HISTORY OF MANLY SURF SCHOOL ELITE TRAINING DIVISION

Manly Surf School Elite Training Division has been coaching advanced surfers since 1994.

Matt and Tim Grainger coached **NATHAN HEDGE** as a 11 year old kid. Nathan went on to qualify on the World Tour in 2001. His world tour rankings in 7th (2004), 8th in 2005. Nathan went to win an event in Scotland and was runner up in Tahiti twice and J-Bay once.

Matt become the NSW Institute of Sport coach for Surfing Australia in 1997 coaching such ASP World Tour athletes as **ADRIAN BUCHAN, OWEN WRIGHT, GLENN"MICRO" HALL, CHELSEA GEORGESEN-HEDGES,** (ASP world Champion 2005) **TOM WHITAKER** and **LAURA ENEVER.**

Matt and his team have also coached current local up and comers **COOPER CHAPMAN** (2008 Australian Champion) and **DAVEY CATHALS** over the years.

CURRENT TEAM GETTING RESULTS

RILEY CADMAN Runner up 2013 under 18 Northern Beaches Titles
KOBI CLEMENTS 1st Volcom QS
JAMIE THOMPSON 1st Northern Beaches Regionals
RYAN DONOHUE 1st Adrenalin Comp Sydney, North Narrabeen Club Champion 2012
HARM KASSULKE Finalist at Northern Beaches (3rd), 2nd in Wahu, Long Reef Club champion 2012
SAM STEAD 4th Northern Beaches Titles
ADAM VAVARASOS 2nd Northern Beaches, 3rd in Wahu
BELLA GRAINGER 2nd Northern Beaches, 2nd Wahu, Long Reef Club Champion 2012
TASMAN GRAINGER Long Reef Club Champion 2012
JESSE STARLING 3rd Northern Beaches
BELLA STEVENS 4th Northern Beaches 2013

MANLY SURF SCHOOL ARE THE CURRENT JIM BEAM SURF INDUSTRY CHAMPIONS
Jake Spooner, Shane Conwell, Nick James, Dave Frim

THE PROGRAMS INVOLVE TEACHING:

1. Correct Surfing Technique - through video analysis and photos
2. Contest Strategies - how to surf and win heats
3. Surfing Fitness and Injury Prevention (Strength and conditioning)
4. Sports Psychology - Preparing for big waves, contests
5. Surfboard design assistance
6. Nutrition
7. Sponsorship management

SPECIALITY CAMPS

7 day camps in NSW South Coast, North Coast, Fiji and Indonesia.

TRAINING TOOLS

Silicon Coach Video Analysis, (technique analysis)
Streetboard Skate boards, Breath Enhancement Training (for big waves and keeping calm)
Physical Assessment by Christian Cook from Fit to Surf.

SCHOOL HOLIDAY CLINICS

4 days 9am-12pm $200

COACHING PROGRAMS

Private lessons.
Adults $90 Per Hour
Kids (17 and under)
$70 per hour.
1 or 2 hour sessions.

SQUAD TRAINING

Squad Training is on **Mondays** at Manly Beach 4pm-5.30pm. **Wednesdays and Thursdays** at Long Reef and Palm Beach 4pm-5.30pm. **Fridays** at Palm Beach 4pm-5.30pm.
$150 for 4 weeks,
$250 for 8 weeks.

Saturdays and Sundays
9am–12pm - $50.
Full day courses $100.
9am-3pm.

ONE INSTRUCTOR TO 6 PERSONS
All Staff are Level 1 Surfing Australia are Certified in First Aid and hold Surfing Australia Surf Rescue Award.

THE CURRENT TEAM BEING COACHED ON A WEEKLY BASIS HAVE BEEN GETTING GREAT RESULTS IN AUSTRALIAN, NSW, & NORTHERN BEACHES EVENTS.

The current team of coaches are:
MATT GRAINGER (NSW Coaching Director),
NICK JAMES (Head Coach of Manly),
SHANE CONWELL (Head Coach Palm Beach /Avalon),
MATT BEMROSE (Volcom International Head Coach. Coach of Dusty Payne, Coco Ho and Mitch Colebourn),
CHRISTIAN COOK (Fit to Surf Surf-Fitness Trainer and ex pro surfer) and **TIM STUART** (Surfing Australia Judge),
JAKE SPOONER (World Tour Surfer 1990-2000),
ZAHN FOXTON (WQS surfer)
COOPER CHAPMAN (NO.5 world Junior 2012 and current No2. Australian junior series surfer)
CHRIS ENEVER (Laura Enever's Coach)

COACHING & MANAGEMENT OF SURFING TEAMS

Currently Coaching: Sceggs Redlands, Knox, Mosman, Barrenjoey, Cromer, Mackellar, Stella Maris

HPSC
HIGH PERFORMANCE SURF COACHING

BECOME PART OF THE TEAM.

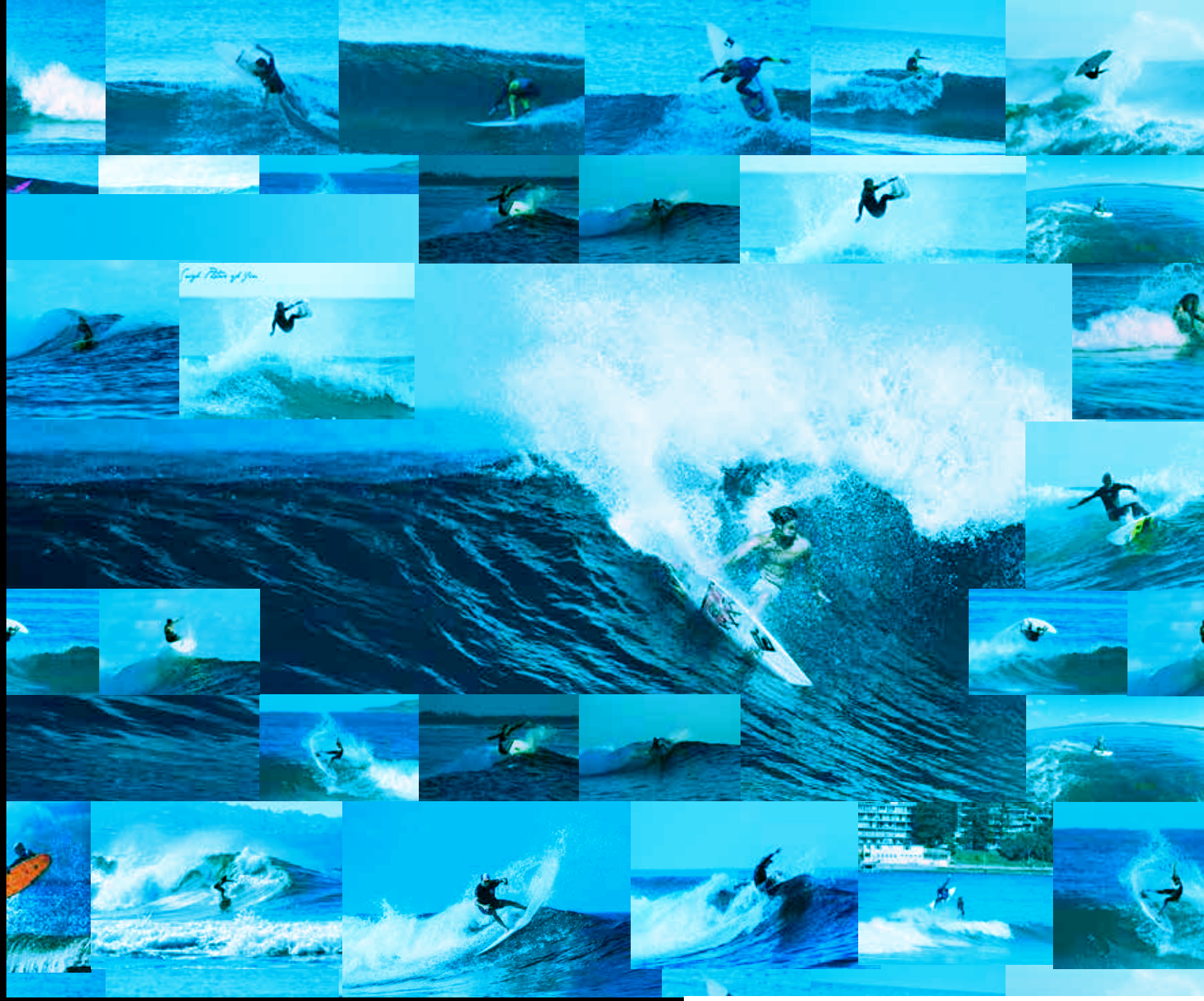
Book in to **Manly Surf School High Performance Surf Coaching (MSS HPSC)**. It's a program that covers all levels of surfing, fitness, technique, video analysis, contest strategies, surfboard design, nutrition, and sponsorship management.

The MSS ETD will build a lesson that's right for you and improve your shredding!

As a team rider, you will receive a coupon after completing your training that allows you to receive discounts on custom surfboards, wetsuits, and more from our partners.

PRESENT YOUR MSS HPSC CARD TO GET HOOKED UP.

manly surf school



MANLYSURFSCHOOL.COM
(02) 9977 6977

SURFING NSW

SOFT BOARDS australia

SURFING AUSTRALIA SURF SCHOOLS

MANLY SURF SCHOOL HIGH PERFORMANCE SURF COACHING IS THE ONLY NORTHERN BEACHES SURF SCHOOL ENDORSED & ACCREDITED BY SURFING AUSTRALIA & SURFING NSW