

COSMIC SWELL

ESTEC Surf Club's monthly digest



From the Line-up

Winter swell, where are you?!

Is it just me or is this the flattest winter ever. Somehow the cold but usually consistent winter swell has abandoned us so far this year. But oh well, this is the life we chose as surfers. We are at the mercy of the weather conditions and patience is a mandatory virtue which isn't the worst quality to possess.

Sooner or later our luck will change however and at that point we should not just have trained our patience but also the strength, stamina and balance to be ready to paddle into some bangers. A pro tip is to ask AI to generate a training plan targeted to surfers (and your level) based on the equipment available in the ESTEC gym (or wherever you like to train).



Anders Svedevall,
President of the
ESTEC Surf
Club

Join us!



Club Updates and Announcements

□ **General Assembly.** It's that time of the year again. On March the 3rd we will meet and discuss our plans for the club in 2026. What are your wishes? Shall we do a surf trip this year, is there a new board that you desperately want the club to procure or would you like that we arrange a surf coach for some sessions to refine your pop up? Whatever it is, this is your club and there are no bad ideas. So put on your creative thinking cap and join us together with a beer in one of the rooms in ESCAPE to make 2026 the best year yet for our beloved club!

Anders Svedevall

□ Wednesday 18Feb, Stefie and Moritz joined the hyped up dawn patrol at Scheveningen, at 07:00 still dark, with cold-ass water at 5C, and we paddled out, into a great session. The first minutes were hard, but once we made it out there we had a blast catching some shoulder high peelers. Forecast said 2.0 meters barreling, I can't really confirm that. It was still a great session! Can't wait for more swell to come in.

□ Paddle Off will take place sometime in April, the time will change and we will have more daylight at the end of the day, great days to come for sure!

Beginner Tips Corner (by Moritz Branco)

Your first waves (Pt4/8): Paddling

Onto the second pillar of Paddling, strength! It should first be noted that by strength we don't mean raw output muscular strength, as in deadlift strength or max pull-ups. This has been demonstrated to translate minimally to paddling strength.

What really matters here is specific strength, and that has to do not just with the strength in the main moving muscles such as the latissimus dorsi, trapezius and triceps, while executing the paddling's specific motion, but also the necessary mobility and stability to effectively apply that force.

The shoulder mobility required for the recovery stroke, is fundamental for a strong powerful paddling. Working on your shoulder mobility will also help with injury prevention, which can set you back big time.

Likewise, you cannot shoot a cannon from a canoe, meaning you need a very stable base. The traps, neck, lower back, glutes and the adductors have to remain engaged during the paddling so you can conserve proper board positioning (remember 2 issues ago?) and effectively use those big back muscles to propel yourself forward. So, working on the stabilizers will help you a great deal with improving your paddling strength, as it will also improve your posture and technique, and likewise your stamina, since these muscles won't get tired as quickly. In my case I do notice my upper traps tend to get fatigued after one hour or so and the paddling efficiency takes a hit. Exercises like YTW's, reverse planks, face pulls are very effective on targeting the stabilizers, do them for time and not for reps, and keep a high volume over the week.

Finally, on raw strength on the main movers, it should also be said that it is the hardest and slowest to build up, but also the slowest to lose. Weighted pull-ups (mind your shoulders), bent-over barbell rows, unilateral rows, straight-arm downward pulls on the cable machine, are very good exercises to increase your maximum strength. Stay under 10-12 reps and train them at least once a week.

On the next issue we will go into stamina, and wrap up the best "catch-all" paddling training programs.

Join us!



Surf gear review

Channel Islands M23 7'0 (by Moritz

Branco)

I always heard a great deal about this surfboard, even Pepijn Tigges recommended it greatly, so tired of the Torq Mod fun 7'6 I was using in Portugal, plus I've always wanted a PU, so I spoiled myself last black Friday and managed to get away with a 100EUR discount on this beauty. First thing, it's gorgeous, right? I couldn't help myself.



Jhonny Surf Store (no typo) also ship abroad and the guys are great, very helpful and knowledgeable. Back to the board, at 47 litres, I had a bit of a hard time duck diving, I did manage with the right timing, but it's something I have to work on, as it's mandatory for winter swell conditions in Portugal. The nice part about it is that it absolutely delivers on the paddling and getting in early part. Just press a bit off the chest and off you go, my wave count was pretty good, considering it was a new board. I miss it (it stayed in Portugal).

Surfing Trivia (by Axel Widenfelt)

Surfing only made its Olympic debut at Tokyo 2020, remarkably late for a sport with centuries of history behind it. Italo Ferreira and Carissa Moore took the first-ever golds, and Paris 2024 pushed things even further, holding the competition at the legendary Teahupo'o wave in Tahiti. Next up is LA 2028, where the surf events will be held at the iconic Trestles Beach in California. We can't wait!

Board Shaping and Repair

Workshop (by Moritz B.)

On Saturday, 24th January we had our most expected surfboard shaping and repair workshop, hosted by **Wouter Oosting**, from **Oosting Surfboards**, in the Hague. After some lively account through the holy history of surfing and surfboard design, we quickly got into the nitty gritty of surfboard build types, such as PU/Polyester vs EPS/Epoxy, and now most recently 3D Printing from filament (!!). Wouter is a clear Epoxy advocate, mentioning that the main arguments against Epoxy are outdated and that these days one can reach similar damping and flow to the PU's while keeping the benefits of higher durability and increased floatation. Likewise, the hazard related to polyester resin curing with the released VOC amount and the nasty smell also makes the Epoxy build friendlier to the shaper's health. Wouter showed us some details on the fiberglass cloth dressing on the surfboards, the main differences between using E-glass vs S-glass, the typical 4-oz and 6-oz densities and the composite sandwich type builds, where he showed a nice example of using a cork-core. Much like our own spacecraft honeycomb structural panels, employing the composite sandwich increases stiffness and also durability a great deal with minimal impact on overall weight. We did some hands-on on ding repair and also looked into the fin box placement details that can be quite tricky.

Finally we went into the PC and designed our own board with all the possible features we could imagine. Overall a great workshop with a lot to take home from!



Meet our Members!

Axel Widenfelt, also known as "2-meter Viking", is probably our biggest surfer in the pack. But don't let that intimidate you! Axel is a very nice guy and on top of that he gives us great inputs for the Cosmic Swell, always bringing that funky trivia you can use to impress your fellow surfer next time out there in the line-up! Keep them coming, Axel!

Tell us a bit about yourself and your surf journey: Since a few years now I've been surfing sporadically, doing a few days at surf camps here and there, in Australia and Bali. As a Swede, this is the first time living somewhere surfable, so I'm really looking forward to more regular sessions once it warms up!

What board do you ride: Working my way to the smaller foamies, still looking for a hardtop that I can stand (on).

Favourite thing about surfing: The calm at the lineup, you get a little moment with just you and the ocean.

Best surf advice: Get good at paddling! You should probably do like Stef and swim all week (now I just need to start taking my own advice...)

Favourite surf memory: Sunset surfing in Katwijk last autumn was magical.

Ideal conditions: Nothing beats smooth and glassy of course ;) though I'm not quite brave enough to send it on waves taller than I am.

Surf Forecast (5-days)

<i>Katwijk aan Zee</i>	Friday	Saturday	Sunday	Monday	Tuesday
	5	6	7	8	9
wave (m)	0.3	0.8	0.4	0.2	0.3
period (s)	10	7	5	5	3
direction	SSW	SSW	SSW	SE	E
wind (kt/kt)	5/8	8/10	7/11	4/6	8/13
wind state	cross-off	cross-on	on	cross	cross-off
tide (H/L)	05h10/ 13h20	05h45/ 13h40	06h20/ 14h00	06h55/ 14h25	07h35 14h55
temperature	8	9	13	11	10
water temperature	7	7	7	7	7

Join us!

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