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 & LAND BASED SESSIONS ON CAMPUS 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
• land based board riding, balance drills, carving and land paddling

INSTRUCTORS:  Randy Carlson and RSOP Staff assistants

WHEN:  Fall Semester 2015 pool times 8:30-11:00am Fridays - September 11, 18 October 2, 9, 16. Spring Semester 2016 pool times are on Wednesdays 2:00-4:00pm April 6, 13, 20. (Spring only membership $25 UMD Students)

Throughout Fall and Spring Semester numerous e-mail notifications for surf, SUP and longboard land paddling outings will occur in September, October, November, April and May. 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 the pool session is beneficial for those who have a busy morning class 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. Spring Only SURF/SUP Pass $25 Students

GOALS:
• Develop basic skills
• Have Fun
• Build advanced skills

EXPLORE MORE WITH THE UMD RSOP 2015-16:
• SoCal Surf/SUP Training Trip – March 4-13, 2016
• Kayak in the UMD pool Thurs 8-10pm
• Spring Kayak & SUP Rendezvous Trip April 23-24, 2016
• Introduction to Snow Kiting on campus Nov. 3, 17, 24
  Jan. 22, 26
• Rip Across Wild Rice & Island Lake Kiteboarding Dec. 10, 12 Jan. 23 Feb. 18,27

GENERAL INFO:
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Surfing and Kiteboarding
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The Real Classroom is Outside...Get Into It!