University of Wollongong O-Week Surf Camp

“The Weekender”: 4-6/March/2011

Fact finder:
Camp: 2 Day/2 Night Surf Camp
Style: Adventure/Recreational
Grade: Beginners
Pick-up: Friday 8:30pm for 8:40pm departure outside Nth Wollongong Train Station, Porter St.
Accommodation: 2 Nights. Stay in our modern beachside cabins. Our rooms hold a maximum of 6 people per cabin ensuring a comfortable stay. Enjoy clean onsite facilities, a relaxing covered entertainment area, hammocks, DVD movies, hot showers, swimming pool, Internet, laundry and café.
Activities: Our surf course is a progressive, tailor-made course designed to teach absolute beginners how to surf. At the end of the course you will have the skills to surf confidently without an aide. 3 lessons included over the weekend.
Meals: 2 x breakfasts, 2 x lunches, 1 x dinner. All meals are cooked by our on-site staff. We serve large portions to cater for a surfer’s appetite! Experience an Australian BBQ at its best! Vegetarians catered for.
Staffing: All of our surfing instructors are fully trained and qualified, having completed their Level 1 Surf Coaching, Open Water Bronze Medallion/ APOLA and Senior 1st Aid Certificates.
Optional packs: Photography: Capture the moment of riding a wave. Our on-site photographer is available every lesson to take photos of you surfing.

Itinerary: (2 full days/ 2 nights)
Day 1:
Meet the Surf Camp Australia drivers outside Central YHA, corner of Pitt St and Rawson Pl, 6:00pm for 6:15pm departure. Sit back and relax whilst we take you down the South Coast to our camp location in Gerroa.

Seven Mile Beach:
Seven Mile Beach is a picturesque national park beach. It’s an ideal location for beginner surfers with its tame waves and scenic surroundings. Only 2 hours south of Sydney, it offers the surfer a chance to escape the city and see what other beauties Australia has to offer.

Average Temps for Surf Camp Season:

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Tour Briefing:
You’ll be greeted by our head surf instructor and the onsite staff. After given an overview of the camp, get inspired by one of our surf movies. Rest up for your big day of surfing tomorrow.

Day 2 & 3:
Start the day to the tunes provided by surf camp staff and meet for breakfast. You’ll be given some time to get ready for your first lesson and then it’s straight to the beach.

Lessons:
3 lessons provided over the weekend. In the first lesson you’ll be taken straight to the beach and receive a talk on tides and conditions, how to identify the safest part of the beach to surf, followed by paddling technique. Once you feel comfortable with this, your instructor will then go on to teach you how to stand up on your board and take you into the water to experience catching your first wave. Most people will stand up within the first lesson.

Each lesson will progress from the previous one. You’ll be provided with lunch and a rest period in between. After your lessons, it’s time to relax. Eg. unwind in a hammock, go for a walk along the National Park beach, watch DVD’s, get to know other surfers, visit the local pub overlooking the ocean etc.
Saturday night is renowned for our Surf Camp Parties!

On Sunday afternoon, you’ll be given time to pack and get ready for the journey back to Wollongong.

Arrive in Wollongong at approximately 5:30pm.

What to Bring:
- Swimwear/Boardshorts
- 30+ Factor Sun Screen
- Pillow, pillow case
- A Towel
- Warm clothing (check the weather report)
- A Huge Appetite
- Lots of Energy

What you will get out of Surf Camp:
- A unique and unforgettable experience
- Surfing skills
- Wave, ocean and surfing etiquette knowledge
- A Rip Curl T-shirt
- A taste of Australian surf culture
- An addiction to surfing