

COSMIC SWELL

ESTEC Surf Club's monthly digest



From the Line-up

To all my fellow surf enthusiasts, I have the honour of introducing the first issue of our very own news digest; Cosmic Swell. Although we like to share exciting news in our WhatsApp group, this gives us an opportunity to do more deep dives or the very least duck dives (pardon the pun) into what's going on in the club and the water.

Since we kicked things off in 2023, the club's been all about building a crew of wave-chasers who love the thrill of the surf. Over the past year, it's been amazing to see this community grow stronger, with more and more of you diving in, riding waves, and having an absolute blast out there. Big shoutout to each and every one of you—you're the reason this club is such a vibe!



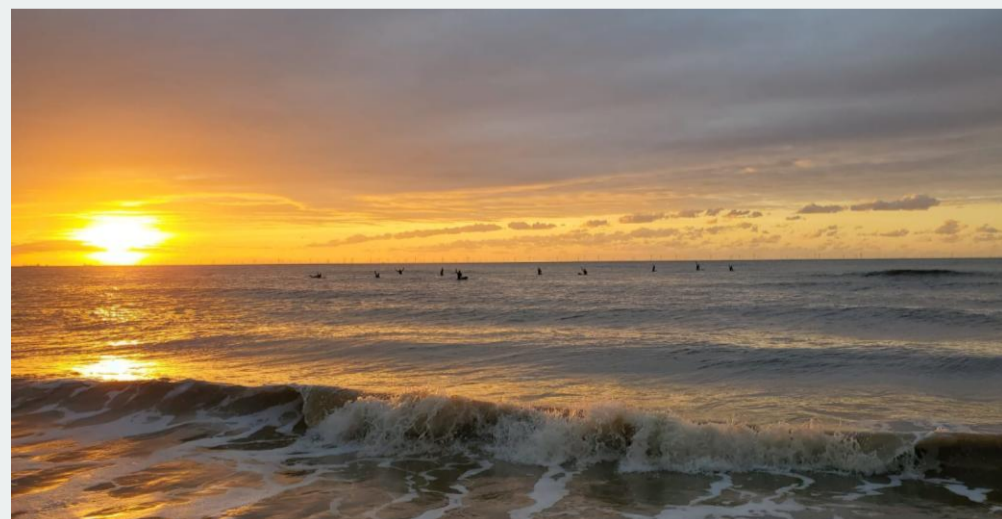
*Anders
Svedevall,*
President of the
ESTEC Surf
Club

Join us!



Club Updates and Announcements

- ❑ Welcome to our new club members! The club has seen a rise in members in the last few months. We are so stoked for this rapid increase and we hope we keep increasing our roster. Welcome to **Yoann Audet**, **Evangelia Gkaravela**, **Noemi Delfino**, **David Pratesi**, **Marco Bacaro**, **Giorgia Fanini** and **Axel Widenfelt**! We can't wait for you to join us at the line-up!
- ❑ Due to increased club members and an outstanding SSCC contribution, the ESTEC Surf Club officials have agreed on a revised budget increase, allowing to gear up on wetsuits and expand our quiver with even more surfboards!
- ❑ Thursday 25th September the monthly surf meet-up was held at Katwijk aan Zee, with over 10 participants paddling out! Although the forecast did not promise much, we did enjoy a few nice little peelers under almost glassy conditions. Definitely not a day for shortboards, the big volume foamies were the kings and queens of the line up. And what a treat was this gorgeous sunset!



- ❑ Next monthly meeting planned for the Thursday, 30th October

Beginner Tips Corner (by Moritz B.)

Surfing is hard and dangerous. But we keep coming back to it, because of how much it rewards us, that's why we love it!

The best generic advice I can think of to give to beginners is to **maximize fun** and **minimize risk**.

In this month's section we will focus on the safety aspects, and in a latter edition we get to the fun parts, technique, surf etiquette, and others!

Learn the basics on safety:

- Take a buddy with you!
- Use a foam board! Min 8'0 recommended
- Always wear a wetsuit and a leash (even in warm water, there are 2mm vests, it can save your life!)
- Don't paddle out in stormy conditions where there is no one out there in the water
- If you fall off your board, protect your head and neck
- Don't head dive off the board, try to crouch and grab the board, or if you can't control your fall try and fall flat to avoid hitting a shallow bottom
- Don't ditch your board!
- If caught in a rip, don't panic, paddle to the side, in about 10-15meters you should be clear. Most important is not to panic.
- Know your limits, if you feel it's too much for you, sit it out, have a drink, and join back when it feels safer. No point in pushing ourselves to dangerous conditions.
- Don't stand immediately behind other surfers waiting to catch a wave, go to their side
- Follow general surf etiquette, don't drop in on others, wait for your turn, stay aware of your surroundings

Join us!



Surfing in NL (by Mark Millinger)

Forget sun-soaked beaches and coconut drinks - surfing in the Netherlands is the real deal! It's about grit, wind, small waves and a serious love for wetsuits. Yes, the North Sea is cold, but that's part of the experience. Dutch surfers embrace it, and so should you. There's a lot to learn riding Dutch waves!

The best part? Riding a wave under dramatic clouds, vibrant sunsets, rolling dunes and the occasional seagull stealing your attention (or your after-surf treat!).

If you can make it there you can make it anywhere: conquer the North Sea - it's the ultimate boot camp for wave warriors.

Winter is Coming!! (by Moritz B.)



Short days, grey, windy and rainy. Water can go as low as +6C. But that doesn't mean it's the end of surfing. Actually, it is the season where we catch the best waves!

Best tips to make the most out of winter surf season:

- Suit up! Get a 6mm thick hooded wetsuit, plus: gloves and boots are mandatory to stay comfortable in the water and avoid hypothermia
- Wear earplugs to avoid surfer's ear. Specially with the cold winds.
- Get a thick Surf Poncho!
- Finish up with a hot coco at Paal14 or Hart Beach, and stay close to a fire, it's the best feeling!

Gear Review

The club's wetsuits are available for all members to borrow. Please treat them as if they are your own, thoroughly rinse them after usage (wetsuit shampoo available in the container) and hang them for drying on the rack.

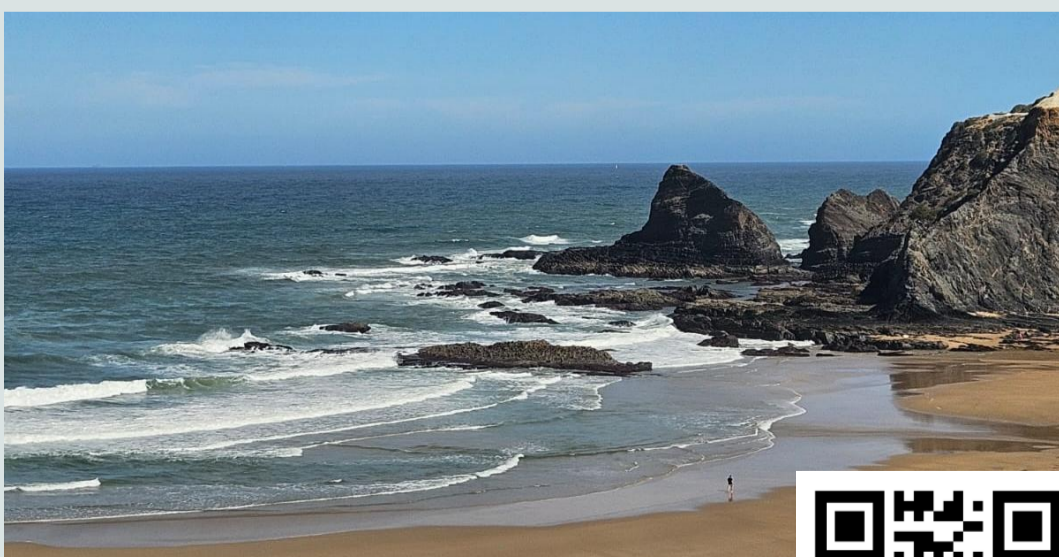
If you are planning to surf more often, it is worth investing in a wetsuit that fits you perfectly!



Surf Trip -

Alentejo, Portugal (by Stefanie Kohl)

Earlier this month, I spent an amazing week at the LaPoint surf camp in Alentejo, Portugal. The week was all about surfing, with two surf sessions a day, pool training, and video analyses in between. The camp is set in the beautiful Portuguese countryside, giving off a cozy, family-like vibe with just 16 guests and three home-cooked meals a day. The surf coaching was tailored to your skill levels, and by the end of the week, I had made some serious progress, I am now nailing those cut-backs! Needless to say, Portugal took my heart by storm, with its rugged coastline, powerful waves and the friendly locals!



Join us!



Meet our Members!



Alberto Santos is a certified **Core Lord** with many surfing years under his belt. Unfortunately, he will soon leave us, and return to Portugal, with his family, so plenty of waves waiting for him there.

On behalf of the Surf Club we wish him the best and maybe meet again at the line up!

Tell us a bit about yourself and your surf journey: Born in a beach town, I asked my parents for a surfboard at 10 years old, but got a bodyboard instead. Later at 19 yo. I borrowed a 9'2 longboard at over 100L from a friend, I took it out to the ocean and never stopped since!

What board do you ride: 6'3 double-wing swallow.

Favourite thing about surfing: Connecting with Nature in the purest sense of the word

Best surf advice: Stay physically and mentally fit to face the paddling and the wipe-outs

Favourite surf memory: Early morning session at Itaguaíba (SP, Brazil), classic 2m+ barrelling!

Ideal conditions: Big and strong.

Surf Forecast (5-days)

Katwijk aan Zee	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
wave (m)	30	1	2	3	4	5
period(s)	0.4	0	0	0.3	2.5	2.4
direction	4	0	0	5	8	8
wind (kt/kt)	NNW	-	-	SW	W	W
wind state	7/12	8/14	8/13	13/22	18/30	18/26
tide (H/L)	cross-on	off	off	cross-on	cross-on	cross-on
temperature	09h47/ 17h26	10h43/ 18h26	11h35/ 18h35	14h10/ 09h10	15h00/ 10h45	15h45/ 11h45
water temperature	15	16	16	14	14	13
temperature	16	16	16	16	16	16