



Ireland March 2010

Thanks for the interest in the Ireland Course.

Please check out the info below and follow the instructions to book up.

(Our terms and conditions of booking are here: www.robbarber.com/coaching_holidays-terms.html.)

Warm regards,

Rob

HERE'S THE LOW DOWN...

ITINERARY

Ireland has hit the surf media headlines for all the right reasons in the last 3 years. There seems to be a never ending stream of new waves being discovered there, an abundance or un-interrupted swell and it's one of the culturally coolest places to visit in the world.

The daily itinerary will be kept totally flexible in order to get the best out of the varying swell and wind forecasts. We will stay mobile to get the best conditions and use local guides to make sure that we get the best out of the conditions available each day.

March 11 - Those that are travelling from outside of Ireland should aim to fly to Belfast. Flights that arrive in the afternoon are preferable. There will then be an airport meeting and we will make our way to our accommodation, two hours away in Bundoran.

March 12 - The first day will begin with breakfast at our accom then a quick welcome meeting, check of the weather and surf conditions and then we will spend the day bodyboarding at the waves most suited to riders ability level. The Irish bodyboarders that are taking part in the course will need to be at our accommodation by 8.30am.

March 13 - Will continue with rider specific coaching, including video analysis. Each rider will be taught as an individual to achieve personal goals through out each session. There will usually be two coaching sessions each day but this will remain flexible to get the best out of the forecast i.e. the best days we will surf more, the worse days we may surf less. There will be an optional evening meal at Madden's Bridge Bar.

March 14 - Rider specific coaching and video analysis sessions at the most suitable breaks for each rider.

March 15 - Rider specific coaching until afternoon return to Belfast airport.

Price: £299



ACCOMMODATION

We will be staying in the Tyrconnell Luxury Holiday Homes in Bundoran. They are 3 bedroomed luxury cottages located on a quiet and secluded complex a 5 minute walk from the bustling town centre and the beach, the holiday homes have the best of both worlds. There are on-site tennis courts free to residents, with discounts on the crazy golf and pitch n' putt course. There will be single and twin rooms.

EATING

Bundoran has a great range of pubs and restaurants to suit all tastes and budgets. Within a ten minute walk of the cottages there are a selection of extremely well priced bars and restaurants. The cottages are self catering so preparing food at home isn't a problem. We will supply cereals and fruit for breakfast and you can prepare your own packed lunches each day.

COACHING

Aidan Salmon and Rob will be coaching with at least one of us (usually both) with the group at all times. We will also be using Irish coaches and guides, that are also qualified lifeguards and instructors.

CURRENCY

The currency in northern Ireland (Belfast where we land) is pound sterling. When we go over the border in to the south (Bundoran) the currency is the Euro.

DOCUMENTS

British do not require a visa to visit Ireland. Please check if you are travelling from else where. Remember with Guide books and destination info - photocopies are easier to carry.

BAGGAGE AND EQUIPMENT

PLEASE CHECK YOUR BAGGAGE SIZE, NUMBER AND WEIGHT ALLOWANCE WITH YOUR AIRLINE.

Below is a list of packing suggestions for the trip, Bundoran has a good range of surf shops so equipment can be sourced locally if needs be.

ESSENTIALS

- One clothing bag - suitcase or backpack
- Rash vests, are optional but thermal rash vests will extend your time in the water.
- One or two bodyboards in a bag with a leash. I use a Dow core with one stringer as I find Polypro core boards too stiff in cooler temperature water. (Pack in a protective, padded board bag. Write fragile and Top Load Only on it in permanent marker, wrap your wetsuit around your board inside your board bag, then wrap towels around as well for added protection).
- A 5/3mm wetsuit. (If you have two then bring two as you will then have a dry wetsuit to get in to each surf!)
- One pair of swim fins (plus spares if you have them).
- A pair of well fitting wetsuit socks.
- A pair of wetsuit gloves.
- Fin string or tethers.
- Cold water wax
- Currency/Debit/credit card.
- Tickets/Travel itinerary.
- Driving Licence (Optional)
- Make sure that you pack any medication needed during the coaching week. Make sure that you advise Rob and his coaching staff of any medical complaints/conditions prior to the trip.
- A beach towel
- (Bedding is supplied, sleeping bags are not required).

OPTIONAL (BUT RECOMMENDED)

TOILETRIES AND FIRST AID

- First aid kit containing: Scissors, bandages, plasters, antiseptic, steri-strips, Betadine, pain killers, • Compeed pads for fin rubs (available from the chemist).



- Sun protection — To protect from wind burn more than sunburn!
- Toiletries — including Vaseline for wetsuit/fin rubs.
- Place shampoo etc in a separate sealed carrier in case of leakage.
- Ear plugs / Blue Tac (if required).
- Bottle or flask to carry water/hot drinks at all times.

INSURANCE

It is essential that you take out a comprehensive personal and baggage travel insurance policy. Wickers World (tel: 01637 875255) offer a good package that covers you while you are surfing.

HEALTH, SAFETY AND INOCULATIONS

It is your responsibility to be aware of foreign office advisories about travelling in the region. Keep up to date by checking out <http://www.fco.gov.uk/servlet/Front?pagename=OpenMarket/Xcelerate/ShowPage&c=Page&cid=1007029390590>

Online medical advice for travellers can be found at www.doh.gov.uk. Otherwise, for medical advice regarding your journey, please contact your GP or the Department of Health, Health Literature Help Line on freephone 0800 555777. The Foreign and Commonwealth Office (FCO) issues up to date information on safety issues for many countries world-wide. Contact the FCO. Travel Advice line on 020 7238 4503/4504, BBC Ceefax or www.fco.gov.uk/travel.

OTHER THAN BODYBOARDING

Ireland has an incredible array of attractions. There is onsite tennis and pitch and putt. Hopefully we will be bodyboarding through out all the day light hours though!

THE COST OF THE TRIP INCLUDES:

- Airport meeting in Belfast
- Luxury cottage accommodation, with daily breakfast
- Daily coaching tuition
- Video analysis
- Surf guiding
- Airport departure

BOOKING AND PAYMENT

The cost of the trip is £299 for 4 days. Payment can be made in full immediately or by a £100 deposit immediately with the balance paid 30 days prior to your departure. Call us with your card details (card payment incurs an additional 2% charge) or post a cheque for £299 made payable to 'M Searle Bodyboarding Holidays Trustee A/c' We will let you know when we receive this (Please call us if you would like to arrange instalment payments).

Postal Address (for cheques etc):

Rob Barber
Orca Publications
Berry Road Studios
Berry Road
NEWQUAY
TR7 1AT
ENGLAND



COURSE ENROLMENT FORM YOUR DETAILS

Full Name:
Home Address:
.....
Age Date:.....
Telephone numbers - Land: Mobile:

Email:

PERSONAL INSURANCE COVER

Personal Insurance cover telephone contact details
.....
Personal Insurance company name and cover policy number
NEXT OF KIN Name and contact numbers (and address) of parent / guardian / partner (please specify)
next of kin:..... Land:.....
Mobile:..... Address:.....
.....

MEDICAL CONDITIONS If you suffer from any medical condition or disabilities that may affect your safety, or the safety of other water users, please give details in the space below AND bring it to the attention of your instructor. All information will be treated in confidence and will not be disclosed to anyone other than bodyboarding school staff dealing with you. Conditions which should be disclosed include: heart problems; epilepsy; allergies; medication being taken and any condition likely to be made worse by participating in a surfing/bodyboarding course or exposure to the sun.

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TRANSPORT I understand that transport to and from the beach/airport has not been included within the price of the package holiday, payment has been received for beach and in water coaching sessions, video analysis and accommodation. There may be group discounts available when hiring vehicles but any contract is between you and the carrier and no liability is accepted by the company for any travel. **BELONGINGS** I understand that Rob Barber's Surf and Bodyboard Coaching Ltd and their staff, whilst taking all reasonable care, will not be responsible for any loss of, or damage to, their clients personal belongings or valuables. **SWIMMING ABILITY** I am able to swim 50 metres in open water. **TERMS AND CONDITIONS** I have read and agree to the terms and conditions. (www.robbarber.com/coaching_holidays-terms.html)

DATES

Dates of chosen coaching holiday, from: till:
Signed:
Where did you hear about the holidays?.....
Do you mind being added to our mailing list so that you are made aware of upcoming coaching events, trips and offers? (please circle) Yes please. No Thanks.

FLIGHTS

You need to book your own flight. Make sure that when you are hunting for the best deal your supplier is ABTA or ATOL bonded. When your flight is booked (the earlier the better!), I need you to fill in the following info and return to me. Please complete:

Name of Airline.....

OUTBOUND

Departure date.....

Where are you flying from?.....

Departure time.....

Flight number.....

Arrival time.....

INBOUND

Name of Airline.....

Departure date.....

Departure time.....

Flight number.....

Arrival time.....



THE DAY THAT YOU TRAVEL

On the day that you travel please keep your mobile phone on (except when flying of course) so that we can stay in touch in case of delays, changes etc. If you could drop me a text (07974729639) from the airport to say that you are on time/delayed/early, that would be a great help.

Rob or one of the other coaches will meet you at the airport.

CHECK LIST...

The next thing to do is

- Arrange your booking by calling or emailing Rob.
- Check out Flight prices (booking early means cheaper flights!)

When you have the relevant info you should then forward:

- Completed enrolment form.
- Completed flight details form.
- Read our terms and conditions of booking: http://www.robbarber.com/coaching_holidays-terms.html

PLEASE POST TO:

Rob Barber, Orca Publications, Berry Road Studios, Berry road, Newquay, Cornwall, TR7 1AT.

Email Rob@orcasurf.co.uk Mobile 07974729639. Feel free to contact me with any questions.

Feel free to contact me with any questions.

Catch up with you soon!

Regards

Rob

Rob Barber's Surf and Bodyboard Coaching Ltd.

ROB BARBER, Manager

