



## SURFING ENGLAND

### **2017 Junior Squad Training Schedule (UK Based Surfers)**

The 2017 English Squad Training Schedule is a fully transparent document detailing the training weekends and national events that UK based squad members ought to attend to be considered for selection as part of the travelling team to the VISSLA ISA World Junior Surfing Championships held in Japan 23<sup>rd</sup> September -01<sup>st</sup> October 2017.

NB: Should you be unable to attend a weekend / event this won't have a negative effect on your selection. Please communicate with the team manager as soon as possible the training weekends / events that you can attend and valid reason/s to those you cannot.

There are 4 categories of selection; U16 Boys, U16 Girls, U18 Boys & U18 Girls. The following number of surfers will be selected for the travelling team from each of the categories:

- U16 Boys: 4 travelling surfers
- U16 Girls: 2 travelling surfers
- U18 Boys: 4 travelling surfers
- U18 Girls: 2 travelling surfers

### **Squad Selection Event**

English National Surfing Championships, April 29<sup>th</sup> – 01<sup>st</sup> May 2017. All UK based squad members are expected to compete in this 'Event' and also attend the compulsory squad meeting at the competition site on the evening of the 29<sup>th</sup> April at approximately 5pm, after the final heat has been completed. The location for this meeting will be communicated to you no later than Friday 28<sup>th</sup> April.

NB: Should you be unable to attend this event this won't have a negative effect on your selection, please communicate with the team manager as soon as possible valid reason/s for your absence.

### **Squad Selection Training Weekend 1, Newquay 2017**

Dates: Friday May 12<sup>th</sup> 2017 – Sunday May 14<sup>th</sup> 2017

Location: Newquay, Cornwall

Accommodation: Staying in Ocean lodge Guest House.

Price: Please see Newquay Training Weekend Itinerary for detailed overview.

Included - Breakfast, Coaching, Lunch and Dinner & healthy snacks, Accommodation and Transport. **Not Included, flights / transport to Newquay.**



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### **Squad Selection Training Weekend 2, Gwithian 2017**

Dates: Friday June 09<sup>th</sup> 2017 – Sunday June 11<sup>th</sup> 2017

Location: Gwithian, West Cornwall

Accommodation: Staying at Gwithian Farm Campsite.

Price: Please see Gwithian Training Weekend Itinerary for detailed overview.

Included - Breakfast, Coaching, Lunch and Dinner & healthy snacks, Accommodation and Transport. **Not Included, flights / transport to Gwithian.**

### **Squad Selection Training Day 3, Croyde 2017**

Dates: Saturday July 08<sup>th</sup> 2017

Location: Croyde, North Devon

Accommodation: n/a

Timings: 10.00am – 7.00pm

Price: Please see Croyde Training Day Itinerary for detailed overview.

Included - Lunch & healthy snacks, coaching & management. **Not Included, flights / transport to Croyde.**

### **Squad Selection Training Day 4, Bude 2017**

Dates: Saturday August 05<sup>th</sup> 2017

Location: Bude, North Cornwall

Accommodation: n/a

Timings: 10.00am – 7.00pm

Price: Please see Bude Training Day Itinerary for detailed overview.

Included - Lunch & healthy snacks, coaching & management. **Not Included, flights / transport to Bude.**

### **Weekend / Training Day Overview**

The weekends / days will consist of intensive heat training (*A high level ISA judge will accompany the squad in the training camp*), video analysis, classroom based coaching sessions, fitness tests, strength and conditioning training, a professional physiotherapist screening, professional nutritional advice, team bonding activities and will act as a chance for the UK based surfers to compete against the internationally based UK surfers. The training camp / days will play a significant role in the selection procedure.

Under the supervision of the English management team, the training weekends / days will act as a key opportunity to witness how the squad interact, and behave away from parents / careers.

NB: All judges sheets will be available on request for parents and squad members on completion of the training camp.



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### **Illness, Injury or family bereavement clause**

In the case of Illness, Injury or family bereavement resulting in a squad member unable to attend a selection event / camp please inform the Team Manager. Each case will be taken into consideration and with the help of the management team find a fair solution to ensure unbiased team selection.

### **Expenses & Funding**

Squad members are expected to fully fund their attendance at selection events and the training weekends / days leading up to selection on the 07<sup>th</sup> August 2017. For any funding concerns for squad members contact the Team Manager

[juniorteam@surfingengland.org](mailto:juniorteam@surfingengland.org)

### **Important GB Junior Team Contacts:**

- Interim Team Manager (*Chris Brown*) - [juniorteam@surfingengland.org](mailto:juniorteam@surfingengland.org)