



SURFCAMP LOMBOK PROGRESSION SESSIONS



With Scott Clark

- I am a qualified surf coach BSA level 1 & 2, 31 years old with 16 years surfing experience around the globe. I am a complete surf junkie and have worked with a diverse range of clientele. Come and let these sessions push your surfing to the next level.
- These courses are for those who can surf and have their own surfboard, but haven't surfed in a while or are stuck in a rut and need a few pointers to get up to speed to make the most of their stay.
- If your surfing has been stagnating, surfing in an exotic location for a couple of weeks is a great way to kick-start your development. It doesn't matter if you want to be a competition hot shot or a mellow soul cruiser.
- Lombok has a lot of coastline facing directly into the predominant swell direction. Bay after bay offers protection against the winds, and most of the breaks suit intermediate surfers.
- There are a dozen reefs on offer within an hour's boat ride / drive from the Surf Camp: Grupuk - Ekas - Mawi - Are Guling - Seger - Tamjung Aan - Serneng - Belongas Bay and Desert Point are a little bit further.
- Let our coaches take you round the line up using our fleet of boats and teach you everything from where to sit to advanced manoeuvres, while a cameraman captures it all.

Back at the camp apart from all the relaxing in the tree house, Watching endless surf films on the projector, Shooting hoops in the front yard, Horse riding, Volleyball, Football against the local team, Slack lining, meeting new friends or just passed out in the hammock from too much surfing we will be working on a number of different things including :

Video Analysis going through video footage / photos identifying and analysing faults, and discussing methods of improving performance.

Surfing Skill Drills including a range of different training techniques for the surf sessions to suit individuals and groups of people with different levels of ability and fitness.

Preparation Techniques including mental and physical prior to entering the water.

Fitness. Different principles will be looked at to improve your fitness and surfing performance to reduce injury and maximise your surfing ability using a combination of Yoga, Fitness Ball, Indo Board, Swimming etc.

Theory Sessions will be held covering Board Design including fins through our FCS Test drive centre, Basic Fluid Mechanics Of Breaking Waves, Surf Training Drills, Video Analysis etc.

- So come to LOMBOK SURFCAMP where its all aimed at pushing your surfing forward, its hassle free, there's less crowds, more waves for everyone and a relaxed atmosphere.

// Scott Clark & Surfcamp Lombok