

THE SURFBOAT BOOK – COMPLETE COACHING MANUAL

has been written, as a complete guide to surfboats, by one of Australia's most successful competitors and coaches. It includes information for the teaching and coaching of novice and elite surfboat competitors. Written with passion, insight and knowledge, the Surfboat Book is more than a Coaching Manual. It is a rich reference for anyone interested in surfboats. Its chapters are included within the following sections.

SURFBOAT TRADITIONS

SURFBOAT FUNDAMENTALS

COACHING SURFBOAT CREWS

SURFBOAT ROWING

ADVANCED SURFBOAT ROWING

TRAINING SURFBOAT CREWS

SWEEPING SURFBOATS

SURF CONDITIONS

SURFBOAT COMPETITION

SURFBOAT ACCREDITATION & SKILL DEVELOPMENT

SURFBOAT FITNESS & WELL BEING

SUSTAINING SURFBOAT & SURF CLUB CULTURE

THE AUTHOR'S STORY



Surfboats have evolved within a tradition of saving lives into an iconic sport. Racing surfboats is a spectacular event within the surf life saving movement. It celebrates surf culture with an exciting challenge for volunteer men and women surf life savers.

Price: \$55.00 plus handling.

Total price \$65.00 mailed within Australia in a cardboard box and waterproof envelop. A cheque or money order can be sent to K. Marsh, PO Box 740, Newport Beach, NSW 2106.

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