

COSMIC SWELL

ESTEC Surf Club's monthly digest



From the Line-up

As November rolls out—with the days getting shorter and the water getting a touch more “refreshing”—it’s hard not to feel grateful for the conditions we scored. Those winds combined with calms gave us some absolute gems out there!

I’ve noticed the lineup thinning this time of year. Totally understandable—but for the hardy souls who’ve paddled out lately, I think you can agree, putting in that little extra effort right now pays off big. There’s something magical about winter waves when you earn them.

As we get into December, we’re aiming to wrap up the season with one last Santa Surf session. Dust off your festive gear—I hope to see you out there! 🚗 🏄 🌟



Anders Svedevall,
President of the
ESTEC Surf
Club

Join us!



Club Updates and Announcements

❑ Welcome to our new club member: **Kim Regnerij**, we’re stoked to you have you onboard!

❑ **Workshop** In January, we will host our first 'Board Repair and Shaping' workshop!

Location: Scheveningen

Date: Mid-end January 2026 (TBC)

Keep an eye on our WhatsApp group for updates and to reserve your spot!

❑ Wednesday 26th November, the **monthly paddle-out** took place. The pack found some room at their lunch breaks and ventured out in Katwijk outer banks, with glassy conditions, and were greeted with some clean soft rollers at the start! Conditions shifted fast and water temperature was on the edge for 4/3mm wetsuits, 10C but it felt even colder! We still had a great time!



❑ Some of us will join the Santa Surf event, **13 December, Scheveningen!** Would be great to have more ESTEC Surf Club members joining!

Your first waves (Pt2/8): More on board positioning. Fine-tuning the board's pitch is a great tool, and we do it by adjusting our head's vertical position, not only will we be able to catch more waves, but also paddle more efficiently, controlling the pitch to become as neutral as possible. The nose should be just slightly above the water, not more than 5 fingers is the general rule, but it can be more if you have a high rocker, like in a high performance shortboard.

Likewise, when pulling out of a wave, say for example if you have paddled into a close-out and want to avoid going over the falls, you can also use that effect to stall your board and let the wave break underneath you without falling over with it. This you can do by quickly sitting back on the board and grab the rails and pull the board towards you as if you wanted to hug it. This will create the opposite effect, and the board will resist getting pulled along the slope of the wave. Proper board positioning will lead to more efficient paddling, less fatigue and higher wave count.

It is not a given, it does take some time and practice, and you might have to adjust it if changing boards. The important cues to bear in mind are:

- feet, legs and bum are stabilised, centered, and tucked in together and not flapping around.
- Head is high, chest is up
- Be as far to the front on the board as you can, without sinking the nose, actually, with the board horizontal, you should be able to sink the nose by bringing the head down and touching the board with your chin.

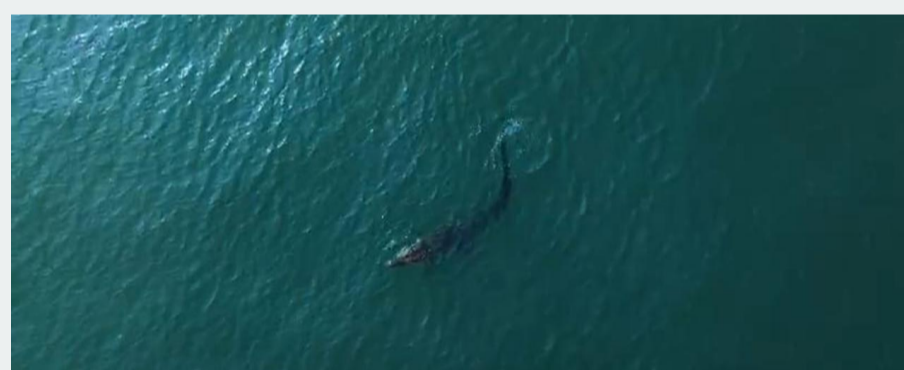
These cues will also make you look like an experienced surfer, since for most cases beginners can be detected by their poor positioning on the board. This might help in getting less drop ins and snakes, although it's not a guarantee!

Following through from board positioning we will go into paddling, which is a world of its own. Keep in mind that correct board positioning will be an important stepping stone into efficient paddling!

Join us!



Are you dreaming of gentle waves, warm waters with no need for one of those pesky wetsuit, friendly locals and amazing food? Are you looking for a thriving surf scene comparable to the one on Bali? Then Sri Lanka is the place to go! Our cold European winter months are the perfect time to catch the surf in the southern part of the island. With just half a day of travel and a time difference of only 4.5 hours, it's one of the closest warm water surf destinations for us in Europe. Honing in on my longboard skills and getting as much sun and warmth as possible was the main objective of my trip there earlier this month. I might also have unlocked a new fear - what we all thought to be a giant turtle turned out to be a freshwater crocodile! The drone footage did not lie! Luckily, those buggers appeared rather docile and no accidents with surfers have been reported (yet).



Know Your Surf Jargon

Gnarly! (by Axel Widenfelt)

"Gnarly" is classic surf slang for waves or conditions that are especially tough, intense, or wild. The word comes from "gnarl," which refers to knots or rough patches on trees: anything twisted or rugged. Surfers in California picked it up in the late 1970s to describe big, powerful, or tricky waves. The term spread to skateboarding and other extreme sports, and now "gnarly" can mean anything extreme or challenging, whether it's awesome or a bit scary.

Christmas Wish list

- Surfers Edition

Budget:

- Surfboard Wax
- Earplugs (Surfears)
- Sunscreen/ zinc
- Padlock (super handy)
- Fin key



Premium:

- Bike Carrier for your Surfboard/ Roof rack for your car
- Channel Islands M23
- Smartwatch with e-SIM
- Second wetsuit
- Portable shower with heater



Priceless:

- Waves
- Time
- Kelly Slater paddling power
- Rob Machado coolness
- Kai Lenny fearlessness

Shaping

Have you ever wondered what is on the inside of a surfboard, how it is manufactured and why they have certain shapes? You might have already noticed that boards differ in length, width, thickness, rocker, tail, general shape and material they are made off. There is a whole science/ art behind this and what fits best for which surfer, style and conditions. Shaping does encompass all those aspects.



Meet our Members!

Robin Croutz, is a big surf enthusiast who is not afraid of cold waters and is always keen for a splash when the waves are good! We welcome non-ESTEC people like Robin to join us and share their passion over surfing.



Tell us a bit about yourself and your surf journey: I discovered surfing in Scotland, in the Orkney Archipelagos, where I stayed for one year for my studies. Cold water and strong waves with swell from the west and the east. I also surfed in Sri Lanka and on the west coast of France in Vendée and Brittany before moving to the Netherlands

What board do you ride: 6'8 from a Brittany shaper or 7'2 classic mini-mal

Favourite thing about surfing: the feeling of being in the ocean. It is also a super opportunity to meet people and share good sessions :)

Best surf advice: Keep foamy boards until the last moment. I think we usually get too quick to smaller and less volume boards, which can block you from progressing and improving the stand-up.

Favourite surf memory: A surf session until 11 pm with the sunset in Scotland

Ideal conditions: small and clean (1m), and an almost empty line-up.

Surf Forecast (5-days)

Katwijk aan Zee	Wednesday	Thursday	Friday	Saturday	Sunday
	3	4	5	6	7
wave (m)	0.5	0.8	0.1	2.2	1.6
period (s)	5	6	10	8	6
direction	SW	SW	N	WSW	SW
wind (kt/kt)	7/12	12/19	8/14	16/28	13/24
wind state	cross-off	cross-off	cross-off	cross-off	cross-off
tide (H/L)	14h13/ 21h52	15h03/ 22h55	15h51/ 11h23	16h38/ 12h08	17h05/ 8h40
temperature	8	8	6	11	10
water temperature	9	9	9	9	9

Join us!

