • Competing and competition • Re-entry (forehand)

Note: Safety/theory topics are liable to change within the boundaries of the descriptions given in section 4.

4.3 Intermediate Surfer Level 3: Lesson Outlines (Conditions flat or too rough)

Lessons		Content
Lesson 1 (Flat)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Choosing your own surfboard • Correct Paddling of board to Catch waves • Paddle races (strengthening and conditioning)
Lesson 2 (Flat)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Core strength workout
Lesson 3 (Too Rough)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Stretching for surfing • Video session
Lesson 4 (Streetboardz)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Bottom Turn (backhand)
Lesson 5 (Streetboardz)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions Favourable • Top turn (backhand)
Lesson 6 (Streetboardz)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Cut-back (forehand)

LEVEL 4
Advanced Surfer

5. Advanced Surfer Level 4

Advanced Surfer Level 4	
Overview	This level assists students to gain information and skills at the Advanced Level 4 surfer level. These skills will include gaining experience at a variety of surf breaks, competing in competitions up to National level and the ability to carry out some more advanced surf manoeuvres.
Aim	Gain experience at different surf breaks, Compete in surf competitions and perform Cut-back (backhand), Re-entry (backhand), and linking manoeuvres.
Pre-requisite	Intermediate Surfer Level 3
Conditions	Different conditions, different surf breaks, that can be safely surfed. Short or long board. Hard board.
Duration	10 Weeks
Topics Covered / Outcomes	<p>Have experienced surfing at a:</p> <ul style="list-style-type: none"> • beach break • reef break • point break • river mouth <p>Competition surfing Advanced Techniques</p> <ul style="list-style-type: none"> • training regimes • nutrition • physical conditioning • psychology <p>Surfing Manoeuvres</p> <ul style="list-style-type: none"> • Cut-back (backhand) • Re-entry (backhand) • Linking manoeuvres

5.1 Advanced Surfer Level 4: Lesson Outlines (Surfing conditions favourable)

Lessons		Content
Lesson 1	Safety/Theory	<ul style="list-style-type: none"> Using video to improve your surfing
	Surf Manoeuvre	<ul style="list-style-type: none"> Cut-back (backhand)
Lesson 2	Safety/Theory	<ul style="list-style-type: none"> Competition Preparation
	Surf Manoeuvre:	<ul style="list-style-type: none"> Linking the cutback (backhand) with other moves
Lesson 3	Safety/Theory	<ul style="list-style-type: none"> Competition strategy
	Surf Manoeuvre:	<ul style="list-style-type: none"> Re-entry (backhand)
Lesson 4	Safety/Theory	<ul style="list-style-type: none"> Competition day readiness
	Surf Manoeuvre:	<ul style="list-style-type: none"> Linking the Re-entry (backhand) with other moves

Note: Safety/theory topics are liable to change within the boundaries of the descriptions given in section 5.

5.3 Advanced Surfer Level 4: Lesson Outlines (Conditions flat or too rough)

Lessons		Content
Lesson 1 (Flat)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Paddling and out-manoeuving for competition
Lesson 2 (Flat)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Strength and conditioning for competition
Lesson 3 (Too Rough)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Core strength workout • Stretching for surfing
Lesson 4 (Streetboardz)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Cut-back (backhand)
Lesson 5 (Streetboardz)	Safety/Theory Surf Manoeuvre	<ul style="list-style-type: none"> • Same as for surf conditions favourable • Linking moves and performance