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# making WAVES

## WOW NEWSLETTER

WOMEN ON WAVES

### Shopping list

Margot, showing us how good a hoodie can look! If duck diving is becoming a reality, then hoodies might be the next necessity.

### Getting Dumped

*To eat it, get worked, wipe out, hammered, locked in, mulling, pounding, donut and getting dumped - basically all mean the same thing and it's not good. After experiencing one of these one usually always gains a little more respect for the ocean. No matter what the size of the wave, when one is held under a little longer than you would like and you feel as if somebody pushed the "spin cycle"—it is always scary. Two things you can do whilst you are in the wash: cannon ball, which basically means going into the fetal position. (This will prevent your limbs from being pulled in opposite directions.) The downside to this is that you could in fact spin slightly faster and then end up not knowing which way is up.) The other one is slightly harder to do: relax—you will pop up. If you panic and fight it, the urge to breathe is stronger, which certainly doesn't help. A good tip to remember is that once you have popped up, make sure you are facing the on coming waves, (you can be sure there is probably another just about to crash), grab your board and either paddle like mad, or attempt another duck dive or throw the board and take a BIG breath and go deep! Ever wondered how the big wave riders do it? Apparently they can hold their breath for up to 4 minutes. Time yourself - see where you are at.*

### WOWees HITS google #1 slot

*It's true. Search for WOWees and [wowees.com](http://wowees.com) is listed first! Twelve months after the conception of WOWees and we now have a website! This should not be headline news in 2010, and definitely no WOWs here, but hey it's up and running and it's ours!*

One thing about wave riding, is that usually it is a pretty solo experience, except of course if you are experiencing a 'buttee'. Now you will be able to share all your wave experiences—the good, the bad and the dangerous on our board blog. You can also post in your wave photos, so that they can be loaded to our gallery.

Right now it all quite basic and if there is anyone with some web experience and would like to guide us in the right direction, feel free to share.



Our new WOWees this month: Marika, Yvonne, Daisy and Madeleine.

**Welcome Aboard!**



Seal spotting is fairly common out in Big Bay and they are beautiful to watch as they graceful zoom through the water. They appear to be really enjoying the waves. (Probably just chasing fish.) At one of our board meetings, Kim was careering down a wave and there was a seal right below her! What a sight that was - it was almost a seal-buttee!

### Atlantic at it's coldest as we are shown duck diving techniques



This month we were lucky to have Anton from [Atlantic Surf Co](http://Atlantic Surf Co) out with us for one of our sessions. He was there to show us a few tricks. That morning it was the coldest we have ever felt the Atlantic and there we were learning how to duck dive! We also learnt in theory how to turtle roll and the proper way to hold and grip the board when you are zooming along the face. If you are still trying to recover from the brain freeze and all the information was 'lost in the transaction', I will quickly recap on the duck diving techniques, which apparently takes a while to master. (If you actually practice.) Paddle towards the oncoming wave - momentum helps. Just before the wave hits, grip your board between the nose and the mid-point of your bodyboard and push the nose (and your nose) under the water with your arms and chest, just like doing one of those 50

push-ups you did on the beach as part of the warm up. In one smooth move, position your dominant knee over the tail of the board and then apply the weight from that knee to submerge the entire board as far down as possible. Use all your weight to achieve this. Hold onto your board and let your knee come off the tail, as the wave crashes overhead. Once your body flattens over the bodyboard, your buoyancy will bring you back to the surface and VOLAH, you are ready to try the next wave! (You can even practice this in a swimming pool or in your bath if it is big enough.) I will begin my practice once I have bought a hoodie! It was great having some pointers out there - thank you Anton! The picture above was taken after the session, however the rest of the clan were already sipping on their cappuccinos and hence are not in the photo!



We have seen some fairly threatening signs on our beach—like the one warning you that the water is not fit for swimming... (more on that another time), but I am super glad we don't see any like this! Out at "Witches Rock" in Costa Rica surfers have witnessed saltwater crocodiles in the line-up.

**OMgosh!**

