

Rough plan for a week at Insider Surf Camp

Arrival Day (The first day written on the camp dates)

Arrive between 2pm and 3:30pm

3:45pm - Welcome Talk

5:00pm - Group Sunset on the Hill (optional)

7pm - Dinner in the village (optional, cost not included)

Day 1

Breakfast

Surf Equipment Theory

Surf Safety Theory

Board Handling Theory

Paddling Technique Theory

Pop Up Theory

Lunch

First Surf Session

Day 2

Breakfast

First Surf Session (With Photos)

Group Photo Analysis Session

Second Surf Session

Theory on wave reading, positioning and surf etiquette

Day 3

Breakfast

First Surf Session

Bottom Turn Body Mechanics Theory

Second Surf Session

Day 4

Rest day

Waterfall Trip, Sade village Local Culture Trip, other excursion options or just a chill day for yourself.

Day 5

Breakfast

First Surf Session (With Photos)

Top Turn & Cutbacks Theory

Group Photo Analysis Session

Second Surf Session

Day 6

Breakfast

First Surf Session

Speed Generation Theory

Second Surf Session

Day 7

Breakfast

First Surf Session

Photo Analysis

Second Surf Session

Local Family BBQ Dinner

Day 8

Breakfast

Check Out