



INNERS TO COMPETITORS: Tim MacDonald in the final of an Alex Pro Am surfing competition. PHOTO: WARREN LYN

PART 1: INTRODUCTION

Feeling the water and hearing the waves can refresh and rejuvenate. Then there is paddling out over the waves, leaving all your troubles behind. It's all about you. Gaining confidence in the surf and testing your abilities against Mother Nature will challenge you. But surfing allows you to make the ocean your playground ...

ROBBIE and CARLENE HERWELL, of XL Surfing Academy

It's truly summertime again on the Sunshine Coast. The beautiful mornings, warm weather assist in making the beaches so inviting. If you have never surfed, you have probably been anxious to try. Learning to surf might be one of your new year's resolutions or an item you'd like to tick off your bucket list.

There is no better time than right now for learning

“There is no better time than right now for learning how to surf, or maybe you'd like to brush up on your skills.”

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XL Surfing Academy has been teaching surfing on the Sunshine Coast for 19 years.

Robbie and Carlene started XL Surfing Academy in 1998 after Robbie retired from a 10-year professional surfing career.

Robbie and Carlene wanted to give as many kids and adults the same healthy addiction which got both of them hooked at a young age.

Learning through XL Surf will help you reach your goals, as the program is tailored for all ages and abilities.

The coaching staff provide learning for the complete beginners all the way through to those wanting to surf competitively.



The XL Surfing Academy team. PHOTO: CONTRIB