



CAPO MANNU SURF CAMP AND SCHOOL

Scuola Federale Surf da Onda dal 1997 - Surf Camp And School Since 1997

SURF LESSONS PLAN

BASIC LEVEL 1 - 2

- 01- Water Security, Instructors signal, emergency
- 02- Surf dangers, Sea rescue knowledge
- 03- Surfboards and surf equipment description
- 04- Surfboard position, stand up
- 05- Paddling techniques and training
- 06- Meteorologic notions, surf forecast knowledge
- 07- How to pass the waves techniques and training (duck dive, turtle)
- 08- Line up, keeping the position in the water, currents
- 09- Catching the waves techniques
- 10- Stand up on surfboard, by the beach and in the water
- 11- Wipeouts control
- 12- Surfboard control in any condition, currents knowledge

ADVANCED LEVEL 3 - 4

- 13- Backside and frontside manoeuvres
- 14- Perfect wave catch timing knowledge
- 15- Combined manoeuvres and angled take off
- 16- Surfing culture and History
- 17- Surf training (including Yoga, Stretching)
- 18- Surfboards technology (Shaping Info)
- 19- Advanced Surfing forecast knowledge
- 20- Localism, surfing rules, surf spots Knowledge
- 21- Agonistic training, surf contest rules, surf judging criteria

Lesson Start always with 15/20 min. heating gymnastics

Lessons level will be adapted at the effective surf skills and athletics Student conditions

Surf School Certificate only after a minumun of 8 hours lesson program

Lessons Hours:

Morning Sessions: from 10,00 to 12,00

Noon Sessions: from 16,00 to 18,00. (MONDAY-FRIDAY)

ASD IS BENAS SURF CLUB – MARINA SAN VERO MILIS, ORISTANO, SARDEGNA

IS BENAS SURF CLUB

SCHOOL HEADQUARTER: LUNGOMARE S'ANEA SCOADA - PUTZU IDU - 09070 - SAN VERO MILIS (OR)

C.F. 91052890588 - REGISTRO CONI N°56095

TEL: 0783/1925363 - E-MAIL: SURF@ISBENAS.COM -WEB WWW.ISBENAS.COM