

## SUPGirlz SUP Race / Surf Series 2

*Sunday Nights – August 7<sup>th</sup> - September 4<sup>th</sup> (6:30 – 8:30pm)*

### Overview

Series 2 is designed for advanced training for SUP surf and SUP race knowledge and skill-building with our best SUPGirlz team ambassadors. September 11 is a flex day in case a prior class has to be cancelled due to weather.

### Prerequisite

Attendance at SUP Race / Surf Series 1, or previous experience lake surfing and SUP racing (exception to be approved by SUPGirlz at instructor discretion)

### What You'll Learn

Each session will include both a knowledge and skill component, to strengthen your abilities.

The class is a blend of land lecture and time in the water. Because conditions vary, lessons 2, 3, and 4 could be taught in any order, to take advantage of weather in the best way possible.

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Knowledge	<b>Welcome!</b> Get to know the crew and setting your goals	<b>Forecasting and Conditions</b> For surf, racing, and beyond	<b>Gear Management</b> Boards, board care, apparel, tips & tricks	<b>Cross-training</b> How to maintain your ability off the water	<b>Being an ambassador</b> For SUP and continuing to advance your skills
Skill-Build	<b>Safety</b> *Fall drills (lost leash, swim to board) *Holding breath *Race breathing *Paddle over chop and getting over waves	<b>Stroke Clinic</b> *Stroke breakdown – short drills focused on each part of the stroke *Breaking down turns and practice front, back, pivot, cross-bow	<b>Surf Skills</b> *Surf stance *Switch foot *Dropping in *Turning on a wave *Gaining speed *Bottom and top turns	<b>Race Practice</b> *Sprint practice *Beach starts *Finishes *Pivot Turns *Cross-Bow Turns *Drafting *Prepping for the race	<b>Finale</b> *Technique review *Depending on the final class conditions, we'll put our learning together with a longer race, downwind or surf session
Test Yourself	<b>Video!</b> Sprint practice on video.	<b>Race (or surf)!</b> Mini-race with the crew.	<b>Video!</b> Mid-session video-taping.	<b>Race (or surf)!</b> Mini-race with the crew.	<b>Video!</b> Final video – see how far you've come.

### Taking it to the next Level

RACE: Attendees are encouraged to join races at Toronto SUP Series (Thursdays) and/or Ontario SUP Series (weekends). Many of the SUPGirlz Ambassadors are regulars at the races, and we'd love for you to join us.

SURF: As part of this series, if we have surf conditions we will let you know!