



**SURF
2
HEAL**

**SURF
CAMP
FOR KIDS
WITH
AUTISM**

July 1st - 4th
Tramore, Waterford
Contact dublin@surf2heal.org



Surf2Heal

Surf2Heal is a non profit organization created by Jon Hynes the owner of GTown Surf School in Kinsale in Cork, his wife Alayne and Nollaig Hayes a Garretstown resident whose son Sean is on the autism spectrum.

Nollaig, who saw the enormous benefits that the sea had on her son Sean, approached Jon to ask him to teach her son to surf, as she had come across a group in America called Surfers Healing who were successfully running a surf camp for children with autism. Jon suggested a research mission to Nollaig. Needing no persuading they agreed and in a matter of weeks Jon, Alayne, Nollaig and Sean were on a plane to Mexico to visit the Surfers' Healing team.

The trip was a great success and on their return in May 2008, Surf2Heal was created as a non-profit organization here in Ireland. A national call for volunteers was made and

a team of enthusiastic surfers, care workers, special needs professionals and water worshippers came together eager to share their expertise and love of the ocean.

With the support of the Local Sports Partnership and Cork Association for Autism a comprehensive training programme for volunteers was set up that included water safety, autism awareness and child protection. Special equipment was ordered from England

and following a few weekends of training the team were ready to pilot the new Surf 2 Heal programme.

In August 2008, on a clear Summer's morning the volunteers took to the water. Surf2Heal's first week long camp for children with autism was initiated and 43 children were introduced to surfing for the first time.

Following its success in 2008, in 2009, with the help of the regional Sports Partnerships and surf schools Surf2Heal hosted

surf camps in Co. Cork (Garettstown, Inchidoney), Kerry (Banna Beach), Clare (Fanore) and Waterford (Tramore).

Run entirely by a team of committed volunteers who freely give their time, energy and enthusiasm, Surf2Heal is continuing to go from strength to strength and enabling more



“Our son Askar finds a lot of ordinary childhood sports like kicking a ball quite difficult and as a family we are constantly looking for activities that he and we can enjoy. Askar loved ‘surfing on the beach’ and we got such a buzz seeing him participate ... One of the most special things about Surf2heal is that so many people give of their time voluntarily and so obviously enjoy our children’s pleasure in the water.”

and more young people to enjoy the ocean and its benefits.

The Tramore Camp

The camp in Tramore from July 1st to 4th is another step in the expansion of the work that Surf2Heal do. The camp is being run with the help of the East Coast Surf Club, the Dún Laoghaire-Rathdown Sports Partnership and Freedom Surf School Tramore and is the first time that a camp has been run specifically for kids with autism from Dún Laoghaire-Rathdown. While we do occasionally get surfable waves on the shores of Dublin Bay we can't rely on them, so we're off to Tramore for four days.

We'll be running three sessions each day of about two hours each, so your child will get to surf on each of the four days. We take the kids into the water on large foam boards. There'll be up to four volunteers working with each child and two instructors (who are also lifeguards) supervising everything, all of which is designed to ensure that the experience is safe, as well as being fun. Over the four days we aim to get your child from lying on a board to standing and surfing.



Time table:

Thursday / Friday / Saturday:
Sunday:

3 pm - 5 pm, 5 pm - 7pm, 7 pm - 9 pm
11 am - 1 pm, 1 pm - 3 pm, 3 pm - 5 pm

Cost: € 115, for four sessions includes membership of the ECSC for the year. Parent/Guardian must be present on the beach during the class.

Accommodation and transport: You'll need to get yourself to Tramore and to arrange your own accommodation there. We can give you information on places to stay if you need it.

How to get your child on the camp

The first step is to fill out an application form and send it back to us. Once your child's place on the camp is confirmed you can arrange your accommodation. We only have about 15 places on the camp so if you're interested please send the forms back quickly.

Here's a thought

We'd hope that the camp could be the beginning of a lifelong involvement with surfing for your child. That will be that much more likely if one of their parents or siblings gets involved too. So while you're in Tramore, maybe you'd like to take a lesson yourself.

If you'd like more information check out our website surf2heal.org or email Shane Holohan, who's Surf2Heal's man in Dublin and the Secretary of the ECSC. His email is dublin@surf2heal.org.





The East Coast Surf Club

In 1962 a young Kevin Cavey began a quest to find out if surfing was possible in Ireland. If the results proved a success he would put Irish surfing on the world map. Having experimented with various marine ply boards with foam attached, he found out he could stand and surf the storm waves at Bray. A couple of trips to the USA later and Kevin was well and truly hooked. He formed the Bray Ireland Surf Club with two of his mates in 1965.

The ECSC is the latest incarnation of that club, and Kevin is the President. He has instructed on previous Surf2Heal camps. This years camp marks a significant increase in the club's involvement in Surf2Heal, an involvement that we hope to continue and grow.

Autism and Surfing

If you'd like to know more about autism and surfing have a look at our website. You might also want to look up Surfer's Healing in California, or you could Google Clay Marzo.



Freedom Surf School

Freedom Surf School, which is run by Billy Butler, is all about getting back to basics and staying true to the origins of surfing. It is a person centred approach where only small groups are catered to. Billy has very kindly volunteered his time, experience and the resources of his school for our camp.

We'd like to thank Freedom Surf School Tramore, Dún Laoghaire-Rathdown Sports Partnership, and Beach Haven Hostel Tramore for their support.