



ISA FUTURE SURF GROMS PROJECT 4 - 2008

“Developing the Next Surfing Generation in Ireland”

Marcos Dias – ISA Surf Coach Level 2 – ISA Level 1 Judge

Dates: (3 weekends altogether): 1/2 March, 5/6 April, 12/13 April

Location: Ballyshannon, Co. Donegal

AIM: train the next Irish surfing generation to the highest level possible with the objective of increasing internal competitiveness and elevating Ireland's presence in the world surfing community.

PREREQUISITES: catering for kids that show a keen interest in competing and that intend to pursue a place in future Irish Team Surfing squads and also for those that have been selected before and are progressing towards becoming better competitors by improving their skills.

- 12 to 18 years old with own board (shortboard, longboard or bodyboard)
- ability to surf unbroken wave in both directions with control
- able to swim 25 metres non-stop
- parental consent and ISA membership (or enrol before starting)

OUTLINE: it will consist of 3 weekends with a limited number of 8 participants for improved individual feedback. The cost of the program per participant is 200 euro (covers all 3 weekends), with a deposit of 50 euro payable to the ISA (address at the end) by cash or cheque to reserve a place. The cost does not include transport, accommodation and food. Each participant will receive a binding folder with a manual given during the course with information on the different modules and “homework” sheets. Individual feedback will be given throughout the course. The objective of the program is to address all the components of high performance competition surfing and the relationship between them to achieve an adequate balance resulting in improved competition performance.

ADDITIONAL INFORMATION:

For further information about the project or to request a booking form please contact:

ISA (info@isasurf.ie) 09649428 www.isasurf.ie

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