

# SURF LEVEL PROGRESSION



## BEGINNER

This is where you start being in contact with Surf, a common fact of a Beginner surfer is that they know little to nothing about the ocean, and this is where the adventure begins by sliding on white water waves in shallow sand beaches.

20HRS



## NOVICE

Once a surfer is past the beginner stage of surfing and start paddling out to catch unbroken waves, they are what could be called "Novice" surfers. These surfers have little ocean awareness, make many mistakes on take-off, and generally ride horizontally across their waves without performing manoeuvres. They like to be over the top of their surfboard with little leaning of their surfboard onto its rail. Length of ride is the most important aspect to a good ride for Novice surfers.

30HRS



## FOUNDATIONS

As a surfer becomes more experienced and aware while in the ocean, foundation surfers start positioning themselves on the peak more correctly, taking-off with more confidence, and performs top-to-bottom manoeuvres as they surf down the line. They can create speed at take-off and successfully finish their waves more often. Performing top-to-bottom moves is a key aspect of their performance.

200HRS



## EMERGING

At this stage surfers start to push their performance by attempting bigger and more complete manoeuvres. They challenge themselves by taking-off from a deeper position on the peak, attack the first manoeuvre of their ride, and continue performing committed manoeuvres for the duration of their rides. Additionally, they start to experiment with progressive surfing. Performing committed manoeuvres is a key aspect of their performance.

1000HRS



## PRE-ELITE

Surfers at this stage can surf their waves with confidence, displaying deep positioning in the ocean in all types of surf, assertiveness when catching waves, commitment when taking-off, and the ability to perform a large variety of manoeuvres – all with technical proficiency.

For competitive surfers, they know how to prepare and win heats and "back themselves" when under competitive pressure. Making good decisions when in the ocean is a key aspect of their performance.

1000HRS



## ELITE

Elite careers can last for over 20 years depending on the motivation and resilience of the surfer.

Elite surfers have all the components of performance under their control. They can surf all types of waves, adjusting their timing and positioning to suit the wave being ridden. They have the ability to turn up at an unfamiliar beach and within days, be surfing better than the local rippers. It's their adaptability and self-belief that are the keys to their success.

Competition wise, they act professionally in their free-surfing sessions, pre-heat routines, and heat management. If they lose, it's the "moments" that they get wrong rather than their whole performance and understand that there are no excuses at the elite level of surfing performance