

CV Dave Renaud

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Personal statement

I have over 20 years' experience in surf coaching and surf travel. Growing up in Durban South Africa I was exposed to some of the highest surfing levels which later enabled me to pursue a career in professional surfing and coaching.

I have represented England and Great Britain as Head coach for the past 5 years at European and world surf games in both Junior and open divisions with some excellent results being achieved.

I have competed internationally and have an in-depth knowledge of competitive surfing strategy's.

Through my passion for adventure and surf travel I formed How to surf better, a surf travel and coaching platform for surfers wanting to improve their skills in great surf destinations.

I have been running surf coaching tours for many years and was co-founder of African surfaris in 2002, one of South Africa's original surf travel companies, Shaka surf camps in Sri Lanka, Bantham surfing academy in England and my latest project is HowToSurfBetter.com



Mission Statement

To produce the highest quality surf coaching in a fun adventurous environment.

To set out individual goals for my clients that are achievable and measurable within a certain time frame. To further help develop surfing in the UK by being an active member of coaching committees and developing new programmes.

My Approach

Every surfer has different needs and expectations, so I always ensure that we are both clear as

to what is expected and practical.

Prior to any coaching you will be given a full analysis of your surfing.

I will then Guide you through the 5 Ps, a unique guide that I have developed over time that once understood you will be able to progress your technique faster and more thoroughly.

I use a DECONSTRUCTIVE method on a 1:1 basis. Through utilising Video and photo evidence we then can look at your strengths and weaknesses and then begin to work on REBUILDING you into the better surfer you want to be.

Coaching is delivered in a clear easy to understand format with examples of how to and how not to perform the techniques.

The aim is to teach surfers how to FLOW between turns.

I also work alongside surf strength and flexibility coaches, nutritionists and sport psychologists enabling clients to further enhance their skills and personal wellbeing.

Qualifications

International surfing association L2 COACH (highest level)

Foundation Sports Science diploma / stonebridge college UK

Former course presenter for ISA

Former trainer and assessor for surf lifesaving Great Britain

GB Head coach France 2017 / Japan 2018 / Japan 2019 Olympic qualification years.

Team England Head Coach 2010 to current.

Advanced first aider

+20 years of competitive surf coaching

+20 years of surf travel experience.

Recent comp achievements (the fire still burns)

7th Euro surf masters 2013 Azores

1st British nationals 2014 England 45yr up

1st English nationals 2017 England 45yr up