SURF & SUP Pass Details

- Strength & Conditioning Pool Sessions
- Longboard Skateboard Land Paddling
- Surf Board & Stand-Up Paddleboard (SUP) Wave Surfing
- SUP & Prone Board 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! Passes offered at Entry and Intermediate levels.

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 2019 Pool times 9:30-11:00am Tuesdays – September 10,17,24 October 1,8,15 Fridays - September 20,27 October 4,11,18 and Surf Shack times 5:00-8:00pm Tuesdays – September 10,17,24 October 1.

The Entry Level Pass season is September and October. The Intermediate Level Pass season is primarily November and December plus an Island Lake Foil Surfing session October 12-13.

Throughout Fall Semester numerous email notifications will occur 24 hours prior to surf, SUP and longboard land paddling outings. These outings occur when the surf conditions 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 one hour of a pool training per week is necessary to be a productive surfer.

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

WE PROVIDE: Surfboards, SUPs, wetsuits, booties, mitts, longboard skateboards, land paddles and various surf or skateboard accessories.

ENTRY LEVEL PASS COST: $65 for UMD Student Members $135 for Others. Pass sales begin at 8:00am September, 3rd. (Limited to first 20 UMD Student Members and 4 Others registered.)

EXPLORE MORE WITH THE UMD RSOP 2019-20:
- Single session surf & SUP pool training 9-10:30am Friday Aug. 30 & Sept. 6 8:30-10pm Tues. Sept. 3
- River Wave Riding or Coastal SUP Touring in Canada - September 13-15, 2019
- Kayak in the UMD pool Thurs 8-10pm
- Introduction to Snow Kiting on campus Nov. 5,8,15,19 Jan. 17,21
- Southern California Surf & SUP Training Trip - March 6-15, 2020

Whitewater Paddling, Surfing, SUP & Snow Kiting Program Coordinator:

Randy Carlson
rcarls6@d.umn.edu
(218) 726-6177
INTERMEDIATE LEVEL PASS DETAILS:
This pass is for UMD Students who have learned to surf with their Entry Level Pass or have previous experience in order to complete our surfing knowledge and skills assessment during a pool training session. Upon completion of the assessment you will be able to access the following:

- Lake Superior surfing sessions in September and October on a standby basis during Entry Level Pass holder outings. Your mentoring and assistance is appreciated if we have enough equipment to go around.
- Intermediate only Island Lake Foil Surfing session October 12-13
- Intermediate only surfing sessions in November and December
- Priority consideration for RSOP Surf Instructor employment and discount equipment deals

INTERMEDIATE LEVEL KNOWLEDGE AND SKILLS ASSESSMENT:
Our surfing knowledge and skills assessment is offered during the pool training sessions and builds on the experience you have previously gained while surfing on Lake Superior at the spots used for the Entry Level Pass outings. This assessment is designed to help you prepare for more challenging surf conditions and mixed company at more popular surf spots. To complete the assessment you will need to:

- Read the UMD RSOP Surfing Study Guide with web links that covers equipment selection, equipment care, cold water surfing strategies, surfing etiquette, site assessment, launching and landing, lineup rotations to keep the traffic flowing, avoiding collisions, sharing the waves, surf rescues and spreading aloha by helping others. Distributed by Randy Carlson to pass holders.
- Complete the UMD RSOP Surfing Worksheet which serves as your affirmation of knowledge leading to stronger surfing experiences.
- Demonstrate skills in the UMD Pool including a 250 yard free swim, 10 continuous x-pattern prone board laps in the pool, deep end under water pool crossing with the weighted milk crate, stand up paddleboard U-turn sequence (simulation of going through the impact zone then positioning to catch and surf a wave).
- Participate in a Lake Superior surf session that includes catching and riding a wave in the standing position.

INTERMEDIATE LEVEL PASS COST: $45 for UMD Student Members Only  Pass sales begin at 8:00am October, 1st. (Limited to first 10 UMD Student Members registered and assessed)

Please contact Randy Carlson at rcarlso6@d.umn.edu or (218) 726-6177 if you have any questions.

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