

CASE STUDY: THE SURFGROMS LOGBOOK

Surf School: Surfing Services Australia

Coach: Rachel Cowley (Coaching since 2005)

Experience with SurfGroms: Rachel has been coaching SurfGroms since it began and is still coaching these programs going into the 8th season this summer. She is passionate about delivery a program of high integrity and has no trouble getting creative to benefit her coaching and the groms she coaches.



OVERVIEW

The nudie SurfGroms program is a robust and innovative junior development surfing program for children across Australia. One component of this program is the logbook that all participants receive upon registration of a program. This logbook acts as a guide for everyone involved, from coaches to parents and of course the groms themselves. The logbook allows both a set of skills and knowledge to strive towards, as well as a guide to allow them to focus in on each area to progress their surfing development. This case study is looking deeper at how the use of the logbook can help coaches, surf schools manage their business, include parents and act as a great tool for coaches to communicate with groms and other coaches on their personalised surfing progress.

HOW CAN IT BE USED

The ways it can be used beyond simply filling it out are limited only by ones own creativity. Here are a few ways in which Rachel has used it in her coaching experience;

- Use the logbook as a guide for their learning experience
- Use it to monitor groms progress and goals at each level
- Refer to it when teaching primary school groups, in case they want to join up after school
- Use it to make notes and write personal goals for each grom (can be for a session or whole program)
- Set extra goals customised to the grom eg; Level one, “complete a whole class”. Or “Be Brave” or “Try my best” or “Go the whole class without crying” (this works!)
- Use the log book to debrief each grom at the end of class (this can involve parents)

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MOTIVATORS TO USE THE LOGBOOK

Motivators can vary amongst coaches, here are some top reasons for using the logbook;

- Using the logbook and following it gives the program stronger integrity aiding in quality assurance
- It's a visual aid to communicate with parents and gives groms a take away of their success and goals.
- Using the log book puts more emphasis on what level they are working on (which helps with admin when booking classes, and easier monitoring of multiple groms in a program)
- If another coach takes your class they can read exactly where the child is at prior to class starting and see what key points the grom is working on

BENEFITS FOR COACHES AND SURF SCHOOLS

- Organisation for administration, makes it easier to manage bookings if they know what level they are at
- Provides coaches a guideline for session structure. Ensures coaches are prepared to coach by planning according to groms needs, progress and goals
- Organisation for coaches, especially if there are a lot of kids booked in to manage group abilities, focus and goals

BENEFITS FOR GROMS AND PARENTS

- Parents who are at a session (or not) and aren't seeing exactly what's being taught in the class can easily see what their kids are doing
- Parents like to hear the log book debrief at the end of the class to feel included
- Great for parents who don't surf or are not beach people. They can learn from the log books too (surfing knowledge and ocean awareness)



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CHALLENGES AND SOLUTIONS

There are many challenges, some that are unique to certain locations or communities. One of the best ways to face these is to support each other and brainstorm and be in communication about finding solutions. Here are some that have been found with the logbook;

Challenges

- Coaches feel pressure to pass kids up the levels quickly because kids want the prestige of the bands and saying they are on a high level (parents can also contribute to this)
- Coaches not using the logbooks as they are intended (or much at all)

Solutions

- Ensure groms are meeting all of the requirements before progressing them, encouraging and guiding them in the areas they may need to work on
- Ensure you use the logbook and encourage other coaches to use them, reminding them of how they can make coaching easier and more beneficial to all parties involved
- Create a system of your own: Draw a triangle next to each skill when they achieve it, when they complete these 5 times they pass that skill/activity. Once all are passed, they pass the level.
- Ensuring each grom meets the logbook requirements maintains the programs integrity, safety and ensures each grom a sense of achievement and their ability is strong before progressing up a level

ONE PIECE OF ADVICE ABOUT USING THE LOGBOOK

"Using the logbook is important for the integrity of the program and gives the program structure and direction. Groms love the logbooks, and generally kids do love the road of trying, failing, trying again and succeeding. It means so much more when you have had to work a little bit for a goal. The log book helps drive this life lesson home" – Rachel Cowley, 2018

INTERESTED IN BEING APART OF SURFGROMS

If you are not already involved and are interested in delivering SurfGroms at your surf school, or simply wanting to get a more detailed description of what nudie SurfGroms is, go to <https://www.surfgroms.com/resources/coaches/> and click on 'What is nudie SurfGroms'

