



Learning to paddle: Step 1.

PHOTO: JOE DUNN



Learning to paddle: Step 2.

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SURF GUIDE: PART 3

Paddling: the first skill to learn

Robbie and Carlene Sherwell
of XL Surfing Academy

PADDLING is an essential part of riding waves. Beginners need to be paddling the same speed as the wave to have a chance of catching and riding the wave. Robbie coaches at XL and will teach your technique so you are getting the most out of each stroke. Remember: the longer and harder your rhythmic

stroke, the more paddle power created.

Poor paddling technique will leave you exhausted and unsatisfied, as your wave count per session will not be great.

As Robbie always says: "Riding the wave is the reward."

"Paddling is the hard work that we have to do to reap that reward."

And there is nothing worse than missing out on what could have been your ride of the surf.



REWARD FOR EFFORT:
Paddling out is hard work but it can be very rewarding with the number of waves you are able to catch.

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