5th February 2015

**Summer Sport - Surfing**

Dear Parents & Carers

You son has chosen Surfing as his Summer Sport for Term One.

This is for students who ride ‘stand up’ surfboards (no body boards), can catch waves, get to their feet and traverse a wave on the open face. It is not intended to be a ‘Learn to Surf’ lesson and is conducted to consolidate and refine surfing skills and prepare students for competition surfing.

Surfing will consist of weekly training sessions at Clifton Beach with an emphasis on surf safety, understanding waves and surf zones, riding style and techniques, surf etiquette and preparation for competitions.

All sessions will take place from **4:00pm to 5:30pm at Clifton Beach on Thursday afternoons**. Boys are required to make their own travel arrangements to meet in the Clifton Beach SLSC car park. Training session will commence on Thursday February 12 and conclude Thursday March 26.

For participation in these sessions boys will need a surfboard and wetsuit [3/2 or 4/3 steamer].

Whilst we will endeavour to meet at Clifton Beach for a training session each Thursday afternoon, sessions may be cancelled in the event of extremely inclement weather or unsafe surf conditions. If this is the case, boys will be notified via the Daily Bulletin.

Boys are required to have adequate level of physical fitness and swimming capability to undertake Surfing sessions. A minimum standard would be for boys to be able swim 200m in open water (surf) conditions. We will conduct a swim test in our first session. However, we ask parents to complete the attached permission slip and return it school before our first session.

Also attached is an overview of our training sessions. If parents have any queries, please feel free to make contact.

Yours faithfully,

Nick Eaves       Shane McAloon  
Teacher in Charge – Surfing     Surfing Instructor  
Ph: 62214229       Ph: 6221 4229  
Email: nick.eaves@hutchins.tas.edu.au       shane.mcaloon@hutchins.tas.edu.au
Summer Sport – Surfing: Term One 2015

Surfing Training Sessions

[Please note that session activities may change due to surf conditions]

<table>
<thead>
<tr>
<th>Date</th>
<th>Lesson Focus</th>
<th>Free Surf Focus</th>
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| 12/2 | Run-Swim-Run test  
Understanding waves and surf zones | Paddling, using rips and channels |
| 19/2 | ‘Spot Check’ – finding the best bank | Basic moves and lines |
| 26/2 | Preparing for competitions | Heat surfing practice |
| 5/3  | Understanding your board | The relaxed upper body |
| 12/3 | Surfing’s social skills | Two back feet |
| 19/3 | Forecasting surf | Facing down the stringer |
| 26/3 | CPR and rescue skills | Shifting your weight |

Riding the whole wave

I give permission for my son to participate in Surfing as a Summer Sport in 2014.
I acknowledge that he will participate in surfing sessions on Thursday afternoons at Clifton Beach and will arrange his own transport to and from the beach.
I acknowledge that he is a competent surfer who can supply his own equipment and can swim a minimum of 200m in open water (surf) conditions.

Parent name: .......................................................... Signed: ........................................... Date: ..........

Student name: .......................................................... Signed: ........................................... Mentor: ........

Medical conditions: ..........................................................................................................................