University of Minnesota Duluth – Recreational Sports Outdoor Program

SURF & SUP Pass Details

• Strength & Conditioning Pool Sessions  • Longboard Skateboard Land Paddling
• Surf Board & Stand-Up Paddleboard (SUP) Wave Surfing • SUP Tours

When the wind blows over Lake Superior from the Northeast Duluth becomes a legitimate surf town. Park Point, the Lester River and Stony Point are the local hot spots that draw surfers into the cold water to ride fresh water waves. Learn about the equipment, conditioning and the skills that will lead you to that “catch a wave and you’re sitting on top of the world” moment!

UMD POOL & Lester River Surf Shack Sessions COVER:

• board design, waxing, wetsuits and accessories, finding Lake Superior surf, reading the surf zone, surf etiquette, SUP paddling, surfing resources and surf travel
• paddling technique, awareness of board trim, turning skills, how to pop up into a stance and balance, foot work, controlled falls
• physical demands of surfing and how to improve your endurance through interval training on and off the boards, submerged hypoxic training and free swimming
• Surf Shack evening training sessions on SUP, prone board, surf ski
• land based board riding, balance drills, carving and land paddling

INSTRUCTORS: Randy Carlson and RSOP Staff assistants

WHEN: Fall Semester 2018 Pool times 8:30-11:00am Fridays - September 7,21,28 October 5,12,19 and Surf Shack times 5:00-8:00pm Tuesdays – September 11,18,25, October 2. A small number of Spring Semester 2019 outings will be announced through e-mail to the pass holders.

Throughout Fall and Spring Semester numerous e-mail notifications for surf, SUP and longboard land paddling outings will occur in September, October, November and April. We use RSOP surf boards, stand-up paddleboards, longboard skateboards, land paddles and our inventory of 5mm wetsuits, booties, mits and hoods. These outings occur at intermediate and advanced skill levels when the surf conditions and instructor schedules are favorable.

WHERE: Meet at the UMD Pool in the Sports and Health Center. Observing a pool session and asking questions is free! Training sessions are held in the pool, lower hallway of SpHC, local bike trails, Lester River Surf & Kayak Shack, Island Lake wake surfing with a ski boat and of course on Lake Superior at the local breaks. Attending just one hour of a pool session is beneficial for those with a busy schedule.

WHAT TO BRING: swimsuit, swim shorts that can get waxed up from the boards, towel, shirt that can get wet and shoes for skateboarding. If you have a helmet for skateboarding or biking please bring it!

WE PROVIDE: Surfboards, SUPs, longboard skateboards, land paddles and surfing accessories.

COST: Must be a RSOP SURF/SUP Pass holder $45 per year for UMD Students / $115 per year for Others.

The Real Classroom is Outside...Get Into It!