

ISF Surf Team 2009-2010 Competition Team Points System

Coaches: Mark Brolaski mbrolaski@mobio.com 760-803-7192
Liz Brolaski lizbrolaski@mobio.com 760-525-1432

The Team

The SDA Surf Team is for competitive and non-competitive surfers at San Dieguito Academy. We are part of the San Diego North Sector 1 and 2 of the Interscholastic Surfing Federation (ISF). www.isfsurfing.org. Go to the site for all ISF contest info including dates and places for the contests and information about ISF.

Non-Competitive team

Everyone will be ranked based on practice heats. The ranking will change during the season depending on how you do during practice heats. You will not surf in the ISF contests if you are not the current top ranked surfers in your division. This means you are on the non-competitive SDA ISF team. You can come to practice, get experience surfing practice heats and attend all the team events. You will be covered by the ISF insurance while participating at team events only if you have paid the ISF fee and filled out all ISF forms.

ISF Competitive team

We only signed up for one ISF contest team this year. The number of surfers in each division for the contests is listed below. We will have a points scoring system for determining who surfs the ISF contests. Points are earned for attendance at practice plus points earned during practice heats. Also points from the Trials Contest we had. Your total SDA team ranking points will be what we use to decide who surfs the ISF contests. There are 5 contests this year. For the schedule go to www.isfsurfing.org. The first contest is Oct. 18 at Moonlight Beach.

To surf the ISF contests:

1. You must have a C average
2. You have to be one of the current top rated SDA surfers, based on our Points System in your division by the ISF deadline which is usually one-two weeks prior to the ISF contest. Each contest we will take the following:
 3. Top 9 men short boarders plus 2 alternates
 4. Top 3 men long boarders plus 1 alternate
 5. Top 2 women short boarders plus 1 alternate
 6. Top 2 women long boarders plus 1 alternate
 7. Top 3 coed body boarders plus 1 alternate

2009-2010 SDA Team Ranking and Points System

SDA Team Ranking Points are only earned during practices and the Trials contest we had. No points are earned during the ISF contests.

1. Each surfer will only surf one practice heat per practice. No advancing in heats. So you need to make your heat count.
2. Each practice your score will be a total of 3 areas as follows. (1) 1 point for showing up to practice, (2) 2 wave total wave score, (3) points for place finish (6 for 1st, 5 for 2nd, 4 for 3rd etc.). These will be totaled and a running score will be your current SDA Team Ranking. Points from the Trials contest are 1 point for every 100 you earned during the Trials contest.

Wave Scoring Criteria

The ISF says they score on maneuvers but every contest last year we saw surfers advance who got long waves with lots of maneuvers. If you do one move and kick out you get a few points. If you do multiple maneuvers and finish your wave with a strong re-entry, you will score higher. Making your moves is super important. For example, doing a big air and falling off does not score as high as a smaller air and making it.

Please remember: Only the current top ranked surfers in each division will surf the ISF contests. A surfer must maintain his/her ranking to continue surfing in the ISF contests. Only the Trials contest and practice heats earn points for team ranking so surfers need to keep coming to practices if they want to surf the ISF contests. No team ranking points are earned for surfing in the ISF contests.

Our Goal at practices

Our goal is to teach competition strategy that will help you win heats whether they are practice heats at Monday practices or competition heats at a contest. All surfing levels can participate in the practice heats. We will have a scoring system that will let you know how you surf compared to others. We will use the system to determine the competition team for each ISF contest. Practices are highly recommended if you want to be on the competitive team because you get points for being at practice plus the points you earn in practice heats.

Practices

We will have practices every week on Mondays and they will be at SeaSide from 3:30 PM-5:00 PM. Meet in front of the lifeguard tower on the North side of the parking lot.