

Pro Ambitions Hockey/ Surf Camp
University of Rhode Island/ Narragansett Town Beach

Parent Surf Information Guide

Sean Jackson, PA URI Surf Coach
Cell: 401-368-3015
Email: actionjaxx21@gmail.com

Surf Camp Dates: 7/1 - 7/4 (4days) No Beach on 7/5

Surf Camp Hours: 1-4pm

Location: Narragansett Town Beach

Surf Camp Program:

Mission: We are a safe, inclusive and respectful surf camp that empowers our athletes to develop water safety and surf knowledge to encourage competent lifelong surfers.

Vision: Stoked to learn to surf, confident to take a risk, prepared to thrive.

Core values: We believe our athletes development must be built around teaching water safety and core surf knowledge. Our full surf camp package provides our athletes access to the beach, a surfboard, a wetsuit and twelve hours of surf coaching from the best surf instructors on the east coast. When you rent a surfboard please know that our coaches teach our athletes both in and out of the water, therefore there will be instruction with and without a surfboard. Our program splits our athletes into groups based on their individual needs. There will be a time when they are involved in dry land training on the beach, other times swimming in the impact surf zone and other times learning with a surfboard. Our surf school has a range of equipment for all athletes to access through shared surfboards, boogie boards, stand up paddle boards and skimboards; so the athlete can experience a wide range of surf equipment with a surf coach on the beach.

Flexibility: ***All beach weather conditions are influenced by the sun, water and wind. We provide the most flexible surf camp experience based on the current conditions. In the event of lightning the beach is closed, we go to the South County Luxury Cinemas, at no additional charge. We can not control the conditions at the beach and must abide by the rules given to us by the Town of Narragansett beach officials.

Instruction: We teach our athletes using a four day progressive structure:

Day 1 is orientation: surfers are split into small groups that rotate to 3 different beach zones (zone 1 dry land, zone 2 impact zone, zone 3 past the break) . We learn our athletes level of surf knowledge and their water competency. Along the way we create a common language about safety both in and out of the water, talk about surfing equipment, practice technique on dry land and then experience with a surfboard in the water.

Day 2 is 2 large groups (swim zone training and surfboard training).

Day 3 is continued work in 2 large groups.

Day 4 is one large group with a free surf or surf contest.

Our goal is to provide the foundation and share the stoke in becoming a lifelong surfer!

Surf Camp Package Fees:

Weekly Beach Passes: \$50 - required for all athletes

Weekly Surfboard Rental: \$150

Weekly Wetsuit Rental: \$50

Weekly Life Vests: Free

Full Surf Camp package: \$200

***All beach and surf rentals are made in **cash** on arrival day, 6/30

Transportation

Athletes are transported via Coach Bus to and from URI and Narragansett Town Beach

All surf equipment is taken care of by Coach Sean

***Athletes who choose to keep their personal surf equipment in their dorm room will be responsible for their own equipment, otherwise Coach Sean is happy to help.

Miscellaneous

Flip Flops

Sunscreen

Sun shirt/ rash guard

***The sun shirt/ rash guard is a shirt that protects the athlete in two different ways. First is from sunburn and second is from painful chaff on the chest and belly, caused by skin rubbing on the surf wax that is applied for traction on the deck of the surfboard. When surfers paddle out they lay prone on the deck of the surf board. The wax is on the deck and can cause painful chaff. Then when our athletes go to skate and put their shoulder pads on it can cause continued discomfort. The rash guard helps by protecting the surfers skin.