



Club Surfing and Coaching Structure

Levels of Progression

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	
<ul style="list-style-type: none"> • Able to confidently paddle, turn and position the board ready to catch the wave avoiding other water users. • Can consistently get to feet. • Able to ride white water with control. 	<ul style="list-style-type: none"> • Clean pop-up with no knees. • Able to make basic turns and control direction of board. • Wipe out control. • Able to sit on the board waiting for waves in the lagoon. • Ready to be introduced to Intermediate 1 with assistance. 	<ul style="list-style-type: none"> • Consistent quick, clean take off on forehand and backhand on the beginner and Intermediate 1 wave without use of knees. • Able to catch Intermediate 1 waves in the lagoon, get onto the clean shoulder and ride the face of the wave. • Able to adjust the speed of the board & change direction on Intermediate 1. • Able to catch unbroken waves in the sea and demonstrate control. 	<ul style="list-style-type: none"> • Able to catch Intermediate 1 waves in the lagoon and get onto the clean shoulder and ride the face of the wave on forehand and backhand. • Able to ride down the line under control in the lagoon and sea. • Able to control speed and remain in the critical part of the wave. • Display strong paddling and technique. • Experienced Level 4 ready to be introduced to Intermediate 2 with assistance. 	<ul style="list-style-type: none"> • Able to catch Intermediate 2 waves in the lagoon and make a bottom turn then ride down the line under control on a foamie. • Able to paddle out in the sea and catch waist-to-shoulder high unbroken waves. • Experienced Level 5 ready to be introduced to advanced with assistance. 	<ul style="list-style-type: none"> • Can consistently catch Intermediate 2 and Advanced waves in the lagoon on forehand and backhand and ride down the line under control on a hardboard correctly sized for the individual. • Able to duck dive understanding principles and timing. • Reliable advanced take off and bottom turn. • Frequently surfs in the sea. 	<ul style="list-style-type: none"> • Able to perform turns on the face of advanced waves in the lagoon. • Able to perform basic bottom and top turns. • Able to paddle out in the sea and catch shoulder-to-head high waves and ride down the line under control. • Able to meet all criteria on a hardboard correctly sized for the individual. • Able to provide supervised coaching to Level 1 - 4. 	<ul style="list-style-type: none"> • Can do cut-backs and link turns & manoeuvres both in the lagoon and in the sea. • Competent in sea in a range of waves and understand surf etiquette. • Understands the wave and performs appropriate manoeuvres for the circumstances. • Able to provide supervised coaching to Level 1 - 6. 	
Lagoon Beginner Wave		Lagoon Intermediate 1			Lagoon Intermediate 2			Lagoon Advanced



2019 Club Structure (8am for 1 hour each Saturday during our club season)

