

A quick guide to some... **Surfing Terms**

- 🍷 **Swell** – The amount of water pushing to the shore to make waves – more swell creates potential for bigger waves, depending on the wind:
- 🍷 **Onshore Wind** – Wind blowing towards the beach – not ideal as it tends to blow waves over before they form properly.
- 🍷 **Offshore Wind** – The ideal wind, blowing out to sea helping to hold the waves up to create a better shape of wave for surfing.
- 🍷 **Regular Stance** – Standing on the board with you left foot forward; the opposite of **Goofy Stance**. Both of these are right – it's up to you!
- 🍷 **Catching a Wave** – This is when the wave carries you along with it.
- 🍷 **Pop up** – This is the act of standing up on a moving surf board.
- 🍷 **Shortboard** – A surf board with a pointy nose and short length.
- 🍷 **Mini Mal** – A slightly larger surf board with a rounded nose, short for Mini Malibu Board – the traditional Hawaiian style of board.
- 🍷 **Longboard** – A much longer board, surfed in a different style, with emphasis on tricks by moving around the board, not by moving the board around.
- 🍷 **Leash** – The leg-rope, stretchy cord that attaches the board to your ankle.
- 🍷 **(Tide) On the Push / Pull** – This is when the tide is going in or out – often creates better surf conditions than a still high or low tide.
- 🍷 **Barrel** – Getting barrelled is the ultimate surfing move – getting covered up entirely inside the 'tube' of a breaking wave.

A few notes about your... **Hostel**

- 🍷 The hostel is open 24 hours, just remember the door code (Below)
- 🍷 The hostel has a sauna – get some 50p coins handy before you surf to be ready to jump in afterwards (50p = 15 mins)
- 🍷 Smoking isn't allowed in the hostel; you can smoke anywhere outside but please stand out the back after 10pm for the sake of the neighbours

The hostel door code is _____ - **remember it!**



10 Things you need to know about... **Surfing**

- 1. Cover your head when you fall** – When you fall off the board can fling around wildly – put your arms up over your head and face when you come off and keep them there until you know where your board is!
- 2. Keep an eye on the shore** – Spot a landmark and keep checking where it is, in case you're drifting down the shore with the tide.
- 3. Learn to pop up** – Learn how to stand up on the board on the beach before going in the sea – it's much easier when the sea isn't shaking you around!

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4. Catch the wave before trying to stand – A common mistake when learning is trying to stand up too early – make sure the wave has "caught" you (you're travelling with it) before you try and stand up.

5. Paddle deep, not fast – By making long and deep paddle strokes you'll get the best power from the paddle; short / fast strokes won't help you much!

6. Warm up properly – By doing a proper warm up, you'll find it easier to surf, you'll ache less at night and you'll hurt less the next day.

7. Ask for advice – Liverpool surf club has surfers at all levels of experience – take advantage of this by asking for tips / advice when you need it.

- 8. Watch other surfers** – By watching other surfers, in the sea or on surf movies, you'll start to pick up what they're doing and begin to copy it.
- 9. Hangover surfing isn't easy** – That doesn't mean you shouldn't get smashed on trips, just don't be surprised if your balance is a bit off the day after!
- 10. Have fun!** – We all get different things from surfing and we all progress at different rates . Getting good at surfing takes a long time, so if you focus on just one thing in surfing, make it the fun!



Where to go in... **NEWQUAY**



- 1. Newquay International Backpackers** (You're staying here!)
- 2. Spar** (Open to 10pm)
- 3. Sainsbury's**
- 4. The Fort Inn** (Great bay view beer garden)
- 5. Belushi's** (Live bands, good ocean views)
- 6. Chy Bar & Koola**, Opposite **Red Square** (2 floors with top floor Drum & Bass)
- 7. Walkabout** (Live sport, discount drinks offers, big food menu)
- 8. On The Rocks Bar** (Live bands, good crowd and reasonable drinks)