



### **General Information about Camp Coastalwatch**

Camp Coastalwatch is a three day surf camp running from March 24<sup>th</sup> – 26<sup>th</sup> 2010 for sixteen Australian surfers. The camp is designed for junior surfers who have not experienced success at surfing competitions.

These surfers would not be selected in other high level elite training such as the Mark Richards Camp and Layne Beachley Camp.

By exposing these surfers to the Surfing Australia High Performance Centre (HPC), Camp Coastalwatch aims to take their ability to the next level and increase their chance of competition success by focusing on:

- Surfers technique
- Wave usage
- Education on “how to surf to judging criteria”
- Competition preparation and strategies
- Surf specific fitness training
- Wave selection, time management, psychological approach and competition analysis

### **Criteria for Selection**

Requirements of a Camp Coastalwatch surfer include:

- Under 16 years of age
- Have not achieved a quarterfinal or better placing at state level competitions or junior surfing events (such as Rip Curl Gromsearch, Rusty Gromfest etc)
- No financial sponsorship agreements

If surfers fulfill the above criteria, they can submit an application to the Surfing Australia High Performance Centre containing a cover letter on why they should be selected for the camp and their future surfing aspirations. Applications can be sent to [hpc@surfingaustralia.com](mailto:hpc@surfingaustralia.com) or Surfing Australia HPC, PO Box 1613, Kingscliff, NSW 2487.

### **State Allocations**

A total of sixteen surfers will attend the Coastalwatch Camp based on the below state allocations.

NSW	QLD	VIC	TAS	SA	WA
4	3	3	1	2	3

### **Successful Camp Applications**

The Surfing Australia HPC will host Camp Coastalwatch where athletes will be coached and mentored by Australia’s finest coaches on a camp that includes:

- Participation in a 3 day HPC surf coaching program
- Accommodation
- Food & catering
- Silicon Coach DVD production of surfing footage

(NOTE: It is the athlete’s responsibility to book and pay for travel to and from the HPC)

### **Contact for more Information**

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#### **SURFING AUSTRALIA**

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