



SUPGirlz SUP Race / Surf Series 1

Tuesday Nights – August 2nd – 30th (6:30 – 8:30pm)

Overview

Series 1 is designed to introduce participants to SUP surf and SUP race fundamentals, supported by a team of SUPGirlz team ambassadors. September 6 is a flex day in case a prior class has to be cancelled due to weather.

Prerequisite

First time class with SUPGirlz, or demonstrated previous experience (exception to be approved by SUPGirlz at instructor discretion).

What You'll Learn

Each session will include both a knowledge and skill component, to build a foundation of abilities. The class is a blend of land lecture and time in the water. Because conditions vary, lessons could be taught in any order, to take advantage of weather in the best way possible. In order to build a solid skill foundation, you will get wet in this course, wetsuits are mandatory! We want all participants to build their SUP skills through drills, practice, and learning new techniques.

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Knowledge	Welcome! Get to know the crew and setting your goals.	Gear and Safety How to stay safe on a board. Boards and gear for different conditions.	Breaks and Conditions How to read the water, wind, & waves.	Training How to build your skill when you paddle, and what to do off the water.	What comes next? Options for racing, surfing and continuing to learn.
Skill-Build	Fundamentals *Optimizing your paddle stroke *Basics of turning *Learning your baseline speed / level	Safety Drills *Falls *Holding your breath *Swimming to your board *Knee paddling	Surf Basics *Surf stance *Paddle onto a wave *Pulling out of a wave *Paddling over chop, on knees and standing *Surf rules	Race Basics *Race starts *Pivot turns & cross bow turns *Finishing for racing *Best strokes *Bracing *Drafting	Finale *Review of surf techniques and rules for safety *Depending on the final class conditions, we'll do a practice race or grab some surf

Following Series 1, we highly recommend joining Series 2 in order to keep up your skills. Following Series 1 you will have a few options for surfing and racing:

- Surfing: Get alerts when there are surf conditions, and get access to rent SUP-surf boards to use.
- Racing: Be part of the SUPGirlz racing crew, and get access to rent SUP-race boards for Toronto SUP series races.