

COSMIC SWELL

ESTEC Surf Club's monthly digest



From the Line-up

As we are properly getting into autumn, the weather outside doesn't provide the ideal summer beach vibe with palm trees and beach hang. However, for many of us in the club, this is the best season to go surfing in the NL. With the wind picking up and the water still warm-ish, the conditions are ideal for the Dutch wind swell to provide us with some great rides!

As I'm fresh off the plane after catching some amazing waves in Australia, I'm excited to get back in the water with the rest of the ESTEC beach bums!



*Anders
Svedevall,
President of the
ESTEC Surf
Club*

Join us!



Club Updates and Announcements

- ❑ Welcome to our new club member: **Thibaut Prod'homme!**
- ❑ The club promised to gear up and it didn't fail to its promise, here's what we got:
 - 2 Hardtop Surfboards + accessories
 - 3 wetsuits (2 Male M and XL + 1 female S)
 - 2 Surfskates
- ❑ **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!
- ❑ Thursday 30th October the **monthly paddle-out** took place, with great conditions, the brave pack paddled all the way to the outer bank and bagged in some bombs! Great stuff!



(Mark Phipps did not sponsor this session)

- ❑ Next up a Christmas Paddle-out Event will take place, date TBD, with the appropriate Santa Hat! Don't miss it!

Beginner Tips Corner (by Moritz Branco)

Your first waves (Pt1/8): In the last issue we went over safety, which should always be our main concern. In this issue let's get into the fun part! We will look into 3 fundamentals that will accompany us throughout our surfing journey, no matter our skill and experience level. 1) paddling 2) pop-up 3) board positioning. You will most likely get introduced to pop-up first and practice on whitewash, sometimes with a little push from an instructor. This is great for the first surf feels and can be a lot of fun, but once we grow past that and want to paddle ourselves into the waves and maybe even catch unbroken waves, we have to nail down the paddling and board positioning. Paddling, is 95% of the surfing effort itself and we will address it in another issue as it is a lengthy and sometimes debated.

Let's now dive into board positioning. Our natural positioning on the board will be centered on the board, chest and waist touching the board, knees and feet together and not spread out. Our head will be high and chest raised, which will allow for better paddling mobility of the shoulders with a more vertical catch and will improve our visibility of the waves and lineup. We will rely on our head and arms for balancing, and avoid using the legs for that effect. Length-wise our position should be as further to the front as possible, without sinking the nose. A good check is if we can almost sink the nose by bringing our head down we are in a good place. Next up is the **see-saw effect**, changing the board's long-axis tilt, which will cause it to stall, coast or accelerate.

When we are paddling into a wave, we will want to use this effect to our advantage, by pitching the nose down, so that the board accelerates and matches the waves' slope, ensuring better chances of catching the wave and a smooth take-off.

This can be done by bringing our head down, and also raising our hips from the board while pressing with our chest down. In longer boards raising our feet will also help!

Join us!



Surfing in NL – Kijkduin (by Mark Millinger)

Think of **Kijkduin** as Scheveningen's chilled-out little sibling – fewer crowds, more dunes, and no worries about paddle battle, dropping in or snaking someone. The waves aren't world-class, but they're friendly and fun. Good for beginner to intermediates or anyone escaping the Scheveningen chaos.

My tip: park by the bus station 's-Gravenhage, Kijkduin (for free!) and just walk over the dunes. There is a sandbank in front of Hudson Beach and in front of Boca Grandi with the latter having a bit of a steeper takeoff (if there are waves..). Don't forget your wetsuit (the North Sea keeps it real), and enjoy one of the Netherlands' underrated surf spots.

Feel free to reach out in case you would prefer to check out this or other spots together! See you in the whitewash!

Know Your Surf Jargon

Stoked! (by Axel Widenfeldt)

The impression "I am stoked" comes from the Dutch word "stoken," meaning to stir up or feed a fire. This evolved into the metaphorical sense of "stoking" one's feelings, and by the 1950s and 1960s, California surfers adopted the term to describe their euphoric and thrilled feeling after a good wave. The word became a key part of surf and action sports slang and eventually moved into mainstream use to mean "very excited".

Ding (by Stefanie Kohl)

A ding is a (small) crack or dent in a surfboard. This can happen when you hit your surfboard on something hard (reef, rocks or your front door 🧑). Those dings can be superficial (if you get lucky), but they might have cracked the surface and need to be properly repaired to avoid water from enter entering your board. This mostly applies to hardtops, but also softboards can get dings that need to be repaired. Ding repairs can get quite pricey (I know someone in the club who had to pay 150€ recently to get his board repaired -ouch 😞 😊) so it is handy to know how to repair them yourselves!

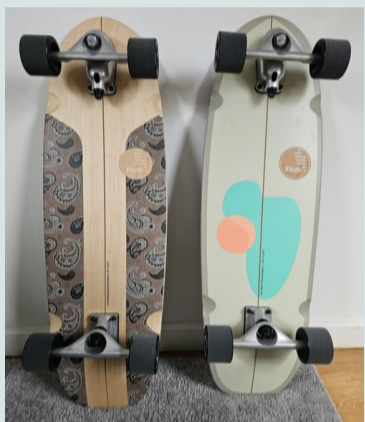
New Gear!

The surf club went on a serious shopping spree and got some nice new/ second-hand equipment for the club.

The club's quiver has been enhanced by 2 amazing hardtops, that should give the beginner who wants to take the next steps and also more experienced surfers a nice selection to try a different board.

On top of that we have three additional wetsuits (2x male and 1x female) as well as two brand new surfskates.

Reach out to the surf club committee if you want to borrow any of the equipment.



Surfboard Review – The Club's new boards

LibTech Pickup Stick (beginner to advanced)

7'6, 52,9ltr,
Wave-catcher
knee to head-high

Performance funboard, perfect for a beginner who wants to step up to a hardtop or for smaller days.



Torq Big Boy 23 (intermediate to advanced) knee-high to overhead

6'10, 49ltr, TEC epoxy
Shorter board for bigger boys (and girls) or surfers who can use the extra paddle power given by the board.



Meet our Members!



Vanina Ficaja (left), founder of the ESTEC Surf Club, is a passionate surfer both in the Netherlands and abroad. Her initiative and enthusiasm were key to the club's creation – without her, it simply wouldn't exist. We're grateful for her dedication!

Tell us a bit about yourself and your surf journey: Coming from Corsica where the waves are absent, I started surfing in the North of Spain (Asturias) 8 years ago and I never stopped since! I've been travelling around the world to discover new surfspots.

What board do you ride: 6'6 LVS

Favourite thing about surfing: the connection with nature and the ocean, and the moment of paddling out. Best therapy ever!

Best surf advice: Keep exercising the paddling techniques even when there is no possibility of surfing!

Favourite surf memory: Ocean beach California, surfing with locals and dolphins!

Ideal conditions: 1.5 m strong waves to get out of my comfort zone and keep improving!

Surf Forecast (5-days)

<i>Katwijk aan Zee</i>	Saturday	Sunday	Monday	Tuesday	Wednesday
	1	2	3	4	5
wave (m)	1.4	0.8	1.6	0.9	0.6
period (s)	6	5	6	6	6
direction	WSW	WSW	WSW	WSW	SW
wind (kt/kt)	14/25	14/23	18/32	14/26	10/17
wind state	cross	cross	cross-off	cross-off	cross-off
tide (H/L)	11h45/ 18h59	12h56/ 20h06	13h51/ 21h07	14h40/ 22h13	15h26/ 23h08
temperature	13	12	13	14	14
water temperature	13	13	13	13	13

Join us!

