WIPEOUT DEMENTIA: The Strength for Surfing Programme

The aim of this programme is to:

- Create greater precision through better body awareness. 
  Be at one with your stick!
- Increase your power. 
  Paddle harder. Pop earlier and faster!
- Improve your board control with superior core stability. 
  Master stronger, tighter turns!
- Improve your execution of maneuvers via exceptional balance and stay on more often, even when things go wrong!
- More waves, faster progression, less frustration and more FUN!
Who is your coach?

Craig Douglass, owner of Breathe Fire Specialised Training and your Wipeout Dementia coach is a highly specialised functional personal trainer and PDHPE teacher at a Sydney independent school. He is also a Fitness Ambassador for the Centre for Healthy Brain Ageing (CHeBA).

His predominant passion lies in improving the performance and athletic ability of a person specifically pertaining to their sport and leisure pursuits. He has a Bachelor of Arts in Sports and Exercise Management, a Bachelor of Human Movement and a Bachelor of Secondary Education in PDHPE.

It’s not about a six pack…. but hey, it’s a bonus.

It’s true; there are many factors that are necessary in becoming better at your surfing. You need lots of strength throughout your upper and lower body, mental and physical agility, cardiovascular fitness, and a hell of a lot of desire and very little fear.

The key factor though is CORE CONTROL. None of the aforementioned skills matter if you have zero core control or if your core control has decreased over the years. This course will get your abs working the way that they need to be to give you greater access to high performance surfing. Stronger core muscles, better balance, greater control….better surfer.
It is all very well to talk about strengthening the transverse abdominis, puboccygeus muscle and others, but if you don’t know where they are in the body or what they do there is no point. So here’s a short lesson in musculature.

You have three sets of abs – the rectus abdominis, the obliques and the transverse, all of which lie in the abdomen.

At the side of the abdomen there are two diagonal muscles, the internal obliques and the external obliques. The internal oblique attaches to the front of the pelvic bone, from here it travels up and across to the lower ribs and onto the linea alba of the rectus abdominis. The external oblique begins from the lower eight ribs and travels to the pelvis.

Surfing is always a power workout and the more you get that power coming from the core of your body, the easier it will be. Put it another way – if you work your transverse muscle in the correct way, you’ll progress to high performance surfing much faster.

In order to do core exercises correctly, it is imperative to learn to breathe properly while doing them. This program will teach you how to effectively achieve perfect core control through better breathing techniques, expert exercises and precise functional movements that transition ideally to the board.

To read more about the Wipeout Dementia campaign click here.
So will I really improve?

YES! We know that your time is limited. And conditions aren’t always perfect. We know you’d like to take full advantage of every precious opportunity to surf and this program makes sure that happens for every surfer. We know that not only is surfing one of the most physically demanding of any sport, it also requires intense amounts of mental focus to negotiate each wave and avoid wipeout.

We will focus on the key elements that will power up your paddling and guide you toward exceptional balance and body control, while at the same time building strength in the dominant movement patterns and ensuring avoidance of injuries that often develop from over-use.

The end result? High performance surfing.

Through critical adaptations to your body and a series of specific and progressive functional exercises we’ll get you going harder and longer every time you put your feet in the wax.

Wipeout Dementia will run for one hour per week on Saturdays over four weeks.

Saturday 7am – 8am, Queenscliff

<table>
<thead>
<tr>
<th>WEEK ONE:</th>
<th>CORE STABILITY AND BALANCE CONTROL POWER</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK TWO:</td>
<td>POWER – UPPER BODY STRENGTH</td>
</tr>
<tr>
<td>WEEK THREE:</td>
<td>POWER – LOWER BODY STRENGTH</td>
</tr>
<tr>
<td>WEEK FOUR:</td>
<td>PUTTING IT ALL TOGETHER FOLLOWED BY SURF OFF</td>
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Note: Surf Off and post ceremony will run til 12pm

Each week is progressive with a physiological education component followed by practical exercises and concluding with a flexibility session. By the end of the programme you will have a perfectly tailored programme to work on and an understanding of the key elements to propel you towards excellence in your surfing capability.
FORMAL HEALTH AND FITNESS QUALIFICATIONS

Craig Douglass

- Bachelor of Secondary Education (PDHPE)
- Bachelor of Arts (Sports and Exercise Management) - University Of Technology
- Bachelor of Human Movement - University Of Technology
- Certificate III in Fitness
- Gym Instructor
- Group Exercise Instructor
- Certificate IV in Fitness – Personal Training
- Austswim Teacher of Swimming and Water Safety
- Austswim Teacher of Competitive Strokes
- Sports Medicine Australia – Sports Trainer Level 1
- Sports Medicine Australia – Sports Trainer Level 2
- Sports Medicine Australia – Introduction to Sports Massage
- Australian Rugby Union – Foundation Coaching & Officiating
- Punch Equipment – Punch Fit Instructor
- NSW Weight Lifting Australia – Sports Power Coach Level 1
- Current Senior First Aid & CPR Certificates
- St John Ambulance - Advanced Life Support
- CCWT - Child Protection and Appropriate Behaviours
- AIS – Child Protection Awareness