

Book Nook & MOVIE NIGHT

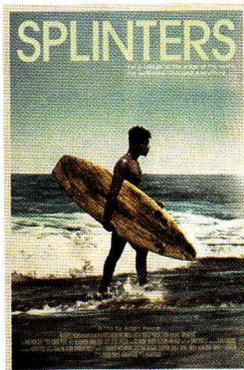


POSER
(Book) Tallulah can't surf, but not understanding the enormity of the statement- she tells the most popular girl at school, and known charger, that she can. After surviving a near death experience, she learns the hard

cks of surfing and how being a "poser" make you the outcast of high school!
Tallulah struggles to navigate the challenge- road ahead of proving herself otherwise, learns to tackle not only surfing, but also at it means to be true to yourself, while gaining an even truer friend.

refreshing read and witty journey through troublesome, yet exciting times of young adulthood, with just enough surfing sprinkled throughout, to make you smile and help you really connect with the struggling surfer in Tallulah.

[serthebook.com](http://www.serthebook.com) or [Amazon.com](http://www.amazon.com)

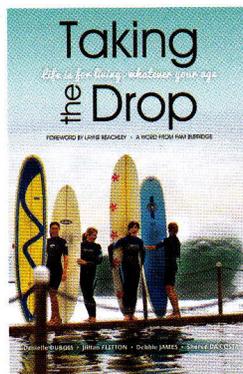


SPLINTERS
(Movie) Life in Papua New Guinea is about to change. Surfing landed on it's shores, and after years of careful cultivation, it will host the first-ever National Surfing Championship! Strangled by gender bias, culture and lack of jobs and opportunities,

this humble yet budding surf community will be forever changed as this contest affects the lives of those touched by the opportunity that a new life outside the islands presents.

It brings to life old rivalries, new threats, while cultivating the undying spirit to do whatever it takes, to surf, and make a better life for themselves and their families. A captivating documentary, that will make you look at the luxuries of your daily life through new eyes, and appreciate them and all the opportunities you've been blessed with even more. SPLINTERS is a reality check that all can benefit from, while being uplifted at the connectedness and bond, that surfing can bring to those that embrace it.

[splintersmovie.com](http://www.splintersmovie.com)



TAKING THE DROP
Life is for living, whatever your age

(Book) Touching and intriguing, *Taking the Drop* brings to life the stories of four women, who took up surfing in their forties, created new daily routines for themselves and

found freedom in the ocean and surfing, as they steered their lives in new directions. The "sisterhood" these women share makes you yearn for that kind of support and companionship in your surfing community, and you'll fall in love with each one of them, as they broaden their horizons, learning new skills and how to survive in their changing worlds.

They are women of impeccable grace, stature and responsibility. Journey with them as they find renewed peace surfing their way through life, proving not only to themselves, but to the world around them, that "Life is about living, no matter what the age!"

A joy to read, and at 384 pages, it's thick enough to offer many, many afternoons curled up on your couch.

[vividpublishing.com.au/takingthedrop](http://www.vividpublishing.com.au/takingthedrop)

Beginner TIPS & TRICKS

ing can create a myriad of uncomfortable situations, all of which most of us- unless you grew up near the water as a child- are unfamiliar with. The roar of the waves, the unsteadiness of your only floatation device over the deep, dark depths, and the stress of being not to look like a kook in a lineup of seasoned surfers. These are just a few obstacles that you'll face as you venture beyond the break and out into the "real" lineup, but, we've all been there, so don't be too hard on yourself in the beginning. Focus on some of these tips, and see if it helps you speed up the learning process!

PADDLING TO SUCCESS

No matter how much heart you put into paddling, if you don't have "paddle arms" you're not going to catch very many waves, or have all that much fun while trying. There are minimal ways to train these surf-specific muscles, except for actually paddling/surfing, if you want to learn to surf, you're going to have to put in the time paddling. ALL the time, because when it comes to surf muscles, consistency is key.

In the beginning, practice, practice, practice paddling! Paddle in rough water, paddle in liquid smooth, paddle when you don't feel like it, as you know you always feel like a million bucks when you return to shore!

How to keep things interesting, and to challenge your muscles in new ways, incorporate intervals into your paddling routine. Paddle at a steady pace for 1 minute, and then incorporate a 20 second sprint in which you paddle as fast as you possibly can! Then slow paddle for 30 seconds, and repeat the sequence. After every sprint sequences, sit up and relax for 30 seconds, taking in the beauty around you.

TIP: A good way to see if you're improving, is to time yourself paddling in flat water, between specific landmarks or buoys, at least a couple of times per week. Within 2-3 weeks, you're going to be pleasantly surprised at the minutes you'll

shave from your time, and how much less effort it takes to get your board moving, and keep it moving. You're now on your way to catching a LOT more waves!

2 BREATHE

Sounds easy, right? Sure... until you're looking into the jaws of an oncoming wave that stretches across the horizon and there's no way out, except through it. This is when we often all do the same thing. We subconsciously hold our breath in fear, looking quickly for escape, anticipating the challenge we face ahead. The problem with this is that your brain needs a steady flow of oxygen in order to transmit signals and react quickly. If you've already held your breath in anticipation, your lungs are partially filled- but not with the fresh air that your brain needs. So when it's time to take that last big breath, your chest is tight, yielding minimal room for the new air you should have. By the time the wave bears down on you and you escape the washing machine, you're once again gasping for air on the surface, and simply put, wearing yourself out unnecessarily. This is stressful- and not good for you.

Solution: Focus on your breathing when you find yourself getting nervous. Pay attention to the flow, and consciously blow out most of your air a good 10 seconds before you go under

the surface of an oncoming wave, so that your lungs are fully prepared for that one last breath that will see you through to the other side. Steady breathing will allow for steady surfing... so BREATHE.

3 ONE WAVE PER SESSION

Your wave count in the beginning is going to be discouraging, but trying is what's important, regardless of the outcome. It can still be frustrating though, and if you find yourself paddling back to shore, defeated and wave-less, here is a little tip to help you break through your mental barrier. Make a pact with yourself that every time you paddle out, you're going to get just one wave. Just one. We often get so wrapped up in the hour-long challenge ahead, and tune into how scared we are at that precise moment when the wave is building behind us like a freight train, over and over again, that we lose focus on the one thing we should be doing... catching just one wave at a time. Once you get that first one, you can really relax and have fun with the rest of your session, since the pressure will be lowered. Because after all... your session is now a success! You got one wave!

TIP: As you progress, you'll start reaching your wave count goal consistently. When that happens, increase your wave count by 1 more wave per session. ♦