

NIE



Wordy news

Hang Ten: to ride a surf board with all 10 toes hanging over the front edge of the board.



Did you know?

Lieutenant James King while on a voyage with Captain Cook in 1779 wrote about the locals surfing in Hawaii.

SURFING THE WAVES

IT IS no wonder with all our great surf beaches that the sport of surfing in Australia is a way of life and the search for the perfect wave is part of the culture.

This water sport where the surfer rides breaking waves into shore on a surfboard has been around for at least 1000 years. Early Polynesian cultures developed the skill and introduced it to others as they travelled throughout the Pacific.

Throughout the 1900s, surfing exploded in popularity creating its own culture and lifestyle.

In addition to being recreational, surfing is also a competitive sport with major sponsored competitions held all over the world.

How to surf

Having picked a good surf spot, with surfboard under the arm, the surfer paddles out to the break lying on their board.

When a wave approaches, the surfer turns the nose of the board toward the beach, lies down and begins paddling to keep up, eventually being caught up in the energy of the wave rushing into shore.

Leaning forward with their weight just above the centre of the board, the surfer begins standing just as they feel the pull of the wave.

The motion from prone to standing is called the pop-up, which is basically a quick push up to the feet. The feet

are firmly planted on the board with one foot near the tail and one foot just above the midpoint of the board.

The foot that feels most natural is in the forward position. The left foot forward is called natural stance and the right foot forward is a goofy foot stance.

The surfer keeps a low centre of gravity by crouching down, keeping their arms out and eyes looking forward for balance.

Lots of practice is needed to perfect this.

Once paddling and standing is mastered, the surfer aims to get the longest possible ride with the greatest amount of speed.

* Boards vary in style. There's traditional longboards and the more modern shortboards.

Facts

■ The first known occurrences of surfing for fun are connected to the ancient Hawaiian tradition of 'he'e nalu', meaning wave-sliding.

■ Hawaiian Duke Kahanamoku is widely considered the father of modern surfing.

■ There are three types of breaks that produce waves for surfing:

Beach: are waves that break on sandbars.

Reef: are waves that break on shelves of rock or coral.

Point: are areas where waves break on a section of land that juts out from shore.



IN THE NEWS

Worthy winner

ON AUSTRALIA Day this year, three-time World Surf League World Champion Mick Fanning was awarded one of our country's highest civilian honours: Officer of the Order of Australia (AO) medal of honour.

The 35-year-old was recognised for his "service to surfing as a professional competitor at the national and international level and as a supporter of a wide range of charitable foundations".

Fanning is noted for working with organisations like Make-A-Wish and the Starlight Foundation.

After enduring a tumultuous 2015 that included a shark attack at J-Bay and the death of his brother, Fanning stepped away from pro surfing in 2016.

Fanning told the Australian press the award was "right up there with the World Titles, I couldn't believe it, really. I'm chuffed and very honoured."

He added, "Enjoy today and everyday with friends and family and remember the traditional landowners and how lucky we are to live in this amazing country."

CHECK IT OUT

Man-made waves

A BIG part of surfing's future is the creation of lagoons that generate continuous waves.

And Melbourne will soon have a new destination for surfing enthusiasts with the construction of Australia's first urban surf venue.

Utilising wave generating technology, the surf theme park URBNSURF should be in action late this year.

Check out this video <https://vimeo.com/161780764>.

NEXT WEEK: Sweet hearts

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